






# METRO L.A. DECEMBER 2023

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	Classes in <b>BLUE</b> qualify for the My Rewards for a Healthy Life Program  Classes in <b>GREEN</b> are by appointment and registration only.	<b>CENTER SERVICES</b> - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <small>*Contact Center for Availability of Services</small>  <b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b>		<b>Medi-Cal &amp; Covered CA Enrollment Services</b> 9:00 a.m. - 5:00 p.m.  <b>Member Services</b> 9:00 a.m. - 4:00 p.m.  <b>L.A. Care Member Orientation</b> 10:00 a.m. - 4:00 p.m.	<b>CENTER CLOSED</b>
<b>English - CPR &amp; First Aid (14+)</b> 2:00 p.m. - 5:00 p.m.  <b>Medi-Cal &amp; Covered CA Enrollment Services</b> 9:00 a.m. - 5:00 p.m.  <b>Member Services</b> 9:00 a.m. - 4:00 p.m.  <b>L.A. Care Member Orientation</b> 10:00 a.m. - 4:00 p.m.	<b>Medi-Cal &amp; Covered CA Enrollment Services</b> 9:00 a.m. - 5:00 p.m.  <b>Gentle Yoga</b> 9:15 a.m. - 10:15 a.m.  <b>Family Yoga</b> 10:30 a.m. - 11:30 a.m.  <b>Spanish - Live Healthy with Diabetes (3 of 4)</b> 2:15 p.m. - 3:30 p.m.  <b>Homework Help (K - 8th)</b> 3:30 p.m. - 5:00 p.m.	<b>Spanish - Healthy Living: Personal Development</b> 9:15 a.m. - 10:15 a.m.  <b>Spanish - Healthy Living: Cooking Matters (14+)</b> 10:45 a.m. - 12:15 p.m.  <b>Healthy Living: Weight Training (14+)</b> 12:30 p.m. - 1:30 p.m.	<b>CalFresh Application Assistance</b> 9:30 a.m. - 4:30 p.m. <b>Korean - Developmental Screenings</b> 9:30 a.m. - 4:00 p.m. <b>Low Impact Zumba (14+)</b> 9:00 a.m. - 10:00 a.m. <b>Zumba (14+)</b> 10:10 a.m. - 11:10 a.m. <b>Dance Aerobics (Beginner) (14+)</b> 11:25 a.m. - 12:15 p.m. <b>Dance Aerobics (Intermediate)(14+)</b> 12:25 p.m. - 1:20 p.m. <b>Spanish - Healthy Living: Weight Management (18+)</b> 2:00 p.m. - 3:00 p.m. <b>Zumba (14+)</b> 3:30 p.m. - 4:30 p.m. <b>English - Healthy Cooking for Kids (5-13)</b> 3:30 p.m. - 4:30 p.m.	<b>Medi-Cal &amp; Covered CA Enrollment Services</b> 9:00 a.m. - 5:00 p.m.  <b>Member Services</b> 9:00 a.m. - 4:00 p.m.  <b>L.A. Care Member Orientation</b> 10:00 a.m. - 4:00 p.m.	<b>CENTER CLOSED</b>
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<b>Healthy Eating Resource Fair 10:00 a.m. *Receive a \$20 Gift Card, while supplies last</b> <b>Medi-Cal &amp; Covered CA Enrollment Services</b> 1:00 p.m. - 5:00 p.m. <b>Member Services</b> 9:00 a.m. - 4:00 p.m. <b>L.A. Care Member Orientation</b> 1:00 p.m. - 4:00 p.m. <b>Holiday Craft: DIY Snow Globes (5-13)</b> 10:00 a.m. - 11:30 a.m. <b>Holiday Craft: New Year Treasure Box (5-13)</b> 1:30 p.m. - 3:00 p.m.	<b>Medi-Cal &amp; Covered CA Enrollment Services</b> 9:00 a.m. - 5:00 p.m. <b>Gentle Yoga</b> 9:15 a.m. - 10:15 a.m. <b>Holiday Extravaganza: DIY Ornaments and Holiday Snacks (5-13)</b> 10:00 a.m. - 11:30 a.m. <b>Family Yoga</b> 10:30 a.m. - 11:30 a.m. <b>Holiday Craft: Tissue Paper Polar Bear (5-13)</b> 1:30 p.m. - 3:00 p.m. <b>Spanish - Live Healthy with Diabetes (4 of 4)</b> 2:15 p.m. - 3:30 p.m.	<b>Spanish - Healthy Living: Personal Development</b> 9:15 a.m. - 10:15 a.m.  <b>Spanish - Healthy Living: Cooking Matters (14+)</b> 10:45 a.m. - 12:15 p.m.  <b>Healthy Living: Weight Training (14+)</b> 12:30 p.m. - 1:30 p.m.  <b>Center Closed</b> 1:30 p.m. - 5:00 p.m.	<b>CalFresh Application Assistance</b> 9:30 a.m. - 4:30 p.m. <b>Korean - Developmental Screenings</b> 9:30 a.m. - 4:00 p.m. <b>Low Impact Zumba (14+)</b> 9:00 a.m. - 10:00 a.m. <b>Zumba (14+)</b> 10:10 a.m. - 11:10 a.m. <b>Dance Aerobics (Beginner) (14+)</b> 11:25 a.m. - 12:15 p.m. <b>Dance Aerobics (Intermediate) (14+)</b> 12:25 p.m. - 1:20 p.m. <b>Spanish - Healthy Living: Weight Management (18+)</b> 2:00 p.m. - 3:00 p.m. <b>Zumba (14+)</b> 3:30 p.m. - 4:30 p.m. <b>English - Healthy Cooking for Kids (5-13)</b> 3:30 p.m. - 4:30 p.m.	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>
<b>CENTER CLOSED</b>	 <b>CENTER CLOSED</b> <b>CENTRO CERRADO</b> 			<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>

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



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	<p><b>AZUL</b> Califican para el programa mis recompensas para una vida sana.</p> <p><b>VERDE</b> Por cita y registro solamane.</p> <p><b>GRIS</b> Virtual. Porfavor llame al centro para registrarse.</p>	<p><b>SERVICIOS DEL CENTRO</b></p> <ul style="list-style-type: none"> <li>- Servicios a los miembros</li> <li>- Servicios de Inscripción*               <ul style="list-style-type: none"> <li>• Medi-cal, MediCare, Covered California, y CalFresh</li> </ul> </li> <li>- Orientación para nuevos miembros</li> </ul> <p>*Comuniquese con el Centro para disponibilidad de Servicios</p> <p><b>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</b></p>		<p><b>Servicios de Inscripción para Medi-Cal y Covered CA</b> 9:00 a.m. - 5:00 p.m.</p> <p><b>Servicio para Miembros</b> 9:00 a.m. - 4:00 p.m.</p> <p><b>Orientación para Miembros de L.A. Care</b> 10:00 a.m. - 4:00 p.m.</p>	
<p><b>Inglés - RCP y Primeros Auxilios (14+)</b> 2:00 p.m. - 5:00 p.m.</p> <p><b>Servicios de Inscripción para Medi-Cal y Covered CA</b> 9:00 a.m. - 5:00 p.m.</p> <p><b>Servicio para Miembros</b> 9:00 a.m. - 4:00 p.m.</p> <p><b>Orientación para Miembros de L.A. Care</b> 10:00 a.m. - 4:00 p.m.</p>	<p><b>Servicios de Inscripción para Medi-Cal y Covered CA</b> 9:00 a.m. - 5:00 p.m.</p> <p><b>Yoga Suave</b> 9:15 a.m. - 10:15 a.m.</p> <p><b>Yoga para Familias</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Español - Vivir Bien con Diabetes (3 de 4)</b> 2:15 p.m. - 3:30 p.m.</p> <p><b>Ayuda con la Tareas (K - 8th)</b> 3:30 p.m. - 5:00 p.m.</p>	<p><b>Español - Vida Sana: Superación Personal</b> 9:15 a.m. - 10:15 a.m.</p> <p><b>Español - Vida Sana: En la Cocina(14+)</b> 10:45 a.m. - 12:15 p.m.</p> <p><b>Vida Sana: Ejercicio de Resistencia (14+)</b> 12:30 p.m. - 1:30 p.m.</p>	<p><b>Asistencia para Aplicaciones de CalFresh</b> 9:30 a.m. - 4:30 p.m.</p> <p><b>Coreano - Exámenes de Desarrollo</b> 9:30 a.m. - 4:00 p.m.</p> <p><b>Bajo Impacto Zumba (14+)</b> 9:00 a.m. - 10:00 a.m.</p> <p><b>Zumba (14+)</b> 10:10 a.m. - 11:10 a.m.</p> <p><b>Baile Aerobico (Principantes) (14+)</b> 11:25 a.m. - 12:15 p.m.</p> <p><b>Baile Aerobico (Intermediante) (14+)</b> 12:25 p.m. - 1:20 p.m.</p> <p><b>Español - Vida Sana: Control de Peso (18+)</b> 2:00 p.m. - 3:00 p.m.</p> <p><b>Zumba (14+)</b> 3:30 p.m.-4:30 p.m.</p> <p><b>Inglés - Cocina Saludable para Niños (5-13)</b> 3:30 p.m. - 4:30 p.m.</p>	<p><b>Servicios de Inscripción para Medi-Cal y Covered CA</b> 9:00 a.m. - 5:00 p.m.</p> <p><b>Servicio para Miembros</b> 9:00 a.m. - 4:00 p.m.</p> <p><b>Orientación para Miembros de L.A. Care</b> 10:00 a.m. - 4:00 p.m.</p>	
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<p><b>Feria de Recursos de Alimentos Saludable</b> 10:00 a.m. *Reciba una tarjeta de regalo de \$20, hasta agotar existencias</p> <p><b>Servicios de Inscripción para Medi-Cal y Covered CA</b> 1:00 p.m. - 5:00 p.m.</p> <p><b>Servicio para Miembros</b> 9:00 a.m. - 4:00 p.m.</p> <p><b>Orientación para Miembros de L.A. Care</b> 1:00 p.m. - 4:00 p.m.</p> <p><b>Manualidades Festivas: Manualidad de Globo de Nieve (5-13)</b> 10:00 a.m. - 11:30 a.m.</p> <p><b>Manualidades Festivas: Caja de Tesoro Para el Año Nuevo (5-13)</b> 1:30 p.m. - 3:00 p.m.</p>	<p><b>Servicios de Inscripción para Medi-Cal y Covered CA</b> 9:00 a.m. - 5:00 p.m.</p> <p><b>Yoga Suave</b> 9:15 a.m. - 10:15 a.m.</p> <p><b>Celebracion Festiva: Manualidad y Bocadillos Festivos (5-13)</b> 10:00 a.m. - 11:30 a.m.</p> <p><b>Yoga para Familias</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Manualidades Festivas: Oso Polar de Papel (5-13)</b> 1:30 p.m. - 3:00 p.m.</p> <p><b>Español - Vivir Bien con Diabetes (4 de 4)</b> 2:15 p.m. - 3:30 p.m.</p>	<p><b>Español - Vida Sana: Superación Personal</b> 9:15 a.m. - 10:15 a.m.</p> <p><b>Español - Vida Sana: En la Cocina(14+)</b> 10:45 a.m. - 12:15 p.m.</p> <p><b>Vida Sana: Ejercicio de Resistencia (14+)</b> 12:30p.m. - 1:30 p.m.</p> <p><b>Centro Cerrado</b> 1:30 p.m. - 5:00 p.m.</p>	<p><b>Asistencia para Aplicaciones de CalFresh</b> 9:30 a.m. - 4:30 p.m.</p> <p><b>Coreano - Exámenes de Desarrollo</b> 9:30 a.m. - 4:00 p.m.</p> <p><b>Bajo Impacto Zumba (14+)</b> 9:00 a.m. - 10:00 a.m.</p> <p><b>Zumba (14+)</b> 10:10 a.m. - 11:10 a.m.</p> <p><b>Baile Aerobico (Principantes) (14+)</b> 11:25 a.m. - 12:15 p.m.</p> <p><b>Baile Aerobico (Intermediante) (14+)</b> 12:25 p.m. - 1:20 p.m.</p> <p><b>Español - Vida Sana: Control de Peso (18+)</b> 2:00 p.m. - 3:00 p.m.</p> <p><b>Zumba (14+)</b> 3:30 p.m.-4:30 p.m.</p> <p><b>Inglés - Cocina Saludable para Niños (5-13)</b> 3:30 p.m. - 4:30 p.m.</p>		
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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**  
CommunityResourceCenterLA.org