



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!		Medi-Cal and Emergency Medi-Cal Enrollments/Renewals 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Community Pantry (Limited to the first 60 people) 1:30 p.m.	My Health LA Enrollment 9 a.m. - 5 p.m. CPR/First Aid (Ages 14+) Register at freecprla.com Walk-ins Welcome 9 a.m. - 12 p.m. Eng. Rethink Your Drink (Free Goodie Bag) 2 - 3 p.m. Eng. & Spa. Zumba Step 4 - 5 p.m.	CENTER CLOSED
Medi-Cal and Emergency Medi-Cal Enrollments/Renewals 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Parent Café - Knowledge About Child Rearing and Child Development 10:15 - 11:45 a.m. Spa. Prevent Diabetes - Stay Motivated to Prevent Type 2 12:05 - 1:20 p.m. Eng. Cardio 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa. Prevent Diabetes - Shop and Cook to Prevent Type 2 Diabetes 12:05 - 1:20 p.m. Spa. Healthy Cooking with Food Demo 2 - 3 p.m. Eng. Zumba Step 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Spa. Money Smart for Adults - Credit (Free Breakfast) 10:30 - 11:30 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Healthy Cooking with Food Demo 2 - 3 p.m. Spa. Boot Camp 4 - 5 p.m.	Medi-Cal and Emergency Medi-Cal Enrollments/Renewals 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Community Pantry (Limited to the first 60 people) 1:30 p.m.	CalFresh Enrollments 9 a.m. - 3 p.m. CPR/First Aid (Ages 14+) Register at freecprla.com Walk-ins Welcome 9 a.m. - 12 p.m. Spa. Liberty Dental Community Oral Screening 1 - 3 p.m. Free Prescription Glasses (Bring Your Current Prescription for the First 50 People) 1 - 3 p.m. Zumba 4 - 5 p.m.	CENTER CLOSED
Medi-Cal and Emergency Medi-Cal Enrollments/Renewals 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Parent Café - Concrete Support in Time of Need 10:15 - 11:45 a.m. Spa. Prevent Diabetes - Intro to the Program 12:05 - 1:20 p.m. Eng. Family Creative Painting 2 - 3:30 p.m. Cardio 4 - 5 p.m.	Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa. Prevent Diabetes - Stay Motivated to Prevent Type 2 12:05 - 1:20 p.m. Spa. Healthy Cooking with Food Demo 2 - 3 p.m. Eng. Zumba Step 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Healthy Cooking with Food Demo 2 - 3 p.m. Spa. Boot Camp 4 - 5 p.m.	Medi-Cal and Emergency Medi-Cal Enrollments/Renewals 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Community Pantry (Limited to the first 60 people) 1:30 p.m.	CalFresh Enrollments 9 a.m. - 3 p.m. RCAC 1 Meeting 10 a.m. - 1 p.m. Father's Day Celebration (Free Goodie Bags While Supplies Last) 3:30 - 5 p.m. Zumba 4 - 5 p.m.	CENTER CLOSED
JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa. Prevent Diabetes - Intro to the Program 12:05 - 1:20 p.m. Spa. Healthy Cooking with Food Demo 2 - 3 p.m. Eng. Zumba Step 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Healthy Cooking with Food Demo 2 - 3 p.m. Spa. Boot Camp 4 - 5 p.m.	Medi-Cal and Emergency Medi-Cal Enrollments/Renewals 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Community Pantry (Limited to the first 60 people) 1:30 p.m.	CalFresh Enrollments 9 a.m. - 3 p.m. Zumba Step 9 - 10 a.m. Design Your Own Visors 10:30 a.m. - 12 p.m. Zumba 4 - 5 p.m.	CENTER CLOSED
Medi-Cal and Emergency Medi-Cal Enrollments/Renewals 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Parent Café - Communication: Social-Emotional Development of the Kids 10:15 - 11:45 a.m. Spa. Oral Health During Pregnancy 12 - 1 p.m. Eng. & Spa. Prevent Diabetes - When Weight Loss Stalls 12:05 - 1:20 p.m. Eng. Cardio 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa. Prevent Diabetes - When Weight Loss Stalls 12:05 - 1:20 p.m. Spa. Healthy Cooking with Food Demo 2 - 3 p.m. Eng. Zumba Step 4 - 5 p.m.	CalFresh Enrollments 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Spa. Parenting Program 11:30 a.m. - 12:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Healthy Cooking with Food Demo 2 - 3 p.m. Spa. Boot Camp 4 - 5 p.m.	Medi-Cal and Emergency Medi-Cal Enrollments/Renewals 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Community Pantry (Limited to the first 60 people) 1:30 p.m.	My Health LA Enrollment 9 a.m. - 12 p.m. Zumba Step 9 - 10 a.m. Monthly Food Pantry (Open to All) 1 - 3:30 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



2072 E. Palmdale Blvd.
Palmdale, CA 91350



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



213.438.5580
CommunityResourceCenterLA.org



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!		Inscripciones/Renovaciones de Medi-Cal y Medi-Cal de Emergencia 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Despensa Comunitaria (Limitado para los primeros 60 personas) 1:30 p.m.	Inscripciones de My Health LA 9 a.m. - 5 p.m. RCP / Primeros Auxilios Registrarse en freecprla.com Bienvenidos Sin Cita Previa (Edades 14+) 9 a.m. - 12 p.m. Ing. Lo Que Bebe (Bolsa de Regalo Gratis) 2 - 3 p.m. Eng. & Spa. Pasos De Zumba 4 - 5 p.m.	
Inscripciones/Renovaciones de Medi-Cal y Medi-Cal de Emergencia 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Parent Café - Conocimiento: Conocimiento Sobre Crianza de Niños y Desarrollo Infantil 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes - Manténgase Motivado Para Prevenir el Tipo 2 12:05 - 1:20 p.m. Ing. Cardio 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp. Prevenir la Diabetes - Compre y Cocine Para Prevenir la Diabetes Tipo 2 12:05 - 1:20 p.m. Esp. Cocinando Saludable con Demostración 2 - 3 p.m. Ing. Zumba Step 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza 10:15 - 11:15 a.m. Esp. Dinero Inteligente para Adultos 10:30 - 11:30 a.m. Esp. Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Cocinando Saludable / Receta 2 - 3 p.m. Esp. Boot Camp 4 - 5 p.m.	Inscripciones/Renovaciones de Medi-Cal y Medi-Cal de Emergencia 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Despensa Comunitaria (Limitado para los primeros 60 personas) 1:30 p.m.	Inscripciones CalFresh 9 a.m. - 3 p.m. RCP/Primeros Auxilios Registrarse en freecprla.com Bienvenidos Sin Cita Previa (Edades 14+) 9 a.m. - 12 p.m. Esp. Liberty Dental Evaluacion Oral Comunitaria 1 - 3 p.m. Lentes Recetados Gratis (Triaga su Receta Actual para las Primeras 50 Personas) 1 - 3 p.m. Zumba 4 - 5 p.m.	
Inscripciones/Renovaciones de Medi-Cal y Medi-Cal de Emergencia 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Parent Café - Apoyo: Apoyo Concreto en Tiempo de Necesidad 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes - Introduccion al Programa 12:05 - 1:20 p.m. Ing. Pintura Creativa Familiar 2 - 3:30 p.m. Cardio 4 - 5 p.m.	Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp. Prevenir la Diabetes - Encuentre Tiempo Para la Actividad Fisica 12:05 - 1:20 p.m. Esp. Educación Nutricional con Demostración 2 - 3 p.m. Ing. Pasos De Zumba 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza 10:15 - 11:15 a.m. Esp. Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Educación Nutricional con Demostración 2 - 3 p.m. Esp. Boot Camp 4 - 5 p.m.	Inscripciones/Renovaciones de Medi-Cal y Medi-Cal de Emergencia 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Despensa Comunitaria (Limitado para los primeros 60 personas) 1:30 p.m.	Inscripciones CalFresh 9 a.m. - 3 p.m. Junta de RCAC 1 10 a.m. - 1 p.m. Celebración del Día del Padre (Bolsa de Regalo Gratis, Mientras Duren las Reservas) 3:30 - 5 p.m. Zumba 4 - 5 p.m.	
JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO	Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp. Prevenir la Diabetes - Introduccion al Programa 12:05 - 1:20 p.m. Esp. Cocinando Saludable con Demostración 2 - 3 p.m. Ing. Pasos De Zumba 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza 10:15 - 11:15 a.m. Esp. Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Cocinando Saludable con Demostración 2 - 3 p.m. Esp. Boot Camp 4 - 5 p.m.	Inscripciones/Renovaciones de Medi-Cal y Medi-Cal de Emergencia 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Despensa Comunitaria (Limitado para los primeros 60 personas) 1:30 p.m.	Inscripciones CalFresh 9 a.m. - 3 p.m. Pasos De Zumba 9 - 10 a.m. Diseña tu Propia Visera 10:30 a.m. - 12 p.m. Zumba 4 - 5 p.m.	
Inscripciones/Renovaciones de Medi-Cal y Medi-Cal de Emergencia 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Parent Café - Comunicacion: Desarroyo Socio-Emocional de Los Niños 10:15 - 11:45 a.m. Esp. Sauld Bucal Durante el Embarazo 12 - 1 p.m. Ing. & Esp. Prevenir la Diabetes - Duerma lo Suficiente 12:05 - 1:20 p.m. Ing. Cardio 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 3:30 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 10:50 a.m. Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp. Prevenir la Diabetes - Duerma lo Suficiente 12:05 - 1:20 p.m. Esp. Cocinando Saludable con Demostración 2 - 3 p.m. Ing. Pasos De Zumba 4 - 5 p.m.	Inscripciones CalFresh 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza 10:15 - 11:15 a.m. Esp. Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Cocinando Saludable con Demostración 2 - 3 p.m. Esp. Boot Camp 4 - 5 p.m.	Inscripciones/Renovaciones de Medi-Cal y Medi-Cal de Emergencia 9 a.m. - 3:30 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Toning 11 a.m. - 12 p.m. Despensa Comunitaria (Limitado para los primeros 60 personas) 1:30 p.m.	Inscripciones de My Health LA 9 a.m. - 12 p.m. Pasos De Zumba 9 - 10 a.m. Despensa de Comida (Abierto a Todos) 1 - 3:30 p.m.	

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



2072 E. Palmdale Blvd.
Palmdale, CA 91350



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



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