



L.A. Care®

Community Resource Center



PACOIMA
JUNE 2023

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!	*Daily Homework Support K-6 in Child Supervision.	1 Boot Camp 9—10 a.m. H.E.A.L: Cutting Back on Salt and Sodium —NEVHC 10:30—11:30 a.m. Low- Impact Zumba 12— 1 p.m. The World of Juicing and Salads 2— 3:30 p.m. Spa. Breakthrough Parenting 2— 3:45 p.m. Spa. Zumba 4—5p.m	2 CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m.Eng. Dance Aerobics 12:30—1:30 p.m. Yoga Therapy 2—3 p.m.	3 CENTER CLOSED
5 Boot Camp 9—10 a.m. Yoga Therapy 10:30 — 11:30 a.m. Grief and Loss 12— 1 p.m.Eng. Pilates 1:30—2:30 p.m. Breakthrough Parenting Series Virtual 2— 4 p.m. Eng. Zumba Steps 4—5 p.m.	6 Boot Camp 9—10 a.m. Yoga Virtual 9—10 a.m. Stretching & Strengthening for Seniors 10:30—11:30 a.m. Low-Impact Zumba 12—1 p.m. Healthy Cooking 1:30— 3:30 p.m. Spa. Breakthrough Parenting 2—4 p.m. Eng. Kids Healthy Cooking 4 —5 p.m. (5—14 yrs old)	7 Boot Camp 9—10 a.m. CalFresh Application Assistance 9 a.m.— 4 p.m. Little One & Me (0—5 yrs.old) 10:30—11:30 a.m. Breast & Cervical Health Education Workshop— EWC 12:30— 1:30 p.m. Eat Better Feel Better 12:30— 1:30 p.m. Tai Chi 2—3 p.m. Ask the Registered Dietitian 3:30— 4:30 p.m.	8 Boot Camp 9—10 a.m. H.E.A.L: Get Physical —NEVHC 10:30—11:30 a.m. Low-Impact Zumba 12— 1 p.m. The World of Juicing and Salads 2— 3:30 p.m. Spa. Health Screenings—EPDB 3—5 p.m. Breakthrough Parenting 2— 3:45 p.m. Spa. Zumba 4—5 p.m.	9 Support Group for Parents of Children with Special Needs 9:30— 11 a.m. Dance Aerobics 12:30 —1:30 p.m. Yoga Therapy 2—3 p.m.	10 CENTER CLOSED
12 Boot Camp 9—10 a.m. Yoga Therapy 10:30 — 11:30 a.m. Problem Solving 12— 1 p.m. Eng. Breast & Cervical Health Education Workshop— EWC 12-1 pm Pilates 1:30—2:30 p.m. Breakthrough Parenting Series Virtual 2— 4 p.m. Eng. Zumba Steps 4—5 p.m.	13 Boot Camp 9—10 a.m. Yoga Virtual 9—10 a.m. Stretching & Strengthening for Seniors 10:30—11:30 a.m. Low-Impact Zumba 12—1 p.m. Healthy Cooking 1:30— 3:30 p.m. Spa. Breakthrough Parenting 2— 4 p.m. Eng. Kids Healthy Cooking 4—5 p.m. (5—14 yrs old)	14 Boot Camp 9—10 a.m. WIC Appliaction Assistance 9 a.m.—12 p.m. CalFresh Application Assistance 9 a.m.— 4 p.m. Little One & Me (0—5 yrs. old) 10:30—11:30 a.m. Breast & Cervical Health Education Workshop— EWC 12:30— 1:30 p.m. Eat to Lower Blood Pressure 12:30— 1:30 p.m. Tai Chi 2—3 p.m. Savings 2—3 p.m. Ask the Registered Dietitian 3:30— 4:30 p.m.	15 Boot Camp 9—10 a.m. H.E.A.L: Advocate for fruits, Veggies & PA in your Community —NEVHC 10:30—11:30 a.m. Low-Impact Zumba 12 — 1 p.m. The World of Juicing and Salads 2— 3:30 p.m. Spa. Breakthrough Parenting 2— 3:45 p.m. Spa. Zumba 4—5 p.m.	16 CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Spa. Dance Aerobics 12:30—1:30 p.m. Yoga Therapy 2—3 p.m.	17 CENTER CLOSED
19 JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	20 Boot Camp 9—10 a.m. Yoga Virtual 9—10 a.m. Stretching & Strengthening for Seniors 10:30—11:30 a.m. Low-Impact Zumba 12—1 p.m. Healthy Cooking 1:30— 3:30 p.m. Spa. Breakthrough Parenting 2— 4 p.m. Eng. Kids Healthy Cooking 4—5 p.m. (5—14 yrs old)	21 Boot Camp 9—10 a.m. CalFresh Application Assistance 9 a.m.— 4 p.m. Little One & Me (0—5 yrs. old) 10:30—11:30 a.m. Oral Health Workshop 11:30 a.m.—12:30 p.m. Eat to Lower Cholesterol 12:30— 1:30 p.m. Tai Chi 2—3 p.m. Ask the Registered Dietitian 3:30— 4:30 p.m.	22 Boot Camp 9—10 a.m. Yoga Virtual 9— 10 a.m. Intro. to Blood Pressure—NEVHC 10:30—11:30 a.m. Low-Impact Zumba 12— 1p.m. The World of Juicing and Salads 2— 3:30 p.m. Spa. Breakthrough Parenting 2— 3:45 p.m. Spa. Zumba 4—5 p.m.	23 Healthy Brain & Body is Healthy Living — Alzheimer's Assoc. 10 — 11 a.m. Spa. Dance Aerobics 12:30 —1:30 p.m. Yoga Therapy 2—3 p.m.	24 CENTER CLOSED
26 Yoga Virtual 9—10 a.m. L.A. Care Consumer Advisory Committee Eng./Spa./Khm. 10 a.m.— 12:30 p.m. Pilates 1:30—2:30 p.m. Breakthrough Parenting Series Virtual 2— 4 p.m. Eng. Zumba Steps 4—5 p.m.	27 Boot Camp 9—10 a.m. Yoga Virtual 9—10 a.m. Health Screening—EPDB 10 a.m.—1 p.m. Stretching & Strengthening for Seniors 10:30—11:30 a.m. Low-Impact Zumba 12—1 p.m. Healthy Cooking 1:30— 3:30 p.m. Spa. Breakthrough Parenting 2— 3:45 p.m. Eng. Kids Healthy Cooking 4—5 p.m.(5—14 yrs old) Debt Management 4—5 p.m.	28 Boot Camp 9—10 a.m. WIC Appliaction Assistance 9 a.m.—12 p.m. CalFresh Application Assistance 9 a.m.— 4 p.m.. Little One & Me (0—5 yrs. old) 10:30—11:30 a.m. Eating Better on a Budget 12:30— 1:30 p.m. Tai Chi 2—3 p.m. Savings 2—3 p.m. Ask the Registered Dietitian 3:30— 4:30 p.m.	29 Boot Camp 9—10 a.m Yoga Virtual 9— 10 a.m. Nutrition—NEVHC 10:30—11:30 a.m. Low-Impact Zumba 12— 1p.m. The World of Juicing and Salads 2— 3:30 p.m. Spa. Breakthrough Parenting 2— 3:45 p.m. Spa. Zumba 4—5 p.m. *Homework Support (K—6)	30 Managing Medication EPDB 9-10 a.m. Dance Aerobics 12:30 —1:30 p.m. Yoga Therapy 2—3 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



10807 San Fernando Rd.
Pacoima, CA. 91331



CENTER HOURS:

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



213.438.5497
CommunityResourceCenterLA.org

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!	*Apoyo diario con la tarea K-6 en supervisión infantil	1 Boot Camp 9 — 10 a.m. H.E.A.L.: Reducir el consumo de Saly Sodio —NEVHC 10:30—11:30 a.m. Esp. Zumba Bajo Impacto 12—1 p.m. El Mundo de los Jugos y las Ensaladas 2 — 3:30 p.m. Esp. Serie Cultivando Familias 2 — 3:45 p.m. Esp. Zumba 4 —5 p.m.	2 RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.— 12 p.m. Ing. Baile Aeróbico 12:30—1:30 p.m. Yoga Terapia 2—3 p.m.	3 CENTRO CERRADO
5 Boot Camp 9 — 10 a.m. Yoga Terapia 10:30— 11:30 a.m. Dolor y Perdida 12 — 1 p.m. Ing. Pilates 1:30—2:30 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	6 Boot Camp 9— 10 a.m. Yoga Terapia Virtual 9— 10 a.m. Estiramiento y Fortalecer para Gente Mayor 10:30—11:30 a.m. Zumba Bajo Impacto 12—1 p.m. Cocinando Saludable 1:30— 3:30 p.m. Esp. Serie Cultivando Familias 2—4 p.m. Ing. Cocinando Saludable para Niños 4—5 p.m. (5—14 años)	7 Boot Camp 9— 10 a.m. Asistencia con la solicitud de Calfresh 9 a.m.— 4 p.m Pequeño y Yo (0—5 años) 10:30—11:30 a.m. Detección temprana del Cáncer de Seno y Prevención del Cáncer de Cuello Uterino—EWC 12:30— 1:30 p.m. Comer mejor sentirse mejor 12:30— 1:30 p.m. Tai Chi 2—3 p.m. Pregúntale al Dietista Registrado 3:30— 4:30 p.m.	8 Boot Camp 9 — 10 a.m. H.E.A.L.: ¡Ponte Físico! —NEVHC 10:30—11:30 a.m. Esp. Zumba Bajo Impacto 12—1 p.m. El Mundo de los Jugos y las Ensaladas 2 — 3:30 p.m. Esp. Exámenes de Salud—EPDB 3—5 p.m. Serie Cultivando Familias 2 — 3:45 p.m. Esp. Zumba 4 —5 p.m.	9 Grupo de Apollo para Padres De Niños Con Necesidades Especiales 9:30 –11 a.m. Baile Aeróbico 12:30—1:30 p.m. Yoga Terapia 2—3 p.m.	10 CENTRO CERRADO
12 Boot Camp 9 — 10 a.m. Yoga Terapia 10:30— 11:30 a.m. Resolución de Problemas 12 — 1 p.m. Ing. Detección temprana del Cáncer de Seno y Prevención del Cáncer de Cuello Uterino—EWC 12-1 pm Pilates 1:30—2:30 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	13 Boot Camp 9 — 10 a.m. Yoga Terapia Virtual 9— 10 a.m. Estiramiento y Fortalecer para Gente Mayor 10:30—11:30 a.m. Zumba Bajo Impacto 12—1 p.m. Cocinando Saludable 1:30— 3:30 p.m. Esp. Serie Cultivando Familias 2—4 p.m. Ing. Cocinando Saludable para Niños 4—5 p.m. (5—14 años)	14 Boot Camp 9 — 10 a.m. Asistencia con la solicitud de WIC 9 a.m.—12 p.m. Asistencia con la solicitud de Calfresh 9 a.m.—4 p.m Pequeño y Yo (0—5 años) 10:30—11:30 am Detección temprana del Cáncer de Seno y Prevención del Cáncer de Cuello Uterino—EWC 12:30-1:30 p.m. Comer para bajar la presión arterial 12:30— 1:30 p.m. Tai Chi 2—3 p.m. Ahorros 2—3 p.m Pregúntale al Dietista Registrado 3:30— 4:30 p.m.	15 Boot Camp 9 — 10 a.m. H.E.A.L.: Abogue por las frutas y verduras en su comunidad —NEVHC 10:30—11:30 a.m. Esp. Zumba Bajo Impacto 12—1 p.m. Serie Cultivando Familias 2 — 3:45 p.m. Esp. El Mundo de los Jugos y las Ensaladas 2 — 3:30 p.m. Esp. Zumba 4 —5 p.m.	16 RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.— 12 p.m. Esp. Baile Aeróbico 12:30—1:30 p.m. Yoga Terapia 2—3 p.m.	17 CENTRO CERRADO
19 JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO	20 Boot Camp 9— 10 a.m. Yoga Terapia Virtual 9— 10 a.m. Estiramiento y Fortalecer para Gente Mayor 10:30—11:30 a.m. Zumba Bajo Impacto 12—1 p.m. Cocinando Saludable 1:30— 3:30 p.m. Esp. Serie Cultivando Familias 2—4 p.m. Ing. Cocinando Saludable para Niños 4—5 p.m. (5—14 años)	21 Boot Camp 9— 10 a.m. Asistencia con la solicitud de Calfresh 9 a.m.—4 p.m. Pequeño y Yo (0—5 años) 10:30—11:30 a.m. Taller Sobre La Salud Oral 11 a.m.—12 p.m. Comer para reducir el colesterol 12:30—1:30 p.m. Tai Chi 2—3 p.m. Pregúntale al Dietista Registrado 3:30— 4:30 p.m.	22 Boot Camp 9— 10 a.m. Yoga Terapia Virtual 9 — 10 a.m. Introducción a la Presión Arterial —NEVHC 10:30—11:30 a.m. Esp Zumba Bajo Impacto 12—1 p.m. Serie Cultivando Familias 2 — 3:45 p.m. Esp. El Mundo de los Jugos y las Ensaladas 2 — 3:30 p.m. Esp. Zumba 4 —5 p.m.	23 Salud Cerebro y Cuerpo es una Vida Saludable — Alzheimer's Assoc. 10 — 11 a.m. Spa. Baile Aeróbico 12:30—1:30 p.m. Yoga Terapia 2—3 p.m.	24 CENTRO CERRADO
26 Yoga Terapia Virtual 9— 10 a.m. Comité Asesor de Consumidores de L.A. Care Ing./Esp./ Khm. 10 a.m.— 12:30 p.m. Pilates 1:30—2:30 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Pasos de Zumba 4— 5 p.m.	27 Boot Camp 9— 10 a.m. Yoga Terapia Virtual 9— 10 a.m. Exámenes de Salud— EPDB 10 a.m.—1 p.m. Estiramiento y Fortalecer para Gente Mayor 10:30—11:30 a.m. Zumba Bajo Impacto 12—1 p.m. Cocinando Saludable 1:30— 3:30 p.m. Esp. Serie Cultivando Familias 2— 3:45 p.m. Ing. Cocinando Saludable para Niños 4—5 p.m. (5-14 años) Controlar sus deudas 4—5 p.m.	28 Boot Camp 9— 10 a.m. Asistencia con la solicitud de WIC 9 a.m.—12 p.m. Asistencia con la solicitud de Calfresh 9 a.m.—4 p.m. Pequeño y Yo (0—5 años) 10:30—11:30 a.m. Comer mejor con un presupuesto 12:30— 1:30 p.m. Tai Chi 2—3 p.m. Ahorros 2—3 p.m. Pregúntale al Dietista Registrado 3:30— 4:30 p.m.	29 Boot Camp 9— 10 a.m. Yoga Terapia Virtual 9 — 10 a.m. Nutrición —NEVHC 10:30—11:30 a.m. Esp. Zumba Bajo Impacto 12—1 p.m. Serie Cultivando Familias 2— 3:45 p.m. Esp. El Mundo de los Jugos y las Ensaladas 2— 3:30 p.m. Esp. Zumba 4—5 p.m.	30 Administración de Medicamentos —EPDB 9-10 a.m. Baile Aeróbico 12:30—1:30 p.m. Yoga Terapia 2—3 p.m.	CRC Sitio de Web