



WILMINGTON
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>Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. New Member Orientation 10 - 10:30 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Depression and Anxiety 12 - 2 p.m. (Span.) Diabetes Self-Management 1 - 2:30 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>3</p> <p>Tone Fitness Class 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Child Birthing Class (Biling.) 11 a.m. - 12 p.m. Prenatal Stretching Class 12 - 12:30 p.m. CPR & First Aid freecprla.com 2 - 5 p.m. (Eng.) Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>4</p> <p>Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Toddler Tunes (ages 2+) 11:15 a.m. - 12:15 p.m. Yoga 2 - 3 p.m. Lego Builders (ages 5+) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>5</p> <p>Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Salads & Juicing 101 1 - 2 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p> <p>CENTER CLOSED</p>	<p>6</p> <p>CENTER CLOSED</p>
<p>8</p> <p>Kickboxing 9 - 10 a.m. Health Advocates SSI/SSDI Assistance 10 a.m. - 12 p.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Teen Tech Academy (ages 13+) (How to apply for a job) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>9</p> <p>Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Healthcare Navigation 11:00 a.m. - 12:00 p.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Emotional well-being 12 - 2 p.m. (Span.) Diabetes Self-Management 1 - 2:30 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>10</p> <p>Tone Fitness Class 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Lactation Class (Biling.) 11 a.m. - 12 p.m. Colorectal 101 (Span.) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>11</p> <p>Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Toddler Tunes (ages 2+) 11:15 a.m. - 12:15 p.m. Yoga 2 - 3 p.m. Lego Builders (ages 5+) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>12</p> <p>Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Salads & Juicing 101 1 - 2 p.m. Social Hour (Gardening) 2 - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p> <p>CENTER CLOSED</p>	<p>13</p> <p>CENTER CLOSED</p>
<p>15</p> <p>Kickboxing 9 - 10 a.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Teen Tech Academy (ages 13+) (Mock Interviews) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>16</p> <p>Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Hoarding (collect things) 12 - 2 p.m. (Span.) Kids Healthy Cooking 3:30 - 5 p.m. Diabetes Self-Management 1 - 2:30 p.m. Social Services Support 9 a.m. - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>17</p> <p>Tone Fitness Class 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Child Birthing Class (Biling.) 11 a.m. - 12 p.m. Prenatal Stretching Class 12 - 12:30 p.m. CPR & First Aid freecprla.com 2 - 5 p.m. (Span.) Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>18</p> <p>Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. New Member Orientation 11 - 11:30 a.m. Toddler Tunes (ages 2+) 11:15 a.m. - 12:15 p.m. Yoga 2 - 3 p.m. Lego Builders (ages 5+) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>19</p> <p>Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Salads & Juicing 101 1 - 2 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p> <p>CENTER CLOSED</p>	<p>20</p> <p>CENTER CLOSED</p>
<p>22</p> <p>Kickboxing 9 - 10 a.m. Health Advocates SSI/SSDI Assistance 10 a.m. - 12 p.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Dig In with Rex! (Gardening) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>23</p> <p>Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Healthcare Navigation 11:00 a.m. - 12:00 p.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Substance use (Span.) 12 - 2 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Diabetes Self-Management 1 - 2:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>24</p> <p>CENTER CLOSED</p>	<p>25</p> <p>Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Toddler Tunes (ages 2+) 11:15 a.m. - 12:15 p.m. CalFresh Orientation 2 - 3 p.m. Yoga 2 - 3 p.m. Lego Builders (ages 5+) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>26</p> <p>Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p> <p>CENTER CLOSED</p>	<p>27</p> <p>CENTER CLOSED</p>
<p>29</p> <p>Kickboxing 9 - 10 a.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</p>	<p>30</p> <p>Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. How to Administer Medication 12 - 2 p.m. (Span.) Kids Healthy Cooking 3:30 - 5 p.m. Social Services Support 9 a.m. - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 3 p.m.</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>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>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<p>30</p> <p>QR CODE</p> <p>CRC Website</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**

911 North Avalon Blvd
Wilmington, CA 90744




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

213.428.1490
CommunityResourceCenterLA.org



WILMINGTON ABRIL 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>1</p>  <p>DÍA DE CÉSAR CHÁVEZ CENTRO CERRADO</p>	<p>2</p> <p>Ejercicio Step 9 - 10 a.m. Consejos de nutrición y fitness 10 - 11 a.m. Orientación para nuevos miembros 10 - 10:30 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Depresión y Ansiedad 12 - 2 p.m. (Span.) Autocontrol de la diabetes 1 - 2:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Inscripción para Medi-Cal y CalFresh</p>	<p>3</p> <p>Clase de Tonificación 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Clase de Parto 11 a.m.- 12 p.m. Estiramiento Prenatal 12 - 12:30 p.m. RCP/Primero Auxilios freecprla.com 2 - 5 p.m. (Eng.) Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	<p>4</p> <p>Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Melodías para niños pequeños 11:15 a.m -12:15 p.m.(edad 2+) Yoga 2 - 3 p.m. Constructores de legos 3:30 - 4:30 p.m. (edad 5+) Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	<p>5</p> <p>Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	 <p>CENTRO CERRADO</p>
<p>8</p> <p>Kickboxing 9 - 10 a.m. Asistencia con SSI/SSDI 10 a.m. - 12 p.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Academia de Tecnología para Adolescentes (edad 13+) (como solicitar un trabajo) 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 am - 3 pm</p>	<p>9</p> <p>Ejercicio Step 9 - 10 a.m. Consejos de nutrición y fitness 10 - 11 a.m. Navegación en el cuidado de la salud (Eng.) 11:00 a.m. - 12:00 p.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Bienestar emocional 12 - 2 p.m. (Span.) Autocontrol de la diabetes 1 - 2:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 3 p.m.</p>	<p>10</p> <p>Clase de Tonificación 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Clase de Lactancia 11 a.m.- 12 p.m. Colorectal 101 (Span.) 3:30 p.m. - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	<p>11</p> <p>Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Melodías para niños pequeños 11:15 a.m -12:15 p.m.(edad 2+) Yoga 2 - 3 p.m. Constructores de legos 3:30 - 4:30 p.m. (edad 5+) Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	<p>12</p> <p>Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Hora Social (jardinería) 2 - 4 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	 <p>CENTRO CERRADO</p>
<p>15</p> <p>Kickboxing 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Academia de Tecnología para Adolescentes (edad 13+) (entrevistas simuladas) 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 3 p.m.</p>	<p>16</p> <p>Ejercicio Step 9 - 10 a.m. Consejos de nutrición y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Recolectar cosas 12 - 2 p.m. (Span.) Niños Cocina Saludable 3:30 - 5 p.m. Autocontrol de la diabetes 1 - 2:30 p.m. Apoyo a Servicios Sociales 9 a.m. - 4 p.m. Inscripción para Medi-Cal y CalFresh</p>	<p>17</p> <p>Clase de Tonificación 9 - 10 a.m. Tecnología Google 10:30 a.m.- 12:30 p.m. Clase de Parto 11 a.m.- 12 p.m. Estiramiento Prenatal 12 - 12:30 p.m. RCP/Primero Auxilios freecprla.com 2 - 5 p.m. (Span.) Inscripción para Medi-Cal y CalFresh 9 a.m. - 3 p.m.</p>	<p>18</p> <p>Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Orientación para nuevos miembros 11 - 11:30 a.m. Melodías para niños pequeños 11:15 a.m -12:15 p.m.(edad 2+) Yoga 2 - 3 p.m. Constructores de legos 3:30 - 4:30 p.m. (edad 5+) Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	<p>19</p> <p>Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	 <p>CENTRO CERRADO</p>
<p>22</p> <p>Kickboxing 9 - 10 a.m. Asistencia con SSI/SSDI 10 a.m. - 12 p.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Excarva con Rex! (jardinería) 3:30 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 am - 3 pm</p>	<p>23</p> <p>Ejercicio Step 9 - 10 a.m. Consejos de nutrición y fitness 10 - 11 a.m. Navegación en el cuidado de la salud (Eng.) 11:00 a.m. - 12:00 p.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Consumo de sustancias (Span) 12 - 2 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Autocontrol de la diabetes 1 - 2:30 p.m. Inscripción para</p>	 <p>CENTRO CERRADO</p>	<p>25</p> <p>Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Melodías para niños pequeños 11:15 a.m -12:15 p.m.(edad 2+) Orientación de CalFresh 2 - 3 p.m. Yoga 2 - 3 p.m. Constructores de legos 3:30 - 4:30 p.m. (edad 5+) Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	<p>26</p> <p>Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m.- 3 p.m.</p>	 <p>CENTRO CERRADO</p>
<p>29</p> <p>Kickboxing 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 3 p.m.</p>	<p>30</p> <p>Ejercicio Step 9 - 10 a.m. Consejos de nutrición y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Como administrar su medicamentos (Span) 12 - 2 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Apoyo a Servicios Sociales 9 a.m. - 4 p.m. Inscripción para Medi-Cal y CalFresh 9 a.m. - 3 p.m.</p>		<p>La clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Verde son por cita y registro solamente.</p>	<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscrición* <ul style="list-style-type: none"> • Medi-cal, MediCare, Covered California, y CalFresh <p>Orientación para nuevos miembros</p> <p><small>*Comuníquese con el Centro para disponibilidad de Servicios</small></p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	 <p>CRC Sitio de Web</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**



911 North Avalon Blvd
Wilmington, CA 90744



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



213.428.1490
CommunityResourceCenterLA.org