



EL MONTE
APRIL
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>CÉSAR CHÁVEZ DAY</p> <p>CENTER CLOSED</p>	<p>2</p> <p>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. Family Arts and Crafts 3 p.m. - 3:45 p.m. Family Bingo Night 4:15 p.m. - 5:00 p.m. Homework Help 4 p.m. - 5 p.m.</p>	<p>3</p> <p>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. Need Money For Food? Cal-Fresh Presentation 10:15 a.m. - 11:15 a.m. Spa. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Kids Art Class 2:30 p.m. - 3:15 p.m. Healthy Cooking Class for Kids (4 yrs old & up) 3:45 p.m. - 4:45 p.m. Eng. & Spa. Understanding Neurodevelopmental Disorders 4 p.m. - 5 p.m. Eng & Spa.</p>	<p>4</p> <p>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. Weight Management Program for Adults 11 a.m. - 12:30 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.</p>	<p>5</p> <p>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. Kids Painting Class 3:00 p.m. - 3:45 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Eng. & Spa. Family Salsa Dance Aerobics 4 p.m. - 5 p.m. Eng. & Spa.</p>	<p>6</p> <p>CENTER CLOSED</p>
<p>8</p> <p>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 a.m. Eng. & Spa. The World of Juicing & Salads 11:15 a.m. - 12 p.m. Eng. & Spa. Kids Reading & Crafting 3 p.m. - 3:45 p.m. Homework Help 4 p.m. - 5 p.m.</p>	<p>9</p> <p>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. Spa. (14 yrs & Older) Register at Freecprla.com Family Arts and Crafts 3 p.m. - 3:45 p.m. Family Bingo Night 4:15 p.m. - 5:00 p.m. Homework Help 4 p.m. - 5 p.m.</p>	<p>10</p> <p>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 Art Class 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids 3:45 p.m. - 4:45 p.m. Eng. & Spa.</p>	<p>11</p> <p>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. Diabetes Self-Management 10 a.m. - 11:30 a.m. Mandarin Weight Management Program for Adults 11 a.m. - 12:30 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.</p>	<p>12</p> <p>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. Kids Painting Class 3:00 p.m. - 3:45 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Eng. & Spa. Family Salsa Dance Aerobics 4 p.m. - 5 p.m. Eng. & Spa.</p>	<p>13</p> <p>CENTER CLOSED</p>
<p>15</p> <p>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 a.m. Eng. & Spa. The World of Juicing & Salads 11:15 a.m. - 12 p.m. Eng. & Spa. Kids Reading & Crafting 3 p.m. - 3:45 p.m. Homework Help 4 p.m. - 5 p.m.</p>	<p>16</p> <p>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) Register at Freecprla.com Family Arts and Crafts 3 p.m. - 3:45 p.m. Family Bingo Night 4:15 p.m. - 5:00 p.m. Register at Freecprla.com Homework Help 4 p.m. - 5 p.m.</p>	<p>17</p> <p>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. Need Money For Food? Cal-Fresh Presentation 10:15 a.m. - 11:15 a.m. Spa. Kids Art Class 2:30 p.m. - 3:30 p.m. Understanding Neurodevelopmental Disorders 4:00 p.m. - 5:00 p.m. (Chinese) Healthy Cooking Class for Kids 3:45 p.m. - 4:45 p.m. Eng. & Spa.</p>	<p>18</p> <p>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. Diabetes Self-Management 10 a.m. - 11:30 a.m. Mandarin Weight Management Program for Adults 11 a.m. - 12:30 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.</p>	<p>19</p> <p>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. Kids Painting Class 3:00 p.m. - 3:45 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Eng. & Spa. Family Salsa Dance Aerobics 4 p.m. - 5 p.m. Eng. & Spa.</p>	<p>20</p> <p>CENTER CLOSED</p>
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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 ABRIL 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>1</p> <p>DÍA DE CÉSAR CHÁVEZ</p> <p>CENTRO CERRADO</p>	<p>2</p> <p>Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiración y Estiramiento 9 a.m. - 10 a.m. Artes y Manualidades en Familia 3 p.m. - 3:45 p.m. Noche de Bingo en Familia 4:15 p.m. - 5:00 p.m. Ayuda con Tarea 4 p.m. - 5 p.m.</p>	<p>3</p> <p>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. ¿Necesita Dinero para Comida? Presentación Cal-Fresh 10:15 a.m. - 11:15 a.m. Esp. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Clase de Arte Creativo para Niños 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños (3:45 p.m. - 4:45 p.m. Eng. & Spa. Entendiendo Los Trastornos del Cerebro 4 p.m. - 5 p.m. Esp. y Ing.</p>	<p>4</p> <p>Servicios para Miembros 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Autocontrol de la Diabetes 10 a.m. - 11:30 a.m. Mandarin Programa de Control del Peso para Adultos 1 p.m. - 2:30 p.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.</p>	<p>5</p> <p>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. Eng. & Spa. Baile de Salsa Aeróbico Familiar 4 p.m. - 5 p.m. Eng. & Spa.</p>	<p>6</p> <p>CENTRO CERRADO</p>
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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**



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
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