



METRO L.A.

SEPTEMBER

2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	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 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.	2  CENTER CLOSED
4 LABOR DAY  CENTER CLOSED	5 Gentle Yoga 9:15 a.m. - 10:15 a.m. Family Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (1/4) 2:15 p.m. - 3:30 p.m.	6 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Spanish - CommUNITY Wellness Healthy Families (3/8) 4:30 p.m. - 6:30 p.m.	7 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. English - CPR & First Aid (14+) 9:30 a.m. - 12:30 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Healthy Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.	8 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.	9  CENTER CLOSED
11 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.	12 Gentle Yoga 9:15 a.m. - 10:15 a.m. Family Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (2/4) 2:15 p.m. - 3:30 p.m.	13 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	14 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Spanish - CPR & First Aid (14+) 9:30 a.m. - 12:30 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Healthy Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.	15 Limited Hours of Service 9:00 a.m. - 1:30 p.m. Closed 1:30 p.m. - 5:00 p.m.	16  CENTER CLOSED
18 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.	19 Gentle Yoga 9:15 a.m. - 10:15 a.m. Family Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (3/4) 2:15 p.m. - 3:30 p.m.	20 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Spanish - CommUNITY Wellness Healthy Families (4/8) 4:30 p.m. - 6:30 p.m.	21 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:15 a.m. - 11:15 a.m. Spanish - Healthy Living Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Healthy Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.	22 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m. Family Game Night 3:30 p.m. - 5:30 p.m.	23  CENTER CLOSED
25 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.	26 Gentle Yoga 9:15 a.m. - 10:15 a.m. Family Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (4/4) 2:15 p.m. - 3:30 p.m.	27 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Tenant Rights Legal Clinic 4:30 p.m. - 7:00 p.m.	28 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba (14+) 10:15 a.m. - 11:15 a.m. Spanish - Healthy Living Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Healthy Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.	29 Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.	30  CENTER CLOSED

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



1233 S. Western Ave.

Los Angeles, CA 90006



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.

Saturday: CLOSED



213-428-1457

CommunityResourceCenterLA.org



METRO L.A.

SEPTIEMBRE

2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
CRC Sitio de Web	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete. GRIS Virtual. Porfavor llame al centro para registrarse.	SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros *Comuniquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!		1 Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m. Servicio para Miembros 9:00 a.m. - 4:00 p.m. Orientación para Miembros de L.A. Care 10:00 a.m. - 4:00 p.m.	2 CENTRO CERRADO
4 DÍA DEL TRABAJO CENTRO CERRADO	5 Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga para Familias 10:30 a.m. - 11:30 a.m. Español - Vivir Bien con Diabetes (1/4) 2:15 p.m. - 3:30 p.m.	6 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30p.m. - 1:30 p.m. Español - CommUNITY Wellness Familias Saludables (3/8) 4:30 p.m. - 6:30 p.m.	7 Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Ingles - RCP y Primeros Auxilios (14+) 9:30 a.m. - 12:30 p.m. Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m.-4:30 p.m. Ingles - Cocina Saludable para Niños (5-13) 3:30 p.m. - 4:30 p.m.	8 Servicios de Inscripción para Medi-Cal y Covered CA 9:00 a.m. - 5:00 p.m. Servicio para Miembros 9:00 a.m. - 4:00 p.m. Orientación para Miembros de L.A. Care 10:00 a.m. - 4:00 p.m.	9 CENTRO CERRADO
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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



1233 S Western Ave.

Los Angeles, CA 90006



HORARIO DEL CENTRO:

Lunes a Viernes: 9 a.m. - 5 p.m.

Sábado: Cerrado



213-428-1457

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