L.A. Care HEALTH PLAN | blue california Promise Health Plan

Community Resource Center

EAST L.A. MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CRC Website	**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!**	Classes in **BLUE** qualify for the My Rewards for a Healthy Life Program Classes in **GREEN** are by appointment and registration only.	**Come Celebrate Kid's Read Across America** **March 4 - 8** **Kid's Crafts & Book Giveaway all week!** **Spring Basket Giveaway (Ages 0-12)** **March 28th**	1 **Anger Management Virtual** 9:30 - 11 a.m. Eng. CENTER CLOSED	2 CENTER CLOSED
4 **Cooking Matters** 9 - 10:30 a.m. Spa. **Life Skills** 10:45 - 11:45 a.m. Spa. **Circuit Training for Adults** 12 - 1 p.m. **Zumba** 1:15 - 2:15 p.m. **Tai Chi** 2:30 - 3:30 p.m. **Sunset Yoga** 4 - 5 p.m. **Kid's Craft & Book Giveaway (ages 12 & under)** 4 - 5 p.m.	5 **Cal-Fresh Application Assistance** 9:30 a.m. - 5 p.m. **Mommy & Me** 9:30 - 10:30 a.m. **Immigration, Adaptation and Resilience** 10 - 11 a.m. Spa. **Dance Aerobics (Intermediate)** 11:30 a.m. - 12:30 p.m. **Dance Aerobics (Beginner)** 12:45 - 1:45 p.m. **Zumba Cardio Fusion** 4 - 5 p.m. **Kid's Craft & Book Giveaway (ages 12 & under)** 4 - 5 p.m.	6 **The World of Juicing and Salads** 9 - 10 a.m. Spa. **Breakthrough Parenting Virtual** 10 a.m. - 12 p.m. Spa. **Healthy Cooking** 10:15 - 12:15 a.m. Spa. **Zumba** 12:30 a.m. - 1:30 p.m. **Pilates** 1:45 - 2:45 p.m. **CommUNITY Wellness Healthy Families** 4:30 - 6 p.m. Spa. **Breakthrough Parenting Virtual** 4 - 6 p.m. Eng. **Kid's Craft & Book Giveaway (ages 12 & under)** 4 - 5 p.m.	7 **Baby & Personal Care Item Distribution** 10 a.m. - while supplies last **Blood Pressure Class [5 of 6]** 1- 3 p.m. Spa. **Kids Fitness Adventure** 3 - 4 p.m. **Boot Camp for Adults** 4 - 5 p.m. **Kid's Craft & Book Giveaway (ages 12 & under)** 4 - 5 p.m.	8 **Sunrise Yoga** 9 - 10 a.m. **Anger Management Virtual** 9:30 - 11 a.m. Eng. **Lap Read (Ages 0-5)** 10:30 - 11:30 a.m. Spa. **Diabetes Education** 11 a.m. - 12 p.m. Eng. **Nutrition and You** 12 - 1 p.m. Eng. **Strong by Zumba** 1 - 2 p.m. **Kid's Craft & Book Giveaway (ages 12 & under)** 4 - 5 p.m.	9 CENTER CLOSED
11 **Cooking Matters** 9 - 10:30 a.m. Spa. **Life Skills** 10:45 - 11:45 a.m. Spa. **Circuit Training for Adults** 12 - 1 p.m. **Zumba** 1:15 - 2:15 p.m. **Tai Chi** 2:30 - 3:30 p.m. **Sunset Yoga** 4 - 5 p.m.	12 **Cal-Fresh Application Assistance** 9:30 a.m. - 5 p.m. **Mommy & Me** 9:30 - 10:30 a.m. **Stress and Emotional Well-being** 10 - 11 a.m. Spa. **Dance Aerobics (Intermediate)** 11:30 a.m. - 12:30 p.m. **Dance Aerobics (Beginner)** 12:45 - 1:45 p.m. **Zumba Cardio Fusion** 4 - 5 p.m.	13 **The World of Juicing and Salads** 9 - 10 a.m. Spa. **Breakthrough Parenting Virtual** 10 a.m. - 12 p.m. Spa. **Healthy Cooking** 10:15 - 12:15 a.m. Spa. **Zumba** 12:30 a.m. - 1:30 p.m. **Pilates** 1:45 - 2:45 p.m. **Breakthrough Parenting Virtual** 4 - 6 p.m. Eng.	14 **CPR & First Aid (English)** 10 a.m. - 1 p.m. **Blood Pressure Class [6 of 6]** 1- 3 p.m. Spa. **Kids Fitness Adventure** 3 - 4 p.m. **Boot Camp for Adults** 4 - 5 p.m.	15 **Sunrise Yoga** 9 - 10 a.m. **Anger Management Virtual** 9:30 - 11 a.m. Eng. **Lap Read (Ages 0-5)** 10:30 - 11:30 a.m. Spa. **Diabetes Education** 11 a.m. - 12 p.m. Eng. **Nutrition and You** 12 - 1 p.m. Eng. **Strong by Zumba** 1 - 2 p.m.	16 CENTER CLOSED
18 **Cooking Matters** 9 - 10:30 a.m. Spa. **Life Skills** 10:45 - 11:45 a.m. Spa. **Circuit Training for Adults** 12 - 1 p.m. **Zumba** 1:15 - 2:15 p.m. **Tai Chi** 2:30 - 3:30 p.m. **Sunset Yoga** 4 - 5 p.m.	19 **Cal-Fresh Application Assistance** 9:30 a.m. - 5 p.m. **Mommy & Me** 9:30 - 10:30 a.m. **Mental Health and Stigma** 10 - 11 a.m. Spa. **Dance Aerobics (Intermediate)** 11:30 a.m. - 12:30 p.m. **Dance Aerobics (Beginner)** 12:45 - 1:45 p.m. **Zumba Cardio Fusion** 4 - 5 p.m.	20 **The World of Juicing and Salads** 9 - 10 a.m. Spa. **Breakthrough Parenting Virtual** 10 a.m. - 12 p.m. Spa. **Adult Weight Management** 10 - 11:30 a.m. Can. **Healthy Cooking** 10:15 - 11:15 a.m. Spa. **Zumba** 12:30 a.m. - 1:30 p.m. **Pilates** 1:45 - 2:45 p.m. **CommUNITY Wellness Healthy Families** 4:30 - 6 p.m. Spa. **Breakthrough Parenting Virtual** 4 - 6 p.m. Eng.	21 **Food Pantry** 10 a.m. - while supplies last **Kids Fitness Adventure** 3 - 4 p.m. **Boot Camp for Adults** 4 - 5 p.m.	22 **Sunrise Yoga** 9 - 10 a.m. **Anger Management Virtual** 9:30 - 11 a.m. Eng. **Lap Read (Ages 0-5)** 10:30 - 11:30 a.m. Spa. **Diabetes Education** 11 a.m. - 12 p.m. Eng. **Nutrition and You** 12 - 1 p.m. Eng. **Strong by Zumba** 1 - 2 p.m.	23 CENTER CLOSED
25 **Cooking Matters** 9 - 10:30 a.m. Spa. **Life Skills** 10:45 - 11:45 a.m. Spa. **Circuit Training for Adults** 12 - 1 p.m. **Zumba** 1:15 - 2:15 p.m. **Tai Chi** 2:30 - 3:30 p.m. **Sunset Yoga** 4 - 5 p.m.	26 **Cal-Fresh Application Assistance** 9:30 a.m. - 5 p.m. **Mommy & Me** 9:30 - 10:30 a.m. **Symptoms and Treatments of Depression** 10 - 11 a.m. Spa. **Dance Aerobics (Intermediate)** 11:30 a.m. - 12:30 p.m. **Dance Aerobics (Beginner)** 12:45 - 1:45 p.m. **Zumba Cardio Fusion** 4 - 5 p.m.	27 **The World of Juicing and Salads** 9 - 10 a.m. Spa. **Breakthrough Parenting Virtual** 10 a.m. - 12 p.m. Spa. **Adult Weight Management** 10 - 11:30 a.m. Can. **Health Cooking** 10:15 - 11:15 a.m. Spa. **Zumba** 12:30 a.m. - 1:30 p.m. **Pilates** 1:45 - 2:45 p.m. **Adult Art Workshop: Lotería Card Workshop** 3:30 - 5:30 p.m. **Breakthrough Parenting Virtual** 4 - 6 p.m. Eng.	28 **CPR & First Aid (Spanish)** 10 a.m. - 1 p.m. **Empowering Healthy Aging [1 of 9] (Ages 55+)** 1:15- 2:45 p.m. Spa. **Spring Basket Giveaway (Ages 0-12)** 2- 3 p.m. **Kids Fitness Adventure** 3 - 4 p.m. **Boot Camp for Adults** 4 - 5 p.m.	29 **Anger Management Virtual** 9:30 - 11 a.m. Eng. CENTER CLOSED	30 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

4801 Whittier Blvd
Los Angeles, CA 90022

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

213.438.5570
CommunityResourceCenterLA.org

L.A. Care HEALTH PLAN | blue california Promise Health Plan

Community Resource Center

EAST L.A. MARZO 2024

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!**	La clases en **Azul** califican para el programa mis recompensas para una vida sana. Las clases en **Verde** son por cita y registro solamente.	**Vengan a Celebrar** **La Semana de Lectura para Niños** **Marzo 4 - 8** **Manualidades Para Niños y Distribución de Libros Toda la Semana!** **Canastas de Primavera (Edades 0-12)** **Marzo 28th**	1 **Clase de Manejo de la Ira Virtual** 9:30 - 11 a.m. Ing. CENTRO CERRADO	2 CENTRO CERRADO
4 **Cocinado Saludable** 9 - 10:30 a.m. Esp. **Habilidades Para la Vida** 10:45 - 11:45 a.m. Esp. **Circuito de Entrenamiento Para Adultos** 12 - 1 p.m. **Zumba** 1:15 - 2:15 p.m. **Tai Chi** 2:30 - 3:30 p.m. **Sunset Yoga** 4 - 5 p.m. **Manualidades Para Niños y Distribucion de Libros (edades 0 a 12 años)** 4 - 5 p.m.	5 **Asistencia para Aplicaciones de Cal-Fresh** 9:30 a.m. - 5 p.m. **Mami y Yo** 9:30 - 10:30 a.m. **Inmigración, Adaptación y Resiliencia** 10 - 11 a.m. Esp. **Baile Aeróbico (Intermedio)** 11:30 a.m. - 12:30 p.m. **Baile Aeróbico (Principiante)** 12:45 - 1:45 p.m. **Zumba Cardio Fusion** 4 - 5 p.m. **Manualidades Para Niños y Distribucion de Libros (edades 0 a 12 años)** 4 - 5 p.m.	6 **El Mundo de Jugos y Ensaladas** 9 - 10 a.m. Esp. **Cultivando Familias Virtual** 10 a.m. - 12 p.m. Esp. **Cocinando Saludable** 10:15 - 12:15 a.m. Esp. **Zumba** 12:30 a.m. - 1:30 p.m. **Pilates** 1:45 - 2:45 p.m. **CommUNITY Wellness Familias Saludables** 4:30 - 6 p.m. Esp. **Cultivando Familias Virtual** 4 - 6 p.m. Ing. **Manualidades Para Niños y Distribucion de Libros (edades 0 a 12 años)** 4 - 5 p.m.	7 **Distribución de Productos Para Bebés y Cuidado Personal** 10 a.m. - hasta agoto **Clase de Presión Arterial [5 de 6]** 1- 3 p.m. Esp. **Adventura de Fitness Para Niños** 3 - 4 p.m. **Boot Camp Para Adultos** 4 - 5 p.m. **Manualidades Para Niños y Distribucion de Libros (edades 0 a 12 años)** 4 - 5 p.m.	8 **Sunrise Yoga** 9 - 10 a.m. **Clase de Manejo de la Ira Virtual** 9:30 - 11 a.m. Ing. **Clase de Lectura (Edades 0-5)** 10:30 - 11:30 a.m. Esp. **Educación Diabética** 11 a.m. - 12 p.m. Ing. **Nutritión and Tú** 12 - 1 p.m. Ing. **Strong by Zumba** 1 - 2 p.m. **Manualidades Para Niños y Distribucion de Libros (edades 0 a 12 años)** 4 - 5 p.m.	9 CENTRO CERRADO
11 **Cocinado Saludable** 9 - 10:30 a.m. Esp. **Habilidades Para la Vida** 10:45 - 11:45 a.m. Esp. **Circuito de Entrenamiento Para Adultos** 12 - 1 p.m. **Zumba** 1:15 - 2:15 p.m. **Tai Chi** 2:30 - 3:30 p.m. **Sunset Yoga** 4 - 5 p.m.	12 **Asistencia para Aplicaciones de Cal-Fresh** 9:30 a.m. - 5 p.m. **Mami y Yo** 9:30 - 10:30 a.m. **Estrés y Bienestar Emocional** 10 - 11 a.m. Esp. **Baile Aeróbico (Intermedio)** 11:30 a.m. - 12:30 p.m. **Baile Aeróbico (Principiante)** 12:45 - 1:45 p.m. **Zumba Cardio Fusion** 4 - 5 p.m.	13 **El Mundo de Jugos y Ensaladas** 9 - 10 a.m. Esp. **Cultivando Familias Virtual** 10 a.m. - 12 p.m. Esp. **Cocinando Saludable** 10:15 - 12:15 a.m. Esp. **Zumba** 12:30 a.m. - 1:30 p.m. **Pilates** 1:45 - 2:45 p.m. **Cultivando Familias Virtual** 4 - 6 p.m. Ing.	14 **RCP y Primeros Auxilios (Inglés)** 10 a.m. - 1 p.m. **Clase de Presión Arterial [6 de 6]** 1- 3 p.m. Esp. **Adventura de Fitness Para Niños** 3 - 4 p.m. **Boot Camp Para Adultos** 4 - 5 p.m.	15 **Sunrise Yoga** 9 - 10 a.m. **Clase de Manejo de la Ira Virtual** 9:30 - 11 a.m. Ing. **Clase de Lectura (Edades 0-5)** 10:30 - 11:30 a.m. Esp. **Educación Diabética** 11 a.m. - 12 p.m. Ing. **Nutritión and Tú** 12 - 1 p.m. Ing. **Strong by Zumba** 1 - 2 p.m.	16 CENTRO CERRADO
18 **Cocinado Saludable** 9 - 10:30 a.m. Esp. **Habilidades Para la Vida** 10:45 - 11:45 a.m. Esp. **Circuito de Entrenamiento Para Adultos** 12 - 1 p.m. **Zumba** 1:15 - 2:15 p.m. **Tai Chi** 2:30 - 3:30 p.m. **Sunset Yoga** 4 - 5 p.m.	19 **Asistencia para Aplicaciones de Cal-Fresh** 9:30 a.m. - 5 p.m. **Mami y Yo** 9:30 - 10:30 a.m. **Salud Mental e Estigma** 10 - 11 a.m. Esp. **Baile Aeróbico (Intermedio)** 11:30 a.m. - 12:30 p.m. **Baile Aeróbico (Principiante)** 12:45 - 1:45 p.m. **Zumba Cardio Fusion** 4 - 5 p.m.	20 **El Mundo de Jugos y Ensaladas** 9 - 10 a.m. Esp. **Cultivando Familias Virtual** 10 a.m. - 12 p.m. Esp. **Control de Peso en Adultos** 10 - 11:30 a.m. Can. **Cocinando Saludable** 10:15 - 12:15 a.m. Esp. **Zumba** 12:30 a.m. - 1:30 p.m. **Pilates** 1:45 - 2:45 p.m. **CommUNITY Wellness Familias Saludables** 4:30 - 6 p.m. Esp. **Cultivando Familias Virtual** 4 - 6 p.m. Ing.	21 **Despensa de Alimentos** 10 a.m. - hasta agoto **Adventura de Fitness Para Niños** 3 - 4 p.m. **Boot Camp Para Adultos** 4 - 5 p.m.	22 **Sunrise Yoga** 9 - 10 a.m. **Clase de Manejo de la Ira Virtual** 9:30 - 11 a.m. Ing. **Clase de Lectura (Edades 0-5)** 10:30 - 11:30 a.m. Esp. **Educación Diabética** 11 a.m. - 12 p.m. Ing. **Nutritión and Tú** 12 - 1 p.m. Ing. **Strong by Zumba** 1 - 2 p.m.	23 CENTRO CERRADO
25 **Cocinado Saludable** 9 - 10:30 a.m. Esp. **Habilidades Para la Vida** 10:45 - 11:45 a.m. Esp. **Circuito de Entrenamiento Para Adultos** 12 - 1 p.m. **Zumba** 1:15 - 2:15 p.m. **Tai Chi** 2:30 - 3:30 p.m. **Sunset Yoga** 4 - 5 p.m.	26 **Asistencia para Aplicaciones de Cal-Fresh** 9:30 a.m. - 5 p.m. **Mami y Yo** 9:30 - 10:30 a.m. **Síntomas y Tratamientos de la Depresión** 10 - 11 a.m. Esp. **Baile Aeróbico (Intermedio)** 11:30 a.m. - 12:30 p.m. **Baile Aeróbico (Principiante)** 12:45 - 1:45 p.m. **Zumba Cardio Fusion** 4 - 5 p.m.	27 **El Mundo de Jugos y Ensaladas** 9 - 10 a.m. Esp. **Cultivando Familias Virtual** 10 a.m. - 12 p.m. Esp. **Control de Peso en Adultos** 10 - 11:30 a.m. Can. **Cocinando Saludable** 10:15 - 12:15 a.m. Esp. **Zumba** 12:30 a.m. - 1:30 p.m. **Pilates** 1:45 - 2:45 p.m. **Arte Para Adultos: Taller de Cartas de Lotería** 3:30 - 5:30 p.m. **Cultivando Familias Virtual** 4 - 6 p.m. Ing.	28 **RCP y Primeros Auxilios (Español)** 10 a.m. - 1 p.m. **Empoderando el Envejecimiento Saludable [1 de 9] (Edades 55+)** 1:15 - 2:45 p.m. Esp. **Canastas de Primavera (Edades 0-12)** 2 - 3 p.m. **Adventura de Fitness Para Niños** 3 - 4 p.m. **Boot Camp Para Adultos** 4 - 5 p.m.	29 **Clase de Manejo de la Ira Virtual** 9:30 - 11 a.m. Ing. CENTRO CERRADO	30 CENTRO CERRADO

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

4801 Whittier Blvd
Los Angeles, CA 90022

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

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