



# Community Resource Center



# PANORAMA CITY DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>For questions or to register for classes call 213.438.5497 or email <a href="mailto:PanoramaCityCRC@lacare.org">PanoramaCityCRC@lacare.org</a></p>				<p>Virtual CPR &amp; First Aid (Ages 14+) Register at <a href="http://freecprla.com">freecprla.com</a> 9 a.m.—12 p.m. Eng.</p>	<p><b>1</b></p> <p><b>2</b></p> <p><b>CENTER CLOSED</b></p>
<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 11:00 a.m.—12:00 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p>	<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 9:15—10 a.m.</p> <p>Virtual World of Juicing &amp; Salads 10:15—11 a.m. Eng./Spa.</p> <p>Virtual Healthy Cooking 11:15 a.m.—12:45 p.m. Eng./Spa.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p> <p>Virtual Healthy Cooking for Families (5—14 yrs old) 3:45—4:45 p.m. Eng./Spa.</p>	<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 12:45—1:45 p.m.</p>	<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 12:45—1:45 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Spa.</p>		<p><b>4</b></p> <p><b>5</b></p> <p><b>6</b></p> <p><b>7</b></p> <p><b>8</b></p> <p><b>9</b></p> <p><b>CENTER CLOSED</b></p>
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<p><b>25</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>26</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>27</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>28</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>29</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>30</b></p> <p><b>CENTER CLOSED</b></p>
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**BE ACTIVE,  
HEALTHY & INFORMED**

7868 Van Nuys Blvd.  
Panorama City, CA 91402

**CENTER HOURS:**  
Closed until early 2024.

213.438.5497  
[CommunityResourceCenterLA.org](http://CommunityResourceCenterLA.org)



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
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<p>4</p> <p>Boot Camp Virtual 8—9 a.m.</p> <p>Zumba Virtual 11:00 a.m.—12:00 p.m.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p>	<p>5</p> <p>Boot Camp Virtual 8—9 a.m.</p> <p>Zumba Virtual 9:15—10 a.m.</p> <p>El Mundo de Jugos y Ensaladas Virtual 10:15 — 11 a.m. Ing./Esp.</p> <p>Cocinando Saludable Virtual 11:15 a.m.-12:45 p.m. Ing./Esp.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Cocinado Saludable para Familias Virtual (5—14 años) 3:45—4:45 p.m. Ing./Esp.</p>	<p>6</p> <p>Boot Camp Virtual 8—9 a.m.</p> <p>Zumba Virtual 12:45—1:45 p.m.</p>	<p>7</p> <p>Boot Camp Virtual 8—9 a.m.</p> <p>Zumba Virtual 12:45 —1:45 p.m.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Esp.</p>	<p>8</p>	<p>9</p> <p> <b>CENTRO CERRADO</b></p>
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**SEA ACTIVO,  
SALUDABLE E INFORMADO**

