



LONG BEACH APRIL 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CÉSAR CHÁVEZ DAY CENTER CLOSED	2 CENTER CLOSED	3 CENTER CLOSED	4 CENTER CLOSED	5 CENTER CLOSED	6 CENTER CLOSED
8 Medi-Cal Enrollment Services 9-5 p.m. CPR (ENG) Register at freecprla.com 9:30- 12:30 p.m. L.A. Care New Member Orientation 12:30- 1:30 p.m. Homework Help 3- 4:30 p.m. Strength Training for Older Adults 3:30-4:30 p.m.	9 CalFresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Art for Adults 10:15- 11:15 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Cholesterol 2:30- 3:30 p.m./3:30-4:30 p.m. Homework Help 3- 4:30 p.m.	10 Zumba 9-10 a.m. Older Adult- Good Sleep for Emotional Well-Being for Older Adults 10:- 11:30 a.m. Anger Management Virtual 10- 11:30 a.m. Read with Libby 10:15- 11 a.m. Breakthrough Parenting Virtual 12- 1:30 p.m. Vinyasa Yoga 1:30-2:30 p.m. Homework Help 3-4 :30 p.m.	11 Zumba 9-10 a.m. Chair Yoga 10:30 - 11:30 a.m. Cardio Dance 2 -3 p.m. Homework Help 3 -4 :30 p.m. Family Cardio 4-4:45 p.m.	12 Medi-Cal Enrollment Services 9-5 p.m. Pre-K Cooking Class 10-11 a.m. Cardio Step 10-11 a.m. Healthcare Navigation: When to Call Your Doctor 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3-4 p.m.	13 CENTER CLOSED
15 Medi-Cal Enrollment Services 9-5 p.m. Baby & Me Playtime 10-11 a.m. Homework Help 3- 4:30 p.m. Strength Training for Older Adults 3:30-4:30 p.m. Books w /Coffee 4 -5 p.m.	16 CalFresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Weight Management 2:30- 3:30 p.m./3:30-4:30 p.m. Homework Help 3- 4:30 p.m.	17 Zumba 9-10 a.m. Older Adult- Hoarding 10:- 11:30 a.m. Anger Management Virtual 10- 11:30 a.m. Read with Libby 10:15- 11 a.m. Breakthrough Parenting Virtual 12- 1:30 p.m. Vinyasa Yoga 1:30-2:30 p.m. Homework Help 3-4 :30 p.m.	18 Zumba 9-10 a.m. Chair Yoga 10:30 - 11:30 a.m. Cardio Dance 2 -3 p.m. Homework Help 3 -4 :30 p.m. Family Cardio 4-4:45 p.m.	19 Medi-Cal Enrollment Services 9-5 p.m. Cardio Step 10-11 a.m. Healthcare Navigation: How to Review Your Medical Bill 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3-4 p.m.	20 CENTER CLOSED
22 Medi-Cal Enrollment Services 9-5 p.m. CPR (SPAN) Register at freecprla.com 9:30- 12:30 p.m. Homework Help 3- 4:30 p.m. Strength Training for Older Adults 3:30-4:30 p.m.	23 CalFresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Art for Adults 10:15- 11:15 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Meal Planning 2:30- 3:30 p.m./3:30-4:30 p.m. Homework Help 3- 4:30 p.m.	24 CENTER CLOSED	25 Diaper Pantry 9-5 p.m. Zumba 9-10 a.m. Chair Yoga 10:30 - 11:30 a.m. Cardio Dance 2 -3 p.m. Homework Help 3 -4 :30 p.m. Family Cardio 4-4:45 p.m.	26 Medi-Cal Enrollment Services 9-5 p.m. Cardio Step 10-11 a.m. Healthcare Navigation: Questions & Answers 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3-4 p.m.	27 CENTER CLOSED
29 Medi-Cal Enrollment Services 9-5 p.m. Homework Help 3- 4:30 p.m. Strength Training for Older Adults 3:30-4:30 p.m.	30 CalFresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Diabetes & Pre-Diabetes 2:30- 3:30 p.m. Homework Help 3- 4:30 p.m. Healthy Eating Resource Fair 4:30- 7 p.m. specific to listed zip codes *90805,90806, 90813, 90723,90221		 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!	 CRC Website	 Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.

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



5599 ATLANTIC AVENUE, LONG BEACH, CA 90805



CENTER HOURS:

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



562.256.9810

CommunityResourceCenterLA.org



LONG BEACH ABRIL 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1 CENTRO CERRADO	 CENTRO CERRADO	 CENTRO CERRADO	 CENTRO CERRADO	 CENTRO CERRADO	 CENTRO CERRADO
8 Servicios de inscripción para Medi-Cal 9- 5 p.m. RCP y Primeros Auxilios (ENG) Registrarse en freecprla.com 9:30- 12:30 p.m. Orientación para Nuevos Miembros de L.A. Care 12:30- 1:30 p.m. Ayuda con las Tareas 3- 4:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m.	9 Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Arte Para Adultos 10:15- 11:15 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Colesterol 2:30- 3:30 p.m./ 3:30- 4:30 p.m. Ayuda con las Tareas 3- 4:30 p.m.	10 Zumba 9-10 a.m. Manejo de Ira Virtual 10- 11:30 a.m. Adultos Mayores: Dormir Bien para el Bienestar Emocional de los Adultos Mayores 10- 11:30 a.m. Leer con Libby 10:15- 11 a.m. Cultivando Familias Virtual 12- 1:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Ayuda con las Tareas 3- 4:30 p.m.	11 Zumba 9- 10 a.m. Yoga en Silla 10:30- 11:30 a.m. Baile de Salsa Aerobico 2- 3 p.m. Ayuda con las Tareas 3- 4:30 p.m. Cardio Para Familias 4- 4:45 p.m.	12 Servicios de inscripción para Medi-Cal 9- 5 p.m. Cardio Step 10- 11 a.m. Clase de Cocina Para Preescolar 10- 11 a.m. Como Navegar el Sistema Medico: Cuando Debe Llamar a su Medico 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	13 CENTRO CERRADO
15 Servicios de inscripción para Medi-Cal 9- 5 p.m. Hora de Jugar para Bebe y Yo 10-11 a.m. Ayuda con las Tareas 3- 4:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m. Libros con Café 4- 5 p.m.	16 Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Control de Peso 2:30- 3:30 p.m./ 3:30- 4:30 p.m. Ayuda con las Tareas 3- 4:30 p.m.	17 Zumba 9-10 a.m. Manejo de Ira Virtual 10- 11:30 a.m. Adultos Mayores: Hoarding 10- 11:30 a.m. Leer con Libby 10:15- 11 a.m. Cultivando Familias Virtual 12- 1:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Ayuda con las Tareas 3- 4:30 p.m.	18 Zumba 9- 10 a.m. Yoga en Silla 10:30- 11:30 a.m. Baile de Salsa Aerobico 2- 3 p.m. Ayuda con las Tareas 3- 4:30 p.m. Cardio Para Familias 4- 4:45 p.m.	19 Servicios de inscripción para Medi-Cal 9- 5 p.m. Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Cómo Revisar su Factura Médica 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	20 CENTRO CERRADO
22 Servicios de inscripción para Medi-Cal 9- 5 p.m. RCP y Primeros Auxilios (ESP) Registrarse en freecprla.com 9:30- 12:30 p.m. Ayuda con las Tareas 3- 4:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m.	23 Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Arte Para Adultos 10:15- 11:15 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Planeando tus Comidas 2:30- 3:30 p.m./ 3:30- 4:30 p.m. Ayuda con las Tareas 3- 4:30 p.m.	24 CENTRO CERRADO	25 Distribución de Pañales 9-5 p.m. *Primeros 50 participantes* Zumba 9- 10 a.m. Yoga en Silla 10:30- 11:30 a.m. Baile de Salsa Aerobico 2- 3 p.m. Ayuda con las Tareas 3- 4:30 p.m. Cardio Para Familias 4- 4:45 p.m.	26 Servicios de inscripción para Medi-Cal 9- 5 p.m. Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Preguntas y Respuestas 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	27 CENTRO CERRADO
29 Servicios de inscripción para Medi-Cal 9- 5 p.m. Ayuda con las Tareas 3- 4:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m.	30 Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Diabetes y Pre-Diabetes 2:30- 3:30 p.m. Feria de Recursos de Alimentación Saludable *Solo ciertos códigos postales* 90805, 90802, 90804, 90806, 90810, 90813, 90221, 90723 4:30- 7 p.m.		 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.

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



5599 ATLANTIC AVENUE, Long Beach, CA 90805



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



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