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

Community Resource Center

INGLEWOOD MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.	CRC Website		1 **Yoga Therapy** 9 - 10 a.m. **Mommy & Me** 10 - 11 a.m. **The Arts of Fruit and Vegetables** 10:30 a.m. -12 p.m. **Line Dancing** 1 - 2:30 p.m. **Zumba** 4 - 5 p.m.	2 **Family Fitness Virtual** 9 - 10 a.m. CENTER CLOSED
4 **CPR & First Aid** 12:30 - 3:30 p.m. **Boot Camp** 4 - 5 p.m. **Healthy Cooking for Kids (Ages 6 - 12)** 4 - 5 p.m.	5 **Enrollment Services** 9 a.m. - 3:30 p.m. **Boot Camp** 9 - 10 a.m. **Kick Boxing** 10 - 11 a.m. **Blood Pressure Series** 10:30 a.m. - 12:30 p.m. (Eng.) **Balance & Stability** 11:10 a.m. - 12:10 p.m. **Pilates** 4 - 5 p.m.	6 **Yoga Therapy** 9 - 10 a.m. **Wellness Nutrition Group (Hourly Sessions)** 10 a.m. - 1 p.m. **FEAST | Structural Changes** 10:30 a.m. - 12:30 p.m. (Eng.) **Line Dancing** 1 - 2:30 p.m. **Little Voices with Lots of Feelings (Ages 4 - 10)** 4 - 5 p.m. **Zumba** 4 - 5 p.m.	7 **Enrollment Services** 9 a.m. - 3:30 p.m. **CalFresh Assistance** 9:30 a.m. - 4 p.m. **Yoga Therapy Virtual** 9 - 10 a.m. **Anger Management Virtual** 10 - 11:30 a.m. **Tai Chi** 10:30 - 11:30 a.m. **Blood Pressure Series** 10:30 a.m. - 12:30 p.m. (Spa.) **Beginners Line Dancing** 12 - 1:30 p.m. **Breakthrough Parenting Virtual** 12 -1:30 p.m. **Pilates** 2 - 3 p.m.	8 **Yoga Therapy Virtual** 9 - 10 a.m. **Healthy Cooking Virtual** 10:30 a.m. -12 p.m. CENTER CLOSED	9 **Family Fitness Virtual** 9 - 10 a.m. CENTER CLOSED
11 **Blood Pressure Series** 10:30 a.m. - 12:30 p.m. (Eng.) **Line Dancing** 12 - 1:30 p.m. **Boot Camp** 4 - 5 p.m. **Healthy Cooking for Kids (Ages 6 - 12)** 4 - 5 p.m.	12 **CENTER CLOSED until** 12:30 p.m. **Boot Camp Virtual** 9 - 10 a.m. **Kick Boxing Virtual** 10 - 11 a.m. **Balance & Stability Virtual** 11:10 a.m. - 12:10 p.m. **Enrollment Services** 12:30 - 3:30 p.m. **Pilates** 4 - 5 p.m.	13 **Yoga Therapy** 9 - 10 a.m. **Wellness Nutrition Group (Hourly Sessions)** 10 a.m. - 1 p.m. **FEAST | Eating Healthy on a Budget** 10:30 a.m. - 12:30 p.m. (Eng.) **Line Dancing** 1 - 2:30 p.m. **Little Voices with Lots of Feelings (Ages 4 - 10)** 4 - 5 p.m. **Zumba** 4 - 5 p.m.	14 **Enrollment Services** 9 a.m. - 3:30 p.m. **CalFresh Assistance** 9:30 a.m. - 4 p.m. **Yoga Therapy Virtual** 9 - 10 a.m. **Anger Management Virtual** 10 - 11:30 a.m. **Tai Chi** 10:30 - 11:30 a.m. **Blood Pressure Series** 10:30 a.m. - 12:30 p.m. (Spa.) **Beginners Line Dancing** 12 - 1:30 p.m. **Breakthrough Parenting Virtual** 12 -1:30 p.m. **Pilates** 2 - 3 p.m.	15 **Yoga Therapy** 9 - 10 a.m. **Mommy & Me** 10 - 11 a.m. **The Arts of Fruit and Vegetables** 10:30 a.m. -12 p.m. **Line Dancing** 1 - 2:30 p.m. **Zumba** 4 - 5 p.m.	16 **Family Fitness Virtual** 9 - 10 a.m. CENTER CLOSED
18 **Boot Camp** 4 - 5 p.m. **Healthy Cooking for Kids (Ages 6 - 12)** 4 - 5 p.m.	19 **Enrollment Services** 9 a.m. - 3:30 p.m. **Boot Camp** 9 - 10 a.m. **Kick Boxing** 10 - 11 a.m. **Balance & Stability** 11:10 a.m. - 12:10 p.m. **Pilates** 4 - 5 p.m.	20 **Yoga Therapy** 9 - 10 a.m. **Wellness Nutrition Group (Hourly Sessions)** 10 a.m. - 1 p.m. **FEAST | Healing Whole Foods** 10:30 a.m. - 12:30 p.m. (Eng.) **Line Dancing** 1 - 2:30 p.m. **Little Voices with Lots of Feelings (Ages 4 - 10)** 4 - 5 p.m. **Zumba** 4 - 5 p.m.	21 **Enrollment Services** 9 a.m. - 3:30 p.m. **CalFresh Assistance** 9:30 a.m. - 4 p.m. **Yoga Therapy Virtual** 9 - 10 a.m. **Anger Management Virtual** 10 - 11:30 a.m. **Tai Chi** 10:30 - 11:30 a.m. **Beginners Line Dancing** 12 - 1:30 p.m. **Breakthrough Parenting Virtual** 12 -1:30 p.m. **Pilates** 2 - 3 p.m.	22 **Yoga Therapy** 9 - 10 a.m. **Mommy & Me** 10 - 11 a.m. **Healthy Cooking** 10:30 a.m. -12 p.m. **Line Dancing** 1 - 2:30 p.m. **Zumba** 4 - 5 p.m.	23 **Family Fitness Virtual** 9 - 10 a.m. **CPR & First Aid Virtual** 9:30 a.m. - 12:30 p.m. CENTER CLOSED
25 **Boot Camp** 4 - 5 p.m. **Healthy Cooking for Kids (Ages 6 - 12)** 4 - 5 p.m.	26 **Enrollment Services** 9 a.m. - 3:30 p.m. **Boot Camp** 9 - 10 a.m. **Kick Boxing** 10 - 11 a.m. **Blood Pressure Series** 10:30 a.m. - 12:30 p.m. (Eng.) **Balance & Stability** 11:10 a.m. - 12:10 p.m. **Pilates** 4 - 5 p.m.	27 **Yoga Therapy** 9 - 10 a.m. **Wellness Nutrition Group (Hourly Sessions)** 10 a.m. - 1 p.m. **Line Dancing** 1 - 2:30 p.m. **Little Voices with Lots of Feelings (Ages 4 - 10)** 4 - 5 p.m. **Zumba** 4 - 5 p.m.	28 **Enrollment Services** 9 a.m. - 3:30 p.m. **CalFresh Assistance** 9:30 a.m. - 4 p.m. **Yoga Therapy Virtual** 9 - 10 a.m. **Anger Management Virtual** 10 - 11:30 a.m. **Tai Chi** 10:30 - 11:30 a.m. **Blood Pressure Series** 10:30 a.m. - 12:30 p.m. (Spa.) **Beginners Line Dancing** 12 - 1:30 p.m. **Breakthrough Parenting Virtual** 12 -1:30 p.m. **Pilates** 2 - 3 p.m.	29 **Yoga Therapy** 9 - 10 a.m. **Mommy & Me** 10 - 11 a.m. **The Arts of Fruit and Vegetables** 10:30 a.m. -12 p.m. **Line Dancing** 1 - 2:30 p.m. **Zumba** 4 - 5 p.m.	30 **Family Fitness Virtual** 9 - 10 a.m. 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

2864 W. Imperial Hwy.
Inglewood, CA 90303

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

310.330.3130
CommunityResourceCenterLA.org

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

Community Resource Center

INGLEWOOD MARZO 2024

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
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.	CRC Sitio de Web		1 **Terapia de Yoga** 9 - 10 a.m. **Mami y Yo** 10 - 11 a.m. **El Arte de las Frutas y Vejetales** 10:30 a.m. - 12 p.m. **Baile en Línea** 1 - 2:30 p.m. **Zumba** 4 - 5 p.m.	2 **Ejercicio Familiar Virtual** 9 - 10 a.m. CENTRO CERRADO
4 **RCP y Primeros Auxilios** 12:30 - 3:30 p.m. **Entrenamiento Intenso** 4 - 5 p.m. **Cocina Saludable para Niños (6 - 12 años)** 4 - 5 p.m.	5 **Servicios de Inscripción** 9 a.m. - 3:30 p.m. **Entrenamiento Intenso** 9 - 10 a.m. **Kick Boxing** 10 - 11 a.m. **Serie de Presión Arterial** 10:30 a.m. - 12:30 p.m. (Ing.) **Equilibrio y Estabilidad** 11:10 a.m. - 12:10 p.m. **Pilates** 4 - 5 p.m.	6 **Terapia de Yoga** 9 - 10 a.m. **Nutrición y Bienestar (Sesiones de una Hora)** 10 a.m. - 1 p.m. **FEAST | Cambios Estructurales** 10:30 a.m. - 12:30 p.m. (Ing.) **Baile en Línea** 1 - 2:30 p.m. **Pequeñas Voces con Muchos Sentimientos (4 - 10 años)** 4 - 5 p.m. **Zumba** 4 - 5 p.m.	7 **Servicios de Inscripción** 9 a.m. - 3:30 p.m. **Asistencia de CalFresh** 9:30 a.m. - 4 p.m. **Terapia de Yoga Virtual** 9 - 10 a.m. **Manejo de Ira Virtual** 10 - 11:30 a.m. **Tai Chi** 10:30 - 11:30 a.m. **Serie de Presión Arterial** 10:30 a.m. - 12:30 p.m. (Esp.) **Baile en Línea para Principiantes** 12 - 1:30 p.m. **Cultivando Familias Virtual** 12 p.m. - 1:30 p.m. **Pilates** 2 - 3 p.m.	8 **Terapia de Yoga Virtual** 9 - 10 a.m. **Cocina Saludable Virtual** 10:30 a.m. - 12 p.m. CENTRO CERRADO	9 **Ejercicio Familiar Virtual** 9 - 10 a.m. CENTRO CERRADO
11 **Serie de Presión Arterial** 10:30 a.m. - 12:30 p.m. (Ing.) **Baile en Línea** 12 - 1:30 p.m. **Entrenamiento Intenso** 4 - 5 p.m. **Cocina Saludable para Niños (6 - 12 años)** 4 - 5 p.m.	12 **CENTRO CERRADO hasta las** 12:30 p.m. **Entrenamiento Intenso Virtual** 9 - 10 a.m. **Kick Boxing Virtual** 10 - 11 a.m. **Equilibrio y Estabilidad Virtual** 11:10 a.m. - 12:10 p.m. **Servicios de Inscripción** 9 a.m. - 3:30 p.m. **Pilates** 4 - 5 p.m.	13 **Terapia de Yoga** 9 - 10 a.m. **Nutrición y Bienestar (Sesiones de una Hora)** 10 a.m. - 1 p.m. **FEAST | Comer con un Presupuesto Saludable** 10:30 a.m. - 12:30 p.m. (Ing.) **Baile en Línea** 1 - 2:30 p.m. **Pequeñas Voces con Muchos Sentimientos (4 - 10 años)** 4 - 5 p.m. **Zumba** 4 - 5 p.m.	14 **Servicios de Inscripción** 9 a.m. - 3:30 p.m. **Asistencia de CalFresh** 9:30 a.m. - 4 p.m. **Terapia de Yoga Virtual** 9 - 10 a.m. **Manejo de Ira Virtual** 10 - 11:30 a.m. **Tai Chi** 10:30 - 11:30 a.m. **Serie de Presión Arterial** 10:30 a.m. - 12:30 p.m. (Esp.) **Baile en Línea para Principiantes** 12 - 1:30 p.m. **Cultivando Familias Virtual** 12 p.m. - 1:30 p.m. **Pilates** 2 - 3 p.m.	15 **Terapia de Yoga** 9 - 10 a.m. **Mami y Yo** 10 - 11 a.m. **El Arte de las Frutas y Vejetales** 10:30 a.m. - 12 p.m. **Baile en Línea** 1 - 2:30 p.m. **Zumba** 4 - 5 p.m.	16 **Ejercicio Familiar Virtual** 9 - 10 a.m. CENTRO CERRADO
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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

2864 W. Imperial Hwy.
Inglewood, CA 90303

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

310.330.3130
activehealthyinformed.org