



EL MONTE

FEBRUARY

2024

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 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Support Group w/ Department of Mental Health 2:00 p.m. - 4:30 p.m. Spa. Homework Help 3:30 p.m. - 4:30 p.m	2 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa.. Healthy Cooking Class 10:30 a.m. - 12 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Family Salsa Dance Aerobics 4 p.m. - 5 p.m.	3  CENTER CLOSED
5 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa.. Diabetes Basics 10:15 a.m. -11:15 a.m. Eng.& Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Books R Us 3 p.m. - 4 p.m Homework Help 4 p.m.- 5 p.m	6 Member Services 9 - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 9 a.m. - 10 a.m. Kids Think & Grow 3 p.m. - 4 p.m. Homework Help 4 p.m.- 5 p.m	7 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Cal-Fresh Enrollment 9 a.m - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Managing High Blood Pressure 11 a.m. - 12:30 a.m. Spa. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Kids Creative Art Class 2:30 p.m.- 3:30 p.m. Healthy Cooking Class for Kids (4 yrs old & up) 3:45 pm. - 4:45 p.m. Child Abuse Prevention and Resilience 4 p.m. - 5 p.m. Spa. & Eng	8 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Adult Weight Management 10 a.m. - 11:30 a.m. Mandarin Support Group w/ Department of Mental Health 2:00 p.m. - 4:30 p.m. Spa. Homework Help 3:30 p.m. - 4:30 p.m	9  CENTER CLOSED	10  CENTER CLOSED
12 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa.. Diabetes Basics 10:15 a.m. -11:15 a.m. Eng.& Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Books R Us 3 p.m. - 4 p.m Homework Help 4 p.m.- 5 p.m	13 Member Services 9 - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 9 a.m. - 10 a.m. CPR & First Aid 1 p.m. - 4 p.m. Spa. (14 yrs & Older) Freecprla.com Kids Think & Grow 3 p.m. - 4 p.m. Homework Help 4 p.m.- 5 p.m	14 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Managing High Blood Pressure 11 a.m. - 12:30 a.m. Spa. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m Kids Creative Art Class 2:30 p.m. - 3:30 p.m Healthy Cooking Class for Kids (4 yrs old & up) 3:45 pm. - 4:45 p.m.	15 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Healthy Lifestyle Program for Children and Families 10 a.m. - 11:30 a.m. Eng. Adult Weight Management 10 a.m. - 11:30 a.m. Mandarin Healthy Lifestyle Program for Children and Families 12 p.m. - 1:30 p.m. Spa. Support Group w/ Department of Mental Health 2:00 p.m. -4:30 p.m. Spa. Homework Help 3:30 p.m. - 4:30 p.m	16 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa.. Healthy Cooking Class 10:30 a.m. - 12 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Family Salsa Dance Aerobics 4 p.m. - 5 p.m.	17  CENTER CLOSED
19  PRESIDENT'S DAY CENTER CLOSED	20 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 9 a.m. - 10 a.m. CPR & First Aid 1 p.m. - 4 p.m. Eng. (14 yrs & Older) Freecprla.com Kids Think & Grow 3 p.m. - 4 p.m Homework Help 4 p.m.- 5 p.m	21 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Cal-Fresh Enrollment 9 a.m - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m Kids Creative Art Class 2:30 p.m. - 3:30 p.m Healthy Cooking Class for Kids (4 yrs old & up) 3:45 pm. - 4:45 p.m.	22 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Healthy Lifestyle Program for Children and Families 10 a.m. - 11:30 a.m. Eng. Diabetes Self-Management 10 a.m. - 11:30 a.m. Mandarin Healthy Lifestyle Program for Children and Families 12 p.m. - 1:30 p.m. Spa. Support Group w/ Department of Mental Health 2:00 p.m. -4:30 p.m. Spa. Homework Help 3:30 p.m. - 4:30 p.m	23 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa. Healthy Cooking Class 10:30 a.m. - 12 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Family Salsa Dance Aerobics 4 p.m. - 5 p.m.	24  CENTER CLOSED
26 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Zumba 9 a.m. - 10 a.m. Eng. & Spa. Diabetes Basics 10:15 a.m. - 11:15 a.m. Eng.& Spa. The World of Juicing & Salads 11 a.m. - 12 p.m. Eng. & Spa. Kids Books R Us 3 p.m. - 4 p. Homework Help 4 p.m.- 5 p.m	27 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 9 a.m. - 10 a.m. CPR & First Aid Virtual 1 p.m. - 4 p.m. Eng. (14 yrs & Older) Freecprla.com Kids Think & Grow 3 p.m. - 4 p.m Homework Help 4 p.m.- 5 p.m	28 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Cal-Fresh Enrollment 9 a.m - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Child Abuse Prevention and Resilience 2 p.m. - 4:30 p.m. Chinese Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m Kids Creative Art Class 2:30 p.m. - 3:30 p.m Healthy Cooking Class for Kids (4 yrs old & up) 3:45 pm. - 4:45 p.m.	29 Member Services 9 a.m. - 4 p.m. Enrollment Services 9 a.m - 4 p.m. Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Healthy Lifestyle Program for Children and Families 10 a.m. - 11:30 a.m. Eng. Diabetes Self-Management 10 a.m. - 11:30 a.m. Mandarin Healthy Lifestyle Program for Children and Families 12 p.m. - 1:30 p.m. Spa. Child Development Class 2:30 p.m. - 4 p.m. Eng. Support Group w/ Department of Mental Health 2:00 p.m. -4:30 p.m. Spa. Homework Help 3:30 p.m. - 4:30 p.m		

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



3570 Santa Anita Ave.

El Monte, CA 91731



CENTER HOURS:

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

Saturday: CLOSED



213-428-1495

CommunityResourceCenterLA.org



EL MONTE

FEBRERO

2024

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 *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	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 para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Grupo de Apoyo con El Departamento de Salud Mental 2:00 p.m. - 4:30 p.m. Esp. Ayuda con Tarea 3:30 p.m. - 4:30 p.m. 1	Servicios para Miembros 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Cocina Saludable 10:30 a.m. - 12 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico Familiar 4 p.m. - 5 p.m 2	 6
Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Conceptos Básicos de la Diabetes 10:15 a.m. - 11:15 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 a.m. - 12 p.m. Esp. y Ing. Clase de Libros R Us 3 p.m. - 4 p.m Ayuda con Tarea 4 p.m. - 5 p.m. 5	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 9 a.m. - 10 a.m. Clase de Aprendizaje y Crecimiento para Niños 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m. 6	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Manejo de la Presión Arterial Alta 11 a.m. - 12:30 a.m. Spa. Clase de Arte Creativo para Niños 2:30 p.m. - 3:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños (4 años y mas) 3:45 p.m. - 4:45 p.m. Prevención y Resiliencia del Abuso Infantil 4 p.m. - 5 p.m. Spa. & Eng 7	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Control de Peso en Adultos 10 a.m. - 11:30 a.m. Mandarin Grupo de Apoyo con El Departamento de Salud Mental 2:00 p.m. - 4:30 p.m. Esp. Ayuda con Tarea 3:30 p.m. - 4:30 p.m. 8	 9	 10
Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Conceptos Básicos de la Diabetes 10:15 a.m. - 11:15 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 a.m. - 12 p.m. Esp.y Ing. Clase de Libros R Us 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m 12	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 9 a.m. - 10 a.m. RCP y Primeros Auxilios 1 p.m. - 4 p.m. Esp. (14 años y mas) freecprla.com Clase de Aprendizaje y Crecimiento para Niños 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m. 13	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Manejo de la Presión Arterial Alta 11 a.m. - 12:30 a.m. Spa. Clase de Arte Creativo para Niños 2:30 p.m.- 3:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños (4 años y mas) 3:45 p.m. - 4:45 p.m. 14	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Programa para un Estilo de Vida Saludable para Niños y Familias 10 a.m. - 11:30 a.m. Ing. Control de Peso en Adultos 10 a.m. - 11:30 a.m. Mandarin Programa para un Estilo de Vida Saludable para Niños y Familias 12 p.m. - 1:30 a.m. Esp. Grupo de Apoyo con El Departamento de Salud Mental 2:00 p.m. - 4:30 p.m. Esp. Ayuda con Tarea 3:30 p.m. - 4:30 p.m. 15	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Cocina Saludable 10:30 a.m. - 12 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico Familiar 4 p.m. - 5 p.m 16	 17
DÍA DE LOS PRESIDENTES  CENTRO CERRADO 19	Servicio para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 9 a.m. - 10 a.m. RCP y Primeros Auxilios 1 p.m. - 4 p.m. Ing. (14 años y mas) freecprla.com Clase de Aprendizaje y Crecimiento para Niños 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m 20	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Clase de Arte Creativo para Niños 2:30 p.m.- 3:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños (4 años y mas) 3:45 p.m. - 4:45 p.m. 21	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Programa para un Estilo de Vida Saludable para Niños y Familias 10 a.m. - 11:30 a.m. Ing. Auto Control de la Diabetes 10 a.m. - 11:30 a.m. Mandarin Programa para un Estilo de Vida Saludable para Niños y Familias 12 p.m. - 1:30 a.m. Esp. Grupo de Apoyo con El Departamento de Salud Mental 2:00 p.m. - 4:30 p.m. Esp. Ayuda con Tarea 3:30 p.m. - 4:30 p.m 22	Servicios para Miembros 9 - 4 p.m. Servicios de Inscripción 9 - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Cocina Saludable 10:30 a.m. - 12 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico Familiar 4 p.m. - 5 p.m 23	 24
Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 9 a.m. - 10 a.m. Esp. y Ing. Conceptos Básicos de la Diabetes 10:15 a.m. - 11:15 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11 a.m. - 12 p.m. Esp.y Ing. Clase de Libros R Us 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m 26	Servicio para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 9 a.m. - 10 a.m. RCP y Primeros Auxilios Virtual 1 p.m. - 4 p.m. Ing. (14 años y mas) freecprla.com Clase de Aprendizaje y Crecimiento para Niños 3 p.m. - 4 p.m. Ayuda con Tarea 4 p.m. - 5 p.m. 27	ervicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m - 10 a.m. Prevención y Resiliencia del Abuso Infantil 2 p.m. - 4:30 p.m. Chino Clase de Arte Creativo para Niños 2:30 p.m.- 3:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños (4 años y mas) 3:45 p.m. - 4:45 p.m. 28	Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiracion y Estiramiento 10 a.m. - 11 a.m. Programa para un Estilo de Vida Saludable para Niños y Familias 10 a.m. - 11:30 a.m. Ing. Auto Control de la Diabetes 10 a.m. - 11:30 a.m. Mandarin Programa para un Estilo de Vida Saludable para Niños y Familias 12 p.m. - 1:30 a.m. Esp. Grupo de Apoyo con El Departamento de Salud Mental 2:00 p.m. - 4:30 p.m. Esp. Ayuda con Tarea 3:30 p.m. - 4:30 p.m 29		

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



3570 Santa Anita Ave.

El Monte, CA 91731



HORARIO DEL CENTRO:

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

Sábado: Cerrado



213-428-1495

CommunityResourceCenterLA.org