



EAST L.A.
JUNE
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Come Join our Spirit Week June 24 - 28 Monday- Career Day Tuesday-Tacky Tourist Day Wednesday-Rainbow Day Thursday-Favorite Holiday Wear Friday- Super Hero Day	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	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		1 
Cooking Matters 9 - 10:30 a.m. Spa. 3 How to Handle the Tough Stuff 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.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 4 Baby & Me 9:30 - 10:30 a.m. Managing Medication for Older Adults 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. 5 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [1 of 12] 10:15 - 12:15 a.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Kid's Healthy Cooking (Ages 5-12) 3 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 	Baby Item Distribution 10 - 11 a.m. 6 Center Closed 11 a.m. - 12 p.m. Blood Pressure Class [2 of 6] 1- 3 p.m. Spa. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Sunrise Yoga 9 - 10 a.m. 7 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. Spa. Nutrition and You 12 - 1 p.m. Eng. Zumba Step 1:15 - 2:15 p.m. Summer Family Night 3 - 5 p.m.	8 
Cooking Matters 9 - 10:30 a.m. Spa. 10 Fatherhood: Setting Priorities 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 Art Club: Father's Day Craft (Ages 5-12) 4 - 5 p.m.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 11 Baby & Me 9:30 - 10:30 a.m. Neurodevelopmental Disorders and the Role of Parents & Guardians 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Understanding & Building Your Credit 2 2 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. 12 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [2 of 12] 10:15 - 12:15 a.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Kid's Healthy Cooking (Ages 5-12) 3 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 	CPR & First Aid (English) 10 a.m. - 1 p.m. 13 Blood Pressure Class [3 of 6] 1- 3 p.m. Spa. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Sunrise Yoga 9 - 10 a.m. 14 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. Spa. Nutrition and You 12 - 1 p.m. Eng. Father's Day Treat 2:30 - 4:30 p.m. Summer Family Night 3 - 5 p.m.	15 
Cooking Matters 9 - 10:30 a.m. Spa. 17 Decision Making for Parents 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.	Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. 18 Baby & Me 9:30 - 10:30 a.m. Understanding Behaviors & Disorders in Childhood and Adolescence 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Zumba Cardio Fusion 4 - 5 p.m.	19 	Food Pantry (Limited to first 100 People) 10 - 11 a.m. 20 Senior Resource Fair (Ages 55+) 10 - 12 p.m. RCAC Meeting 2- 4:30 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa.	Sunrise Yoga 9 - 10 a.m. 21 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. Spa. Nutrition and You 12 - 1 p.m. Eng. Zumba Step 1:15 - 2:15 p.m. Summer Family Night 3 - 5 p.m.	22 
Career Day 24 Cooking Matters 9 - 10:30 a.m. Spa. Decision Making in my Personal Life 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Caring for Your Mental Health (Cantonese) 1:30 - 3 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: Summer Solstice Craft (Ages 5-12) 4 - 5 p.m.	Tacky Tourist Day 25 Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m. Baby & Me 9:30 - 10:30 a.m. Bullying Prevention: Kindness, Acceptance, Inclusion 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Adult Art Workshop: Fabric Mache 1:30 - 3:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	Rainbow Day 26 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [3 of 12] 10:15 - 12:15 a.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Kid's Healthy Cooking (Ages 5-12) 3 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 	Favorite Holiday Wear 27 CPR & First Aid (Spanish) 10 a.m. - 1 p.m. Blood Pressure Class [4 of 6] 1- 3 p.m. Spa. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Super Hero Day 28 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. Zumba Step 1:15 - 2:15 p.m. Summer Family Night 3 - 5 p.m.	29 

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



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Ven y Únete a Nuestra Semana de Diversion Junio 24 - 28 Lunes - Día de la Carrera Martes - Día del Turista Miércoles - Día del Arcoiris Jueves - Día Festivo Favorito Viernes - Día del	La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	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!	 CRC Sitio de Web		1 
Cocinado Saludable 9 - 10:30 a.m. Esp. 3 Cómo Manejar Cosas Difíciles 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.	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 4 Bebé y Yo 9:30 - 10:30 a.m. Como Abecedario administrar su Medicación Para Adultos Mayores 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 5 Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp.  Cocinando Saludable [1 de 12] 10:15 - 12:15 a.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Cocina Saludable Para Niños (Edades 5-12) 3 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	Distribución de Productos Para Bebés 10 - 11 a.m. 6 Centro Cerrado 11 a.m. - 12 p.m. Clase de Presión Arterial [2 de 6] 1 - 3 p.m. Esp. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Sunrise Yoga 9 - 10 a.m. 7 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. Esp. Nutritión and Tú 12 - 1 p.m. Ing. Zumba Step 1:15 - 2:15 p.m. Noche Familiar de Verano 3 - 5 p.m.	
Cocinado Saludable 9 - 10:30 a.m. Esp. 10 Paternidad: Estableciendo Prioridades 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. Club de Arte Para Niños: Manualidad del día del Padre (Edades 5-12) 4 - 5 p.m.	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 11 Bebé y Yo 9:30 - 10:30 a.m. Trastornos del Neurodesarrollo y el Papel de los Padres y Tutores 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Comprender y Desarrollar su Crédito 2 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 12 Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp.  Cocinando Saludable [2 de 12] 10:15 - 12:15 a.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Cocina Saludable Para Niños (Edades 5-12) 3 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	RCP y Primeros Auxilios (Inglés) 10 a.m. - 1 p.m. 13 Clase de Presión Arterial [3 de 6] 1 - 3 p.m. Esp. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Sunrise Yoga 9 - 10 a.m. 14 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. Esp. Nutritión and Tú 12 - 1 p.m. Ing. Regalo del día del Padre 2:30 - 4:30 p.m. Noche Familiar de Verano 3 - 5 p.m.	
Cocinado Saludable 9 - 10:30 a.m. Esp. 17 Tomando Decisiones Para los Padres 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.	Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. 18 Bebé y Yo 9:30 - 10:30 a.m. Comprendiendo los Comportamientos y Trastornos en la Niñez y Adolescencia 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Zumba Cardio Fusion 4 - 5 p.m.	19 JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL  CENTRO CERRADO	Despensa de Alimentos (Limitado a las primeras 100 personas) 10 - 11 a.m. 20 Feria de Recursos Para Personas Mayores (Edades 55+) 10 - 12 p.m. RCAC Meeting 2- 4:30 p.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp.	Sunrise Yoga 9 - 10 a.m. 21 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. Esp. Nutritión and Tú 12 - 1 p.m. Ing. Zumba Step 1:15 - 2:15 p.m. Noche Familiar de Verano 3 - 5 p.m.	
Día de la Carrera 24 Cocinado Saludable 9 - 10:30 a.m. Esp. Tomando Decisiones en mi Vida Personal 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Cuidando su Salud Mental (Cantonés) 1:30 - 3 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Club de Arte Para Niños: Manualidad del Solsticio de Verano (Edades 5-12) 4 - 5 p.m.	Día del Turista 25 Asistencia para Aplicaciones de Cal-Fresh 9:30 a.m. - 5 p.m. Bebé y Yo 9:30 - 10:30 a.m. Prevención del Acoso: Amabilidad, Aceptación, Inclusión 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Arte Para Adultos: Tela Maché 1:30 - 3:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	Día del Arcoiris 26 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp.  Cocinando Saludable [3 of 12] 10:15 - 12:15 a.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Cocina Saludable Para Niños (Edades 5-12) 3 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	Día Festivo Favorito 27 RCP y Primeros Auxilios (Español) 10 a.m. - 1 p.m. Clase de Presión Arterial [4 de 6] 1 - 3 p.m. Esp. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Día del Superhéroe 28 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. Zumba Step 1:15 - 2:15 p.m. Noche Familiar de Verano 3 - 5 p.m.	

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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