



EL MONTE
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!		1 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Eng. & Chi Child Development Class 9:30 - 11:00 a.m. Spa. Yoga: Breathing & Stretching 10 - 11 a.m. Support Group w/ Department of Mental Health 2:30 - 4:30 p.m. Spa. Kids Creative Art Class 3 - 4 p.m.	2 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Healthy Cooking Class 10 a.m. - 12 p.m. Kids Homework Assistance 3 - 4 p.m. Salsa Dance Aerobics 3 - 4 p.m. Family Salsa Dance Aerobics 4 - 5 p.m.	3 CENTER CLOSED
5 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Zumba 9 - 10 a.m. Eng. & Spa. Diabetes Basics 10 - 11 a.m. Eng. & Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Homework Assistance 3 - 4 p.m. Kids Books R Us Class 3 - 4 p.m.	6 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Community Conversations for Change 9:30 - 10:30 a.m. Eng. & Spa. Kids Homework Assistance 3 - 4 p.m. Kids Play & Grow Class 3 - 4 p.m.	7 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 - 10 a.m. Circuit Training for Older Adults 10 - 11 a.m. Kids Move for Fun 3 - 4 p.m. Emotional Well being & Stress 4 - 5 p.m. Eng. & Spa.	8 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Eng. & Chi Yoga: Breathing & Stretching 10 - 11 a.m. Support Group w/ Department of Mental Health 2:30 - 4:30 p.m. Spa. Kids Creative Art Class 3 - 4 p.m.	9 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Healthy Cooking Class 10 a.m. - 12 p.m. Kids Homework Assistance 3 - 4 p.m. Salsa Dance Aerobics 3 - 4 p.m. Family Salsa Dance Aerobics 4 - 5 p.m.	10 CENTER CLOSED
12 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Zumba 9 - 10 a.m. Eng. & Spa. Diabetes Basics 10 - 11 a.m. Eng. & Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Homework Assistance 3 - 4 p.m. Kids Books R Us Class 3 - 4 p.m.	13 Member Services 9 - 4a.m. Enrollment Services 9 a.m. - 4 p.m. CPR & First Aid 1 - 4 p.m. Spa. Kids Homework Assistance 3 - 4 p.m. Kids Play & Grow Class 3 - 4 p.m.	14 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 - 10 a.m. Circuit Training for Older Adults 10 - 11 a.m. Food Pantry & COVID Vaccine Clinic 2:30 - 4:00 p.m.	15 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Eng. & Chi. Yoga: Breathing & Stretching 10 - 11 a.m. Support Group w/ Department of Mental Health 2:30 - 4:30 p.m. Spa. Kids Creative Art Class 3 - 4 p.m.	16 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Healthy Cooking Class 10 a.m. - 12 p.m. Financial Empowerment (w/Chase): Protect Yourself From Fraud Schemes 12 - 1 p.m. Eng. Kids Homework Assistance 3 - 4 p.m. Salsa Dance Aerobics 3 - 4 p.m. Family Salsa Dance Aerobics 4 - 5 p.m.	17 CENTER CLOSED
19 JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	20 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Community Conversations for Change 9:30 - 10:30 a.m. Eng & Spa. CPR & First Aid 1 - 4 p.m. Eng. Kids Homework Assistance 3 - 4 p.m. Kids Play & Grow Class 3 - 4 p.m.	21 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 - 10 a.m. Circuit Training for Older Adults 10 - 11 a.m. Kids Move for Fun 3 - 4 p.m.	22 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Eng. & Chi. Yoga: Breathing & Stretching 10 - 11 a.m. Support Group w/ Department of Mental Health 2:30 - 4:30 p.m. Spa. Kids Creative Art Class 3 - 4 p.m.	23 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Healthy Cooking Class 10 a.m. - 12 p.m. Kids Homework Assistance 3 - 4 p.m. Salsa Dance Aerobics 3 - 4 p.m. Family Salsa Dance Aerobics 4 - 5 p.m.	24 CENTER CLOSED
26 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Zumba 9 - 10 a.m. Eng. & Spa. Diabetes Basics 10 - 11 a.m. Eng. & Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Homework Assistance 3 - 4 p.m. Kids Books R Us Class 3 - 4 p.m.	27 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. CPR & First Aid Virtual 1 - 4 p.m. Eng. Kids Homework Assistance 3 - 4 p.m. Kids Play & Grow Class 3 - 4 p.m.	28 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 - 10 a.m. Circuit Training for Older Adults 10 - 11 a.m. Food Pantry & COVID Vaccine Clinic 2:30 - 4:00 p.m. Emotional Well being & Stress 4 - 5 p.m. Chi.	29 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Eng. & Chi. Yoga: Breathing & Stretching 10 - 11 a.m. Support Group w/ Department of Mental Health 2:30 - 4:30 p.m. Spa. Kids Creative Art Class 3 - 4 p.m.	30 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Healthy Cooking Class 10 a.m. - 12 p.m. Kids Homework Assistance 3 - 4 p.m. Salsa Dance Aerobics 3 - 4 p.m. Family Salsa Dance Aerobics 4 - 5 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



3570 Santa Anita Ave.
El Monte, CA 91731



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



213-428-1495
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	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 para Miembros 1 9 - 4 p.m. Clase de Desarrollo infantil 9:30 a.m. - 11 p.m. Esp. Yoga: Respiracion y Estiramiento 10 - 11 a.m. Grupo de Apoyo con El Departamento de Salud Mental 2:30 - 4:30 p.m. Esp. Clase de Arte Creativo para Niños 3 - 4 p.m.	Servicios para Miembros 2 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Cocina Saludable 10 a.m. - 12 p.m. Asistencia Con La Tarea 3 - 4 p.m. Baile de Salsa Aeróbico 3 - 4 p.m. Baile de Salsa Aeróbico Familiar 4 - 5 p.m	CENTRO CERRADO
Servicios para Miembros 5 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Zumba 9 - 10 a.m. Esp. y Ing. Conceptos Básicos de la Diabetes 10 - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 - 12 p.m. Esp. y Ing. Asistencia Con La Tarea 3 - 4 p.m. Clase de Libros R Us 3 - 4 p.m.	Servicios para Miembros 6 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Conversaciones Comunitarias para un Cambio 9:30 - 10:30 a.m. Esp. y Ing. Asistencia Con La Tarea 3 - 4 p.m. Clase de Juego y Crecimiento para Niños 3 - 4 p.m.	Servicios para Miembros 7 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Inscripción de Cal-Fresh 9 - 4 p.m. Entrenamiento Fisico 9 - 10 a.m. Ejercicios para Adultos Mayores 10 - 11 a.m. Muevete y Diviértete para Niños 3 - 4 p.m. Bienestar Emocional y Estrés 4 - 5 p.m. Esp. y Ing.	Servicios para Miembros 8 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Yoga: Respiracion y Estiramiento 10 - 11 a.m. Grupo de Apoyo con El Departamento de Salud Mental 2:30 - 4:30 p.m. Esp. Clase de Arte Creativo para Niños 3 - 4 p.m.	Servicios para Miembros 9 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Cocina Saludable 10 - 12 p.m. Asistencia Con La Tarea 3 - 4 p.m. Baile de Salsa Aeróbico 3 - 4 p.m. Baile de Salsa Aeróbico Familiar 4 - 5 p.m	CENTRO CERRADO
Servicios para Miembros 12 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Conceptos Básicos de la Diabetes 10 - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 - 12 p.m. Esp. y Ing. Asistencia Con La Tarea 3 - 4 p.m. Clase de Libros R Us 3 - 4 p.m.	Servicios para Miembros 13 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. RCP y Primeros Auxilios 1 - 4 p.m. Esp. Asistencia Con La Tarea 3 - 4 p.m. Clase de Juego y Crecimiento para Niños 3 - 4 p.m.	Servicios para Miembros 14 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Inscripción de Cal-Fresh 9 - 4 p.m. Entrenamiento Fisico 9 - 10 a.m. Ejercicios para Adultos Mayores 10 - 11 a.m. Despensa de Alimentos y Clínica de Vacunas COVID 2:30 - 4 p.m.	Servicios para Miembros 15 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Yoga: Respiracion y Estiramiento 10 - 11 a.m. Grupo de Apoyo con El Departamento de Salud Mental 2:30 - 4:30 p.m. Esp. Clase de Arte Creativo para Niños 3 - 4 p.m.	Servicio para Miembros 16 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Cocina Saludable 10 - 12 p.m. Empoderamiento Financiero (con Chase): Protéjase de Esquemas de Fraude 12 - 1 p.m. Asistencia Con La Tarea 3 - 4 p.m. Baile de Salsa Aeróbico 3 - 4 p.m. Baile de Salsa Aeróbico Familiar 4 - 5 p.m	CENTRO CERRADO
19 JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO	Servicio para Miembros 20 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Conversaciones Comunitarias para un Cambio 9:30 - 10:30 a.m. Esp. y Ing. RCP y Primeros Auxilios 1 - 4 p.m. Esp. Asistencia Con La Tarea 3 - 4 p.m. Clase de Juego y Crecimiento para Niños 3 - 4 p.m.	Servicio para Miembros 21 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Inscripción de Cal-Fresh 9 - 4 p.m. Entrenamiento Fisico 9 - 10 a.m. Ejercicios para Adultos Mayores 10 - 11 a.m. Muevete y Diviértete para Niños 3 - 4 p.m.	Servicio para Miembros 22 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Yoga: Respiracion y Estiramiento 10 - 11 a.m. Grupo de Apoyo con El Departamento de Salud Mental 2:30 - 4:30 p.m. Esp. Clase de Arte Creativo para Niños 3 - 4 p.m.	Servicios para Miembros 23 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Cocina Saludable 10 - 12 p.m. Asistencia Con La Tarea 3 - 4 p.m. Baile de Salsa Aeróbico 3 - 4 p.m. Baile de Salsa Aeróbico Familiar 4 - 5 p.m	CENTRO CERRADO
Servicio para Miembros 26 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Conceptos Básicos de la Diabetes 10 - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 - 12 p.m. Esp. y Ing. Asistencia Con La Tarea 3 - 4 p.m. Clase de Libros R Us 3 - 4 p.m.	Servicio para Miembros 27 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. RCP y Primeros Auxilios Virtual 1 - 4 p.m. Ing. Asistencia Con La Tarea 3 - 4 p.m. Clase de Juego y Crecimiento para Niños 3 - 4 p.m.	Servicio para Miembros 28 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Inscripción de Cal-Fresh 9 - 4 p.m. Entrenamiento Fisico 9 - 10 a.m. Ejercicios para Adultos Mayores 10 - 11 a.m. Despensa de Alimentos y Clínica de Vacunas COVID 2:30 - 4 p.m. Bienestar Emocional y Estrés 4 - 5 p.m. Chi.	Servicio para Miembros 29 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Yoga: Respiracion y Estiramiento 10 - 11 a.m. Grupo de Apoyo con El Departamento de Salud Mental 2:30 - 4:30 p.m. Esp. Clase de Arte Creativo para Niños 3 - 4 p.m.	Servicio para Miembros 30 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Cocina Saludable 10 - 12 p.m. Asistencia Con La Tarea 3 - 4 p.m. Baile de Salsa Aeróbico 3 - 4 p.m. Baile de Salsa Aeróbico 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



3570 Santa Anita Ave.
El Monte, CA 91731



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



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