



EAST L.A.
JUNE
2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	CENTER SERVICES - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!		Enrollment Services 9 - 5 p.m. 1 Baby & Personal Care Item Distribution 10 a.m. - while supplies Tai Chi 2 - 3 p.m. Kid's Boot Camp 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Yoga 9:30 - 10:30 a.m. 2 Anger Management In Person 9:30 - 11 a.m. Eng. Diabetes Education 11 a.m. - 12 p.m. Sp. Nutrition and You 12 - 1 p.m. Eng. Strong by Zumba 1 - 2 p.m.	CENTER CLOSED
Enrollment Services 9 - 5 p.m. 5 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 2 - 3 p.m. Yoga 4 - 5 p.m. Kid's Art Club 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 6 Mommy & Me 9:30 a.m. - 10:30 a.m. Understanding Anxiety and Building Resilience 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. - 12:30 p.m. Dance Aerobics (Beginner) 12:45 - 1:45 p.m. Boot Camp for Adults 4 - 5 p.m.	Enrollment Services 9 - 5 p.m. 7 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Arts of Fruits and Vegetables 10:15 - 11:15 a.m. Spa. Zumba 11:30 a.m. - 12:30 p.m. Pilates 1 - 2 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Enrollment Services 9 - 5 p.m. 8 CPR & First Aid 10 a.m. - 1 p.m. Eng. New Member Orientation 11 a.m. - 12 p.m. Eng. New Member Orientation 12 - 1 p.m. Spa. Tai Chi 2 - 3 p.m. Kid's Boot Camp 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Yoga 9:30 - 10:30 a.m. 9 Anger Management Virtual 9:30 - 11 a.m. Eng. Diabetes Education 11 a.m. - 12 p.m. Eng. Nutrition and You 12 - 1 p.m. Eng. Strong by Zumba 1 - 2 p.m.	Family Book Reading Event 10 a.m. - 12 p.m. 10
Enrollment Services 9 - 5 p.m. 12 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 2 - 3 p.m. Yoga 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 13 Mommy & Me 9:30 a.m. - 10:30 a.m. Family Violence Awareness, Prevention and Resilience 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. - 12:30 p.m. Dance Aerobics (Beginner) 12:45 - 1:45 p.m. Boot Camp for Adults 4 - 5 p.m.	Enrollment Services 9 - 5 p.m. 14 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Arts of Fruits and Vegetables 10:15 - 11:15 a.m. Spa. Zumba 11:30 a.m. - 12:30 p.m. Pilates 1 - 2 p.m. Credit Reports and Scores 3:45 - 4:45 p.m. Spa. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Enrollment Services 9 - 5 p.m. 15 Food Pantry 10 a.m. - while supplies RCAC Meeting 2 - 4:30 p.m.	Yoga 9:30 - 10:30 a.m. 16 Anger Management Virtual 9:30 - 11 a.m. Eng. Diabetes Education 11 a.m. - 12 p.m. Eng. Nutrition and You 12 - 1 p.m. Eng. Strong by Zumba 1 - 2 p.m.	CENTER CLOSED
JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 20 Mommy & Me 9:30 a.m. - 10:30 a.m. Addiction and Emotional Well-Being 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. - 12:30 p.m. Dance Aerobics (Beginner) 12:45 - 1:45 p.m. Boot Camp for Adults 4 - 5 p.m.	Enrollment Services 9 - 5 p.m. 21 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Arts of Fruits and Vegetables 10:15 - 11:15 a.m. Spa. Zumba 11:30 a.m. - 12:30 p.m. Pilates 1 - 2 p.m. Summer Night Social 4 - 5:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Enrollment Services 9 - 5 p.m. 22 CPR & First Aid 10 a.m. - 1 p.m. Spa. Tai Chi 2 - 3 p.m. Kid's Boot Camp 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Yoga 9:30 - 10:30 a.m. 23 Anger Management Virtual 9:30 - 11 a.m. Eng. Diabetes Education 11 a.m. - 12 p.m. Eng. Nutrition and You 12 - 1 p.m. Eng. Strong by Zumba 1 - 2 p.m.	CENTER CLOSED
Enrollment Services 9 - 5 p.m. 26 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 2 - 3 p.m. Yoga 4 - 5 p.m. Kid's Art Club 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 27 Mommy & Me 9:30 a.m. - 10:30 a.m. Harassment/Bullying Prevention: Kindness, Acceptance, Inclusion 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. - 12:30 p.m. Dance Aerobics (Beginner) 12:45 - 1:45 p.m. Boot Camp for Adults 4 - 5 p.m.	Enrollment Services 9 - 5 p.m. 28 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Arts of Fruits and Vegetables 10:15 - 11:15 a.m. Spa. Zumba 11:30 a.m. - 12:30 p.m. Pilates 1 - 2 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Enrollment Services 9 - 5 p.m. 29 Tai Chi 2 - 3 p.m. Kid's Boot Camp 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Yoga 9:30 - 10:30 a.m. 30 Anger Management Virtual 9:30 - 11 a.m. Eng. Diabetes Education 11 a.m. - 12 p.m. Eng. Nutrition and You 12 - 1 p.m. Eng. Strong by Zumba 1 - 2 p.m. Family Art Hour 12 - 1 p.m.	CRC Website

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE,
HEALTHY & INFORMED



4801 Whittier Blvd
Los Angeles, CA 90022



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: CLOSED



213.438.5570
CommunityResourceCenterLA.org



EAST L.A.
JUNIO
2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* - Medi-cal, MediCare, Covered California, y CalFresh - Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!		Servicios de Inscripción 9 - 5 p.m. 1 Distribución de Productos Para Bebés y Cuidado Personal 10 a.m. - hasta agoto Tai Chi 2 - 3 p.m. Boot Camp Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Yoga 9:30 - 10:30 a.m. 2 Clase de Manejo de la Ira en Persona 9:30 - 11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Esp. Nutritión and Tú 12 - 1 p.m. Ing. Strong by Zumba 1 - 2 p.m.	CENTRO CERRADO
Servicios de Inscripción 9 - 5 p.m. 5 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 2 - 3 p.m. Yoga 4 - 5 p.m. Club de Arte Para Niños 4 - 5 p.m.	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 6 Mami y Yo 9:30 a.m. - 10:30 a.m. Comprendiendo la Ansiedad y Desarrollando la Resiliencia 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. - 12:30 p.m. Baile Aeróbico (Principiante) 12:45 - 1:45 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Servicios de Inscripción 9 - 5 p.m. 7 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15 - 11:15 a.m. Esp. Zumba 11:30 a.m. - 12:30 p.m. Pilates 1 - 2 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Servicios de Inscripción 9 - 5 p.m. 8 RCP y Primeros Auxilios 10 a.m. - 1 p.m. Ing. Orientación Para Nuevos Miembros 11 a.m. - 12 p.m. Ing. Orientación Para Nuevos Miembros 12 - 1 p.m. Esp. Tai Chi 2 - 3 p.m. Boot Camp Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Yoga 9:30 - 10:30 a.m. 9 Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Ing. Nutritión and Tú 12 - 1 p.m. Ing. Strong by Zumba 1 - 2 p.m.	Evento de Lectura de Libros Familiar 10 a.m. - 12 p.m. 10
Servicios de Inscripción 9 - 5 p.m. 12 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 2 - 3 p.m. Yoga 4 - 5 p.m.	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 13 Mami y Yo 9:30 a.m. - 10:30 a.m. Conciencia, Prevención y Resiliencia de la Violencia Familiar 10 - 11 a.m. Spa. Baile Aeróbico (Intermedio) 11:30 a.m. - 12:30 p.m. Baile Aeróbico (Principiante) 12:45 - 1:45 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Servicios de Inscripción 9 - 5 p.m. 14 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15 - 11:15 a.m. Esp. Zumba 11:30 a.m. - 12:30 p.m. Pilates 1 - 2 p.m. Puntajes y Reportes de Credito 3:45 - 4:45 p.m. Esp. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Servicios de Inscripción 9 - 5 p.m. 15 Despensa de Alimentos 10 a.m. - hasta agoto RCAC Meeting 2 - 4:30 p.m.	Yoga 9:30 - 10:30 a.m. 16 Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Ing. Nutritión and Tú 12 - 1 p.m. Ing. Strong by Zumba 1 - 2 p.m.	CENTRO CERRADO
JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO 19	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 20 Mami y Yo 9:30 a.m. - 10:30 a.m. Adicción y Bienestar Emocional 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. - 12:30 p.m. Baile Aeróbico (Principiante) 12:45 - 1:45 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Servicios de Inscripción 9 - 5 p.m. 21 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15 - 11:15 a.m. Esp. Zumba 11:30 a.m. - 12:30 p.m. Pilates 1 - 2 p.m. Noche de Verano Social 4 - 5:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Servicios de Inscripción 9 - 5 p.m. 22 RCP y Primeros Auxilios 10 a.m. - 1 p.m. Ing. Tai Chi 2 - 3 p.m. Boot Camp Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Yoga 9:30 - 10:30 a.m. 23 Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Ing. Nutritión and Tú 12 - 1 p.m. Ing. Strong by Zumba 1 - 2 p.m.	CENTRO CERRADO
Servicios de Inscripción 9 - 5 p.m. 26 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 2 - 3 p.m. Yoga 4 - 5 p.m. Club de Arte Para Niños 4 - 5 p.m.	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 27 Mami y Yo 9:30 a.m. - 10:30 a.m. Prevención del Acoso/Bullying: Amabilidad, Aceptación, Inclusión 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. - 12:30 p.m. Baile Aeróbico (Principiante) 12:45 - 1:45 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Servicios de Inscripción 9 - 5 p.m. 28 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15 - 11:15 a.m. Esp. Zumba 11:30 a.m. - 12:30 p.m. Pilates 1 - 2 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Servicios de Inscripción 9 - 5 p.m. 29 Tai Chi 2 - 3 p.m. Boot Camp Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Yoga 9:30 - 10:30 a.m. 30 Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Ing. Nutritión and Tú 12 - 1 p.m. Ing. Strong by Zumba 1 - 2 p.m. Hora de Arte Familiar 4 - 5 p.m.	CRC Sitio de Web

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,
SALUDABLE E INFORMADO



4801 Whittier Blvd
Los Angeles, CA 90022



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: Cerrado



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