



WILMINGTON DECEMBER 2023

Community Resource Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|----------------------|
| | <p>CENTER SERVICES</p> <ul style="list-style-type: none"> Member Services Enrollment Services* <ul style="list-style-type: none"> Medi-cal, MediCare, Covered California, & CalFresh New Member Orientation <p><small>*Contact Center for Availability of Services</small></p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p> | <p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p> | | <p>Cardio Dance Class 9 - 10 a.m.</p> <p>Stretch Class 10 - 11 a.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Depression 101 (Eng.) 11:30 a.m. - 12:30 p.m.</p> <p>Salads & Juicing 101 1 - 2 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | CENTER CLOSED |
| <p>Kickboxing 9 - 10 a.m.</p> <p>Baby and Me 10:30 - 11:30 a.m.</p> <p>Healthy Cooking 2 - 3:15 p.m.</p> <p>Circuit Training 3:30 - 4:30 p.m.</p> <p>Snowflakes 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | <p>Step Exercise 9 - 10 a.m.</p> <p>Chair Yoga 11:30 a.m. - 12:30 p.m.</p> <p>Diabetes 101 3 - 4:30 p.m.</p> <p>Kids Healthy Cooking 3:30 - 5 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | <p>Tone Fitness Class 9 - 10 a.m.</p> <p>Google Tech 10:30 a.m. - 12:30 p.m.</p> <p>Anxiety 101 (Span.) 12 - 2 p.m.</p> <p>CPR & First Aid freecprla.com 2 - 5 p.m. (Eng.)</p> <p>Colorectal 101 (gift card) 3:30 - 4:30 p.m.</p> <p>Homework Help 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | <p>Cardio Mix 9 - 10 a.m.</p> <p>ESL 10 a.m. - 12 p.m.</p> <p>Eat Right 1:30, 2:30, 3:30 p.m.</p> <p>Managing Blood Pressure 101 3 - 4:30 p.m.</p> <p>Yoga 3:30 - 4:30 p.m.</p> <p>Toddler Time (Frosty the snowman) 3 - 4 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | <p>Cardio Dance Class 9 - 10 a.m.</p> <p>Stretch Class 10 - 11 a.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Salads & Juicing 101 1 - 2 p.m.</p> <p>Social Hour (Wreath & cookie x-change) 2:30 - 4 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | CENTER CLOSED |
| <p>Kickboxing 9 - 10 a.m.</p> <p>Health Advocates SSI/SSDI Assistance 10 a.m. - 12 p.m.</p> <p>Baby and Me 10:30 - 11:30 a.m.</p> <p>Healthy Cooking 2 - 3:15 p.m.</p> <p>Circuit Training 3:30 - 4:30 p.m.</p> <p>Kids Holiday Wreath 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | CENTER CLOSED | <p>Tone Fitness Class 9 - 10 a.m.</p> <p>Google Tech 10:30 a.m. - 12:30 p.m.</p> <p>Grief and Loss 101 (Span.) 12 - 2 p.m.</p> <p>Homework Help 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | <p>Cardio Mix 9 - 10 a.m.</p> <p>ESL 10 a.m. - 12 p.m.</p> <p>Eat Right 1:30, 2:30, 3:30 p.m.</p> <p>Managing Blood Pressure 101 3 - 4:30 p.m.</p> <p>Yoga 3:30 - 4:30 p.m.</p> <p>Holiday Snow Globes 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | <p>Cardio Dance Class 9 - 10 a.m.</p> <p>Stretch Class 10 - 11 a.m.</p> <p>Yoga 11:15 a.m. - 12:15 p.m.</p> <p>Anxiety 101 (Eng.) 11:30 a.m. - 12:30 p.m.</p> <p>Salads & Juicing 101 1 - 2 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | CENTER CLOSED |
| <p>Kickboxing 9 - 10 a.m.</p> <p>Baby and Me 10:30 - 11:30 a.m.</p> <p>Letters to the North Pole 2 - 4:30 p.m.</p> <p>Healthy Cooking 2 - 3:15 p.m.</p> <p>Circuit Training 3:30 - 4:30 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | <p>Step Exercise 9 - 10 a.m.</p> <p>Chair Yoga 11:30 a.m. - 12:30 p.m.</p> <p>Melting Tree 11:30 a.m. - 12:30 p.m.</p> <p>Diabetes 101 3 - 4:30 p.m.</p> <p>Kids Healthy Cooking 3:30 - 5 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.</p> | <p>Tone Fitness Class 9 - 10 a.m.</p> <p>Google Tech 10:30 a.m. - 12:30 p.m.</p> <p>Regional Community Advisory Committee Meeting 10:30 a.m. - 1 p.m.</p> <p>Adiccion 101 (Span.) 12 - 2 p.m.</p> <p>CPR & First Aid freecprla.com 2 - 5 p.m. (Span.)</p> <p>Asthma 101 3:30 - 4:30 p.m.</p> <p>Ornament Making 3:30 - 4:30 p.m.</p> | <p>Cardio Mix 9 - 10 a.m.</p> <p>ESL 10 a.m. - 12 p.m.</p> <p>Center Closed 12 - 5 p.m.</p> <p>Medi-Cal and CalFresh Enrollment 9 - 11 a.m.</p> | CENTER CLOSED | CENTER CLOSED |
| CENTER CLOSED | CENTER CLOSED CENTRO CERRADO | | | CENTER CLOSED | 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**

911 North Avalon Blvd
Wilmington, CA 90744











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

213.428.1490
CommunityResourceCenterLA.org



WILMINGTON DICIEMBRE 2023

Community Resource Center

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|---|---|--|---|--|---|
|  CRC Sitio de Web | SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <small>*Comuníquese con el Centro para disponibilidad de Servicios</small> TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS! | Las clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente. | | Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Depresión 101 (ING.) 11:30 a.m. - 12:30 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m. |  |
| Kickboxing 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Cocina Saludable 2 - 3:15 p.m. Entrenamiento de circuito 3:30 - 4:30 p.m. Estrellas de nieve 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 am - 4 pm | Ejercicio Step 9 - 10 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Diabetes 101 3 - 4:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m. | Clase de Tonificación 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Ansiedad 101 (Span.) 12 - 2 p.m. RCP/Primero Auxilios freecprla.com 2 - 5 p.m. (Eng.) Colorectal 101 (tarjeta de regalo) 3:30 p.m. - 4:30 p.m. Ayuda con la tarea 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m. | Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Come Saludable 1:30, 2:30, 3:30 p.m. Manejo de la presión 101 3 - 4:30 p.m. Yoga 3:30 - 4:30 p.m. Tiempo para Niños Pequeños (Frosty el muñeco de nieve) 3 - 4 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m. | Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Hora Social (Coronas y cambio de galletas) 2:30 - 4 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m. |  |
| Kickboxing 9 - 10 a.m. Asistencia con SSI/SSDI 10 a.m. - 12 p.m. Babe y Yo 10:30 - 11:30 a.m. Cocina Saludable 2 - 3:15 p.m. Entrenamiento de circuito 3:30 - 4:30 p.m. Corona navideña para niños 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m. |  | Clase de Tonificación 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Duelo y Perdida 101 (Span.) 12 - 2 p.m. Ayuda con la tarea 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m. | Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Come Saludable 1:30, 2:30, 3:30 p.m. Manejo de la presión 101 3 - 4:30 p.m. Yoga 3:30 - 4:30 p.m. Globos de nieve navideños 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m. | Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ansiedad 101 (ING.) 11:30 a.m. - 12:30 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 4 p.m. |  |
| Kickboxing 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Cartas al polo norte 2 - 4:30 p.m. Cocina Saludable 2 - 3:15 p.m. Entrenamiento de circuito 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m. | Ejercicio Step 9 - 10 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Melting Trees 11:30 a.m. - 12:30 p.m. Diabetes 101 3 - 4:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 4 p.m. | Clase de Tonificación 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Reunion del Comité Asesor Comunitario Regional 10:30 a.m. - 1 p.m. Adicción 101 12 - 2 p.m. RCP/Primero Auxilios freecprla.com 2 - 5 p.m. (Span.) Asma 101 3:30 - 4:30 p.m. Esferas navideñas 3:30 - 4:30 p.m. | Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Center Closed 12 - 5 p.m. Inscripción para Medi-Cal y CalFresh 9 - 11 a.m. |  |  |
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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**



911 North Avalon Blvd
Wilmington, CA 90744



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



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