








PALMDALE FEBRUARY 2024

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>CRC Website</p>	<p>Covered CA Enrollments 1 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Body Flexibility 2 9 - 10 a.m.</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com</p> <p>10:15 a.m. - 1:15 p.m. Eng.</p> <p>Family Zumba (Ages 6+) 4 - 5 p.m.</p>	 <p>CENTER CLOSED</p>
<p>Zumba 5 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Eng.</p> <p>Toning Your Abs 3:30 - 4 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Medi-Cal and CalFresh Enrollments 6 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 3 - 4 p.m.</p> <p>Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>CalFresh Enrollments 7 9 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Parenting Program 10:30 - 11:30 a.m. Spa.</p> <p>Parenting Program 11:30 a.m. - 12:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Covered CA Enrollments 8 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Community Pantry (Limited to the first 100 people) 1:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Medi-Cal and CalFresh Enrollments 9 9 a.m. - 2 p.m.</p> <p>Body Flexibility 9 - 10 a.m.</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com</p> <p>10:15 a.m. - 1:15 p.m. Spa.</p> <p>Valentine's Day Painting (For Adults Only) 10:30 - 11:30 a.m.</p> <p>Family Zumba (Ages 6+) 4 - 5 p.m.</p>	 <p>CENTER CLOSED</p>
<p>Zumba 12 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Eng.</p> <p>Toning Your Abs 3:30 - 4 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Medi-Cal and CalFresh Enrollments 13 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 3 - 4 p.m.</p> <p>Valentine's Day Grams for Kids (Kids must be Present) 3:30 - 5 p.m.</p> <p>Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>CalFresh Enrollments 14 9 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Parenting Program 10:30 - 11:30 a.m. Spa.</p> <p>Money Smart for Adults: Credit (Free Breakfast) 10:30 - 11:30 a.m. Spa.</p> <p>Parenting Program 11:30 a.m. - 12:30 p.m. Eng.</p> <p>Money Smart for Adults: Credit (Free Breakfast) 11:30 a.m. - 12:20 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Covered CA Enrollments 15 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Medi-Cal and CalFresh Enrollments 16 9 a.m. - 2 p.m.</p> <p>Body Flexibility 9 - 10 a.m.</p> <p>Family Zumba (Ages 6+) 4 - 5 p.m.</p>	 <p>CENTER CLOSED</p>
 <p>PRESIDENT'S DAY</p> <p>CENTER CLOSED</p>	<p>Medi-Cal and CalFresh Enrollments 20 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 3 - 4 p.m.</p> <p>Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>CalFresh Enrollments 21 9 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Parenting Program 10:30 - 11:30 a.m. Spa.</p> <p>Parenting Program 11:30 a.m. - 12:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Covered CA Enrollments 22 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Community Pantry (Limited to the first 100 people) 1:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Body Flexibility 23 9 - 10 a.m.</p> <p>Coffee and Coloring for Adults 10:30 - 11:30 a.m.</p> <p>Family Zumba (Ages 6+) 4 - 5 p.m.</p>	<p>Car Seat Safety (Registration Required, email Jfigueroa2@ph.lacounty.gov) 9:30 - 11:30 a.m.</p>
<p>Zumba 26 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Eng.</p> <p>Toning Your Abs 3:30 - 4 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Medi-Cal and CalFresh Enrollments 27 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Healthy Smoothies 11:10 - 11:50 a.m. Eng. & Spa.</p> <p>Prevent Diabetes 12:05 - 1:20 p.m. Spa.</p> <p>Zumba Step 3 - 4 p.m.</p> <p>Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>CalFresh Enrollments 28 9 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Parenting Program 10:30 - 11:30 a.m. Spa.</p> <p>Parenting Program 11:30 a.m. - 12:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 1:30 p.m. Eng.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Covered CA Enrollments 29 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Folklorico Dance Class for Adults 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>FREE Birthday Surprise!</p> <p>Come during your birthday month and get a FREE Birthday Box. Ages 4 - 17, *children must be present.</p>	<p>Parenting Program and Anger Management are court approved classes!</p>

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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



CENTER HOURS:

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








213.438.5580

CommunityResourceCenterLA.org



PALMDALE FEBRERO 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> Servicios a los miembros Servicios de Inscripción* <ul style="list-style-type: none"> Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <p>*Comuníquese con el Centro para disponibilidad de Servicios</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>AZUL Califica para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</p> <p>GRIS Virtual. Por favor llame al centro para registrarse.</p>	 <p>CRC Sitio de Web</p>	<p>Inscripciones Covered CA 1 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Flexibilidad del Cuerpo 2 9 - 10 a.m.</p> <p>RCP / Primeros Auxilios Regístrate en freecprla.com (Edades 14+)</p> <p>10:15 a.m. - 1:15 p.m. Ing.</p> <p>Zumba Familiar (Edades 6+) 4 - 5 p.m.</p>	 <p>CENTRO CERRADO</p>
<p>Zumba 5 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Ing.</p> <p>Tonifica Tus Abdominales 3:30 - 4 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y CalFresh 6 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Esp.</p> <p>Pasos De Zumba 3 - 4 p.m.</p> <p>Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones CalFresh 7 9 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Programa de Crianza 10:30 - 11:30 a.m. Esp.</p> <p>Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing.</p> <p>Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 8 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Despensa Comunitaria (Limitado para los primeros 100 personas) 1:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y CalFresh 9 9 a.m. - 2 p.m.</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m.</p> <p>RCP / Primeros Auxilios Regístrate en freecprla.com (Edades 14+)</p> <p>10:15 a.m. - 1:15 p.m. Esp.</p> <p>Pintura del Día de San Valentín (Sólo para Adultos) 10:15 - 11:45 a.m.</p> <p>Zumba Familiar (Edades 6+) 4 - 5 p.m.</p>	 <p>CENTRO CERRADO</p>
<p>Zumba 12 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Ing.</p> <p>Tonifica Tus Abdominales 3:30 - 4 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y CalFresh 13 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Esp.</p> <p>Pasos De Zumba 3 - 4 p.m.</p> <p>Grams de San Valentín para Niños (Niños deben estar Presentes) 3:30 - 5 p.m.</p> <p>Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones CalFresh 14 9 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Programa de Crianza 10:30 - 11:30 a.m. Esp.</p> <p>Dinero Inteligente para Adultos: Credito (Desayuno Gratis) 10:30 - 11:30 a.m. Esp.</p> <p>Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing.</p> <p>Dinero Inteligente para Adultos: Credito (Desayuno Gratis) 11:30 a.m. - 12:20 p.m. Ing.</p> <p>Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 15 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y CalFresh 16 9 a.m. - 2 p.m.</p> <p>Flexibilidad del Cuerpo 9 - 10 a.m.</p> <p>Zumba Familiar (Edades 6+) 4 - 5 p.m.</p>	 <p>CENTRO CERRADO</p>
 <p>DÍA DE LOS PRESIDENTES</p> <p>CENTRO CERRADO</p>	<p>Inscripciones Medi-Cal y CalFresh 20 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Esp.</p> <p>Pasos De Zumba 3 - 4 p.m.</p> <p>Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones CalFresh 21 9 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Programa de Crianza 10:30 - 11:30 a.m. Esp.</p> <p>Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing.</p> <p>Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 22 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Despensa Comunitaria (Limitado para los primeros 100 personas) 1:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Flexibilidad del Cuerpo 23 9 - 10 a.m.</p> <p>Café y Colorantes para Adultos 10:30 - 11:30 a.m.</p> <p>Zumba Familiar (Edades 6+) 4 - 5 p.m.</p>	<p>Taller de Asientos de Seguridad 24 (Se Requiere Registro, email a Jfigueroa2@ph.lacounty.gov) 9:30 - 11:30 a.m.</p>
<p>Zumba 26 9 - 10 a.m.</p> <p>Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Ing.</p> <p>Tonifica Tus Abdominales 3:30 - 4 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y CalFresh 27 9 a.m. - 5 p.m.</p> <p>Zumba 9 - 10 a.m.</p> <p>Boot Camp 10 - 10:50 a.m.</p> <p>Jugos Saludables 11:10 - 11:50 a.m. Ing. & Esp.</p> <p>Prevenir la Diabetes 12:05 - 1:20 p.m. Esp.</p> <p>Pasos De Zumba 3 - 4 p.m.</p> <p>Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones CalFresh 28 9 a.m. - 5 p.m.</p> <p>Zumba Toning 9 - 10 a.m.</p> <p>Programa de Crianza 10:30 - 11:30 a.m. Esp.</p> <p>Programa de Crianza 11:30 a.m. - 12:30 p.m. Ing.</p> <p>Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 29 9 a.m. - 5 p.m.</p> <p>Zumba Drum Sticks 9 - 10 a.m.</p> <p>Cardio 10 - 11 a.m.</p> <p>Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>¡Regalo de Cumpleaños GRATIS!</p> <p>Ven durante el mes de tu cumpleaños y obtén obsequios gratis. Para niños de 4 a 17 años, *niños deben estar presentes.</p>	<p>¡La Programa de Crianza y El Manejo de la Ira son Clases Aprobadas por el Corte!</p>

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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



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



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