



Community Resource Center

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                                                                             | SATURDAY                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| <div>Classes in <b>BLUE</b> qualify for the My Rewards for a Healthy Life Program</div> <div>Classes in <b>GREEN</b> are by appointment and registration only.</div>                                                                                                                                                                                                                                                                                             | <div>CENTER SERVICES</div> <div><div><div>Member Services</div><div>Enrollment Services*</div><div><div>Medi-cal, MediCare, Covered California, &amp; CalFresh</div></div><div>New Member Orientation</div></div></div> <div><div>Contact Center for Availability of Services</div></div> <div>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</div> |                                                                                                                                                                                                                                                                                                                                                                                           | <div>1</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Digital Learning</div> <div>9:30- 11:30 a.m.</div> <div>Dietician</div> <div>10 a.m.- 1 p.m.</div> <div>C.H.A.T Class</div> <div>11 a.m.- 1 p.m.</div> <div>Craft with Rex</div> <div>3:30- 4:30 p.m.</div> <div>Yoga</div> <div>3:30 a.m.- 4:30 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div>                                                      | <div>2</div> <div>Cardio Dance Class</div> <div>9 - 10 a.m.</div> <div>Stretch Class</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div>                                                        | <div>3</div> <div>CENTER CLOSED</div>  |
| <div>5</div> <div>Kickboxing</div> <div>9 - 10 a.m.</div> <div>Baby and Me</div> <div>10 - 11 a.m.</div> <div>Healthy Cooking</div> <div>2 - 3:15 p.m.</div> <div>Kids Healthy Cooking</div> <div>3:30- 4:45 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>                                                                                                                                                                       | <div>6</div> <div>Step Exercise</div> <div>9 - 10 a.m.</div> <div>Chair Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Makers Class</div> <div>3 - 4 p.m.</div> <div>ESL (level 3)</div> <div>3- 5 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>                                                                 | <div>7</div> <div>Tone Fitness Class</div> <div>9 - 10 a.m.</div> <div>Google for Academic Success and Beyond</div> <div>9:30- 11:30 a.m.</div> <div>CPR &amp; First Aid</div> <div>2 - 5 p.m. (Eng.)</div> <div>Wilma's Workshop</div> <div>3 - 4 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>                                                          | <div>8</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Digital Learning</div> <div>9:30- 11:30 a.m.</div> <div>Dietician</div> <div>10 a.m.- 1 p.m.</div> <div>C.H.A.T Class</div> <div>11 a.m.- 1 p.m.</div> <div>CalFresh Orientation</div> <div>2- 3 p.m.</div> <div>Craft with Rex</div> <div>3:30- 4:30 p.m.</div> <div>Yoga</div> <div>3:30 a.m.- 4:30 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div> | <div>9</div> <div>Cardio Dance Class</div> <div>9 - 10 a.m.</div> <div>Stretch Class</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div>                                                        | <div>10</div> <div>CENTER CLOSED</div> |
| <div>12</div> <div>Kickboxing</div> <div>9 - 10 a.m.</div> <div>Health Advocates SSI/SSDI Assistance</div> <div>10 a.m. - 12 p.m.</div> <div>Baby and Me</div> <div>10 - 11 a.m.</div> <div>Juneteenth Family Fitness</div> <div>10:30- 11:30 p.m.</div> <div>Juneteenth Healthy Cooking</div> <div>2 - 3:15 p.m.</div> <div>Kids Juneteenth Healthy Cooking</div> <div>3:30- 4:45 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div> | <div>13</div> <div>Step Exercise</div> <div>9 - 10 a.m.</div> <div>WIC</div> <div>9 a.m. - 12 p.m.</div> <div>Chair Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Juneteenth Makers Class</div> <div>3 - 4 p.m.</div> <div>ESL (level 3)</div> <div>3- 5 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>          | <div>14</div> <div>Tone Fitness Class</div> <div>9 - 10 a.m.</div> <div>Google for Academic Success and Beyond</div> <div>9:30- 11:30 a.m.</div> <div>Wilma's Juneteenth Workshop</div> <div>3 - 4 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>                                                                                                          | <div>15</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Digital Learning</div> <div>9:30- 11:30 a.m.</div> <div>Dietician</div> <div>10 a.m.- 1 p.m.</div> <div>Juneteenth with Rex</div> <div>3:30- 4:30 p.m.</div> <div>Yoga</div> <div>3:30 a.m.- 4:30 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div>                                                                                                    | <div>16</div> <div>Cardio Dance Class</div> <div>9 - 10 a.m.</div> <div>Stretch Class</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Summer Fun 2023</div> <div>1:30- 3 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div>    | <div>17</div> <div>CENTER CLOSED</div> |
| <div>19</div> <div>JUNETEENTH NATIONAL INDEPENDENCE DAY</div> <div>CENTER CLOSED</div>                                                                                                                                                                                                                                                                                                                                                                           | <div>20</div> <div>Step Exercise</div> <div>9 - 10 a.m.</div> <div>Chair Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Makers Class</div> <div>11:30 a.m - 12:30 p.m.</div> <div>ESL (level 3)</div> <div>3- 5 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>                                                    | <div>21</div> <div>Tone Fitness Class</div> <div>9 - 10 a.m.</div> <div>Google for Academic Success and Beyond</div> <div>9:30- 11:30 a.m.</div> <div>Family Fitness</div> <div>10:30- 11:30 p.m.</div> <div>CPR &amp; First Aid</div> <div>2 - 5 p.m. (Span.)</div> <div>Wilma's Workshop</div> <div>3 - 4 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div> | <div>22</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Digital Learning</div> <div>9:30- 11:30 a.m.</div> <div>Dietician</div> <div>10 a.m.- 1 p.m.</div> <div>CalFresh Orientation</div> <div>2- 3 p.m.</div> <div>Craft with Rex</div> <div>11 a.m.-12 p.m.</div> <div>Yoga</div> <div>3:30 a.m.- 4:30 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div>                                                    | <div>23</div> <div>Cardio Dance Class</div> <div>9 - 10 a.m.</div> <div>Stretch Class</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div>                                                       | <div>24</div> <div>CENTER CLOSED</div> |
| <div>26</div> <div>Kickboxing</div> <div>9 - 10 a.m.</div> <div>Health Advocates SSI/SSDI Assistance</div> <div>10 a.m. - 12 p.m.</div> <div>Social Hour</div> <div>10 a.m. - 12 p.m.</div> <div>Baby and Me</div> <div>10 - 11 a.m.</div> <div>Healthy Cooking</div> <div>2 - 3:15 p.m.</div> <div>Kids Healthy Cooking</div> <div>3:30- 4:45 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>                                     | <div>27</div> <div>Step Exercise</div> <div>9 - 10 a.m.</div> <div>WIC</div> <div>9 a.m. - 12 p.m.</div> <div>Chair Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Makers Class</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>ESL (level 3)</div> <div>3- 5 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>        | <div>28</div> <div>Tone Fitness Class</div> <div>9 - 10 a.m.</div> <div>Google for Academic Success and Beyond</div> <div>9:30- 11:30 a.m.</div> <div>Family Fitness</div> <div>10:30 - 11:30 a.m.</div> <div>Wilma's Workshop</div> <div>3 - 4 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9 - 10 a.m.</div>                                                             | <div>29</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Digital Learning</div> <div>9:30- 11:30 a.m.</div> <div>Special Needs Support Group</div> <div>10 - 11 a.m.</div> <div>Dietician</div> <div>10 a.m.- 1 p.m.</div> <div>Craft with Rex</div> <div>11 a.m.-12 p.m.</div> <div>Yoga</div> <div>3:30 p.m.- 4:30 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div>                                          | <div>30</div> <div>Cardio Dance Class</div> <div>9 - 10 a.m.</div> <div>Stretch Class</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Community Baby Shower</div> <div>2- 4 p.m.</div> <div>Medical, Medicare 64+ Enrollment</div> <div>9 a.m.- 4 p.m.</div> | <div>CRC Website</div>                 |

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



911 North Avalon Blvd  
Wilmington, CA 90744



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



213.428.1490  
CommunityResourceCenterLA.org



Community Resource Center

| LUNES                                                                                                                                                                                                                                                                                                                                                                                                                                                           | MARTES                                                                                                                                                                                                                                                                                                                                                                                       | MIÉRCOLES                                                                                                                                                                                                                                                                                                                                                                                               | JUEVES                                                                                                                                                                                                                                                                                                                                                                                                                                                               | VIERNES                                                                                                                                                                                                                                                                                                           | SÁBADO                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| <div>La clases en <b>Azul</b> califican para el programa mis recompensas para una vida sana.</div> <div>Las clases en <b>Verde</b> son por cita y registro solamente.</div>                                                                                                                                                                                                                                                                                     | <div>SERVICIOS DEL CENTRO</div> <div><div>Servicios a los miembros</div><div>Servicios de Inscripción*</div><div><div>Medi-cal, MediCare, Covered California, y CalFresh</div></div></div> <div>Orientación para nuevos miembros</div> <div><div>*Comuníquese con el Centro para disponibilidad de Servicios</div></div> <div>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</div> |                                                                                                                                                                                                                                                                                                                                                                                                         | <div>1</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Aprendizaje digital</div> <div>9:30- 11:30 a.m.</div> <div>Dietista</div> <div>10 a.m.- 1 p.m.</div> <div>Clase C.H.A.T</div> <div>11 a.m.- 1 p.m.</div> <div>Artesanía con Rex</div> <div>3:30- 4:30 p.m.</div> <div>Yoga</div> <div>3:30 a.m.- 4:30 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div>                                                         | <div>2</div> <div>Baile de Cardio</div> <div>9 - 10 a.m.</div> <div>Clase de Estiramiento</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div>                                                           | <div>3</div> <div>CENTRO CERRADO</div>  |
| <div>5</div> <div>Kickboxing</div> <div>9 - 10 a.m.</div> <div>Babe y Yo</div> <div>10 - 11 a.m.</div> <div>Cocina Saludable</div> <div>2 - 3:15 p.m.</div> <div>Niños Cocina Saludable</div> <div>3:30- 4:45 p.m.</div> <div>Inscripcion para Medi-Cal y CalFresh</div> <div>9- 10 a.m.</div>                                                                                                                                                                  | <div>6</div> <div>Ejercicio Step</div> <div>9 - 10 a.m.</div> <div>Yoga en Silla</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Manualidades para Niño's</div> <div>3 - 4 p.m.</div> <div>Clase de Ingles (nivel 3)</div> <div>3- 5 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9- 10 a.m.</div>                                                                              | <div>7</div> <div>Clase de Tonificacion</div> <div>9 - 10 a.m.</div> <div>Google para el éxito Académico y más allá</div> <div>9:30- 11:30 a.m.</div> <div>RCP/Primero Auxilios</div> <div>2 - 5 p.m. (Eng.)</div> <div>Taller de Wilma</div> <div>3 - 4 p.m.</div> <div>Inscripcion para Medi-Cal y CalFresh</div> <div>9- 10 a.m</div>                                                                | <div>8</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Aprendizaje digital</div> <div>9:30- 11:30 a.m.</div> <div>Dietista</div> <div>10 a.m.- 1 p.m.</div> <div>Clase C.H.A.T</div> <div>11 a.m.- 1 p.m.</div> <div>Orientacion de CalFresh</div> <div>2- 3 p.m.</div> <div>Artesanía con Rex</div> <div>3:30- 4:30 p.m.</div> <div>Yoga</div> <div>3:30 a.m.- 4:30 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div> | <div>9</div> <div>Baile de Cardio</div> <div>9 - 10 a.m.</div> <div>Clase de Estiramiento</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div>                                                           | <div>10</div> <div>CENTRO CERRADO</div> |
| <div>12</div> <div>Kickboxing</div> <div>9 - 10 a.m.</div> <div>Asistencia con SSI/SSDI</div> <div>10 a.m. - 12 p.m.</div> <div>Babe y Yo</div> <div>10 - 11 a.m.</div> <div>Juneteenth Ejercicio en Familia</div> <div>10:30 - 11:30 a.m.</div> <div>Juneteenth Cocina Saludable</div> <div>2 - 3:15 p.m.</div> <div>Niños Juneteenth Cocina Saludable</div> <div>3:30- 4:45 p.m.</div> <div>Inscripcion para Medi-Cal y CalFresh</div> <div>9 - 10 a.m.</div> | <div>13</div> <div>Ejercicio Step</div> <div>9 - 10 a.m.</div> <div>WIC</div> <div>9 a.m. - 12 p.m.</div> <div>Yoga en Silla</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Juneteenth Manualidades para Niño's</div> <div>3 - 4 p.m.</div> <div>Clase de Ingles (nivel 3)</div> <div>3- 5 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9- 10 a.m.</div>                       | <div>14</div> <div>Clase de Tonificacion</div> <div>9 - 10 a.m.</div> <div>Google para el éxito Académico y más allá</div> <div>9:30- 11:30 a.m.</div> <div>Taller de Wilma</div> <div>Juneteenth</div> <div>3 - 4 p.m.</div> <div>Inscripcion para Medi-Cal y CalFresh</div> <div>9- 10 a.m</div>                                                                                                      | <div>15</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Aprendizaje digital</div> <div>9:30- 11:30 a.m.</div> <div>Dietista</div> <div>10 a.m.- 1 p.m.</div> <div>Juneteenth con Rex</div> <div>3:30- 4:30 p.m.</div> <div>Yoga</div> <div>3:30 a.m.- 4:30 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div>                                                                                                           | <div>16</div> <div>Baile de Cardio</div> <div>9 - 10 a.m.</div> <div>Clase de Estiramiento</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Verano divertido 2023</div> <div>1:30- 3 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div> | <div>17</div> <div>CENTRO CERRADO</div> |
| <div>19</div> <div>JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL</div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                  | <div>20</div> <div>Ejercicio Step</div> <div>9 - 10 a.m.</div> <div>Yoga en Silla</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Manualidades para Niño's</div> <div>11:30 a.m.- 12:30 p.m.</div> <div>Clase de Ingles (nivel 3)</div> <div>3- 5 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9- 10 a.m.</div>                                                                 | <div>21</div> <div>Clase de Tonificacion</div> <div>9 - 10 a.m.</div> <div>Google para el éxito Académico y más allá</div> <div>9:30- 11:30 a.m.</div> <div>Ejercicio en Familia</div> <div>10:30- 11:30 p.m.</div> <div>RCP/Primero Auxilios</div> <div>2 - 5 p.m. (Span.)</div> <div>Taller de Wilma</div> <div>3 - 4 p.m.</div> <div>Inscripcion para Medi-Cal y CalFresh</div> <div>9- 10 a.m</div> | <div>22</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Aprendizaje digital</div> <div>9:30- 11:30 a.m.</div> <div>Dietista</div> <div>10 a.m.- 1 p.m.</div> <div>Orientacion de CalFresh</div> <div>2- 3 p.m.</div> <div>Artesanía con Rex</div> <div>11 a.m.- 12 p.m.</div> <div>Yoga</div> <div>3:30 a.m.- 4:30 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div>                                                   | <div>23</div> <div>Baile de Cardio</div> <div>9 - 10 a.m.</div> <div>Clase de Estiramiento</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div>                                                          | <div>24</div> <div>CENTRO CERRADO</div> |
| <div>26</div> <div>Kickboxing</div> <div>9 - 10 a.m.</div> <div>Asistencia con SSI/SSDI</div> <div>10 a.m. - 12 p.m.</div> <div>Hora Social</div> <div>10 a.m. - 12 p.m.</div> <div>Babe y Yo</div> <div>10 - 11 a.m.</div> <div>Cocina Saludable</div> <div>2 - 3:15 p.m.</div> <div>Niños Cocina Saludable</div> <div>3:30- 4:45 p.m.</div> <div>Inscripcion para Medi-Cal y CalFresh</div> <div>9 - 10 a.m.</div>                                            | <div>27</div> <div>Ejercicio Step</div> <div>9 - 10 a.m.</div> <div>WIC</div> <div>9 a.m. - 12 p.m.</div> <div>Yoga en Silla</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Manualidades para Niño's</div> <div>11:30 a.m.- 12:30 p.m.</div> <div>Clase de Ingles (nivel 3)</div> <div>3- 5 p.m.</div> <div>Medi-Cal and CalFresh Enrollment</div> <div>9- 10 a.m.</div>                      | <div>28</div> <div>Clase de Tonificacion</div> <div>9 - 10 a.m.</div> <div>Google para el éxito Académico y más allá</div> <div>9:30- 11:30 a.m.</div> <div>Ejercicio en Familia</div> <div>10:30 - 11:30 a.m.</div> <div>Taller de Wilma</div> <div>3 - 4 p.m.</div> <div>Inscripcion para Medi-Cal y CalFresh</div> <div>9- 10 a.m</div>                                                              | <div>29</div> <div>Cardio Mix</div> <div>9 - 10 a.m.</div> <div>Aprendizaje digital</div> <div>9:30- 11:30 a.m.</div> <div>Dietista</div> <div>10 a.m.- 1 p.m.</div> <div>Artesanía con Rex</div> <div>11 a.m.- 12 p.m.</div> <div>Yoga</div> <div>3:30 p.m.- 4:30 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div>                                                                                                           | <div>30</div> <div>Baile de Cardio</div> <div>9 - 10 a.m.</div> <div>Clase de Estiramiento</div> <div>10 - 11 a.m.</div> <div>Yoga</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Baby Shower Comunitario</div> <div>2- 4 p.m.</div> <div>Inscripción a Medi-Cal, MediCare para personas 65+ 9 a.m.- 4 p.m.</div>  | <div>CRC Sitio de Web</div>             |

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



911 North Avalon Blvd  
Wilmington, CA 90744



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



213.428.1490  
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