



Community Resource Center



PANORAMA CITY MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CENTER SERVICES</p> <p>Medi-Cal Enrollment Assistance 9 a.m. - 4 p.m. Monday - Thursday</p> <p>CalFresh Application Assistance 9 a.m. - 4 p.m. Monday - Thursday</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>1</p> <p>Boot Camp 9—10 a.m.</p> <p>Little One & Me 10:30—11:30 a.m. (0—5 yrs. old)</p> <p>Dance Aerobics 12 —1 p.m.</p> <p>Tai Chi 3 — 4 p.m.</p> <p>Yoga 4 — 5 p.m.</p>	<p>2</p> <p>Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Low Impact Zumba 12:30 —1:30 p.m.</p> <p>Stretching & Strengthening for Seniors 2—3 p.m.</p> <p>Virtual Breakthrough Parenting 2— 4 p.m. Eng.</p> <p>Zumba 4— 5 p.m.</p>	<p>3</p> <p>CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng.</p>	<p>4</p> <p>CENTER CLOSED</p>
<p>6</p> <p>Boot Camp 9—10 a.m.</p> <p>Yoga 10:15 —11:15 a.m.</p> <p>Pilates 11:30 a.m. — 12:30 p.m.</p> <p>Food Education Access Support Together (FEAST) 1:00 p.m. — 2:30 p.m. Spa.</p> <p>Virtual Breakthrough Parenting 2— 4 p.m. Eng.</p> <p>Zumba Steps 4 —5 p.m.</p>	<p>7</p> <p>Boot Camp 9—10 a.m.</p> <p>Low Impact Zumba 10:30—11:30 a.m.</p> <p>Healthy Cooking 12— 2 p.m. Eng./Spa.</p> <p>The World of Juicing and Salads 2— 3:30 p.m. Eng./Spa.</p> <p>Breakthrough Parenting 2— 4 p.m. Spa.</p> <p>Kids Healthy Cooking 4—5 p.m. (5—14 yrs old)</p>	<p>8</p> <p>Boot Camp 9—10 a.m.</p> <p>Little One & Me 10:30—11:30 a.m. (0—5 yrs. old)</p> <p>Dance Aerobics 12 —1 p.m.</p> <p>Tai Chi 3 — 4 p.m.</p> <p>Yoga 4 — 5 p.m.</p>	<p>9</p> <p>Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Low Impact Zumba 12:30 —1:30 p.m.</p> <p>Stretching & Strengthening for Seniors 2—3 p.m.</p> <p>Virtual Breakthrough Parenting 2— 4 p.m. Eng.</p> <p>Health Screenings —EPDB 3 — 5 p.m.</p> <p>Zumba 4— 5 p.m.</p>	<p>10</p> <p>Support Group for Parents of Children with Special Needs 9:30— 11 a.m. Spa.</p>	<p>11</p> <p>CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng.</p> <p>CENTER CLOSED 12:30 PM - 5:00 PM</p>
<p>13</p> <p>Boot Camp 9—10 a.m.</p> <p>Yoga 10:15 —11:15 a.m.</p> <p>Pilates 11:30 a.m. — 12:30 p.m.</p> <p>Food Education Access Support Together (FEAST) 1:00 p.m. — 2:30 p.m. Spa.</p> <p>Virtual Breakthrough Parenting 2— 4 p.m. Eng.</p> <p>Zumba Steps 4 —5 p.m.</p>	<p>14</p> <p>Boot Camp 9—10 a.m.</p> <p>Low Impact Zumba 10:30—11:30 a.m.</p> <p>Healthy Cooking 12— 2 p.m. Eng./Spa.</p> <p>The World of Juicing and Salads 2— 3:30 p.m. Eng./Spa.</p> <p>Breakthrough Parenting 2— 4 p.m. Spa.</p> <p>How to set goals, build a budget, and save 4 - 5 p.m. Eng./Spa.</p> <p>Kids Healthy Cooking 4—5 p.m. (5—14 yrs old)</p>	<p>15</p> <p>WIC Application Assistance 9 a.m. — 4 p.m.</p> <p>Boot Camp 9—10 a.m.</p> <p>Little One & Me 10:30—11:30 a.m. (0—5 yrs. old)</p> <p>Dance Aerobics 12 —1 p.m.</p> <p>Questions & Answers with Dr. Villafranco 12:30 - 1:00 p.m. Eng./Spa.</p> <p>Tai Chi 3 — 4 p.m.</p> <p>Yoga 4 — 5 p.m.</p>	<p>16</p> <p>Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Low Impact Zumba 12:30 —1:30 p.m.</p> <p>Stretching & Strengthening for Seniors 2—3 p.m.</p> <p>Virtual Breakthrough Parenting 2— 4 p.m. Eng.</p> <p>Zumba 4— 5 p.m.</p>	<p>17</p> <p>Virtual CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Spa.</p> <p>CENTER CLOSED</p>	<p>18</p> <p>CENTER CLOSED</p>
<p>20</p> <p>Boot Camp 9—10 a.m.</p> <p>Yoga 10:15—11:15 a.m.</p> <p>Pilates 11:30 a.m.— 12:30 p.m.</p> <p>Food Education Access Support Together (FEAST) 1:00 p.m. — 2:30 p.m. Spa.</p> <p>Virtual Breakthrough Parenting 2— 4 p.m. Eng.</p> <p>Zumba Steps 4 —5 p.m.</p>	<p>21</p> <p>Boot Camp 9—10 a.m.</p> <p>Low Impact Zumba 10:30—11:30 a.m.</p> <p>Healthy Cooking 12— 2 p.m. Eng./Spa.</p> <p>The World of Juicing and Salads 2— 3:30 p.m. Eng./Spa.</p> <p>Breakthrough Parenting 2— 4 p.m. Spa.</p> <p>Oral Health Workshop 4 p.m. — 5 p.m. Eng./Spa.</p> <p>Kids Healthy Cooking 4—5 p.m. (5—14 yrs old)</p>	<p>22</p> <p>Boot Camp 9—10 a.m.</p> <p>Little One & Me 10:30—11:30 a.m.(0—5 yrs. old)</p> <p>Dance Aerobics 12 —1 p.m..</p> <p>Understanding and Building your Credit 2 - 3 p.m. Eng./Spa.</p> <p>Tai Chi 3 — 4 p.m.</p> <p>Yoga 4 — 5 p.m.</p>	<p>23</p> <p>Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Low Impact Zumba 12:30 —1:30 p.m.</p> <p>Stretching & Strengthening for Seniors 2—3 p.m.</p> <p>Virtual Breakthrough Parenting 2— 4 p.m. Eng.</p> <p>Questions & Answers with Dr. Villafranco 3 - 4 p.m. Eng./Spa</p> <p>Zumba 4— 5 p.m.</p>	<p>24</p> <p>Mental Health and First Aid Pt. 1 1 - 5 pm Spa.</p>	<p>25</p> <p>CENTER CLOSED</p>
<p>27</p> <p>MEMORIAL DAY</p> <p>CENTER CLOSED</p>	<p>28</p> <p>Boot Camp 9—10 a.m.</p> <p>Health Screenings - EPDB 10 a.m. — 1 p.m.</p> <p>Low Impact Zumba 10:30—11:30 a.m.</p> <p>Healthy Cooking 12— 2 p.m. Eng./Spa.</p> <p>The World of Juicing and Salads 2— 3:30 p.m. Eng./Spa.</p> <p>Breakthrough Parenting 2— 4 p.m. Spa.</p> <p>Medication—EPDB 4—5 p.m. Eng./Spa.</p> <p>Kids Healthy Cooking 4—5 p.m. (5—14 yrs old)</p>	<p>29</p> <p>WIC Application Assistance 9 a.m. — 4 p.m.</p> <p>Boot Camp 9—10 a.m.</p> <p>Little One & Me 10:30—11:30 a.m.(0—5 yrs. old)</p> <p>Dance Aerobics 12 —1 p.m.</p> <p>Tai Chi 3 — 4 p.m.</p> <p>Yoga 4 — 5 p.m.</p>	<p>30</p> <p>Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Low Impact Zumba 12:30 —1:30 p.m.</p> <p>Stretching & Strengthening for Seniors 2—3 p.m.</p> <p>Virtual Breakthrough Parenting 2— 4 p.m. Eng.</p> <p>Zumba 4— 5 p.m.</p>	<p>31</p> <p>Mental Health and First Aid Pt. 2 1 - 5 pm Spa.</p>	<p>CRC Website</p>

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

**BE ACTIVE,
HEALTHY & INFORMED**



7868 Van Nuys Blvd.
Panorama City, CA. 91402




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



213.438.5497
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>SERVICIOS DIARIOS</p> <p>Asistencia de Inscripción Medi-Cal - 9 a.m. - 4 p.m. Lunes-Jueves</p> <p>Asistencia con la solicitud de CalFresh - 9 a.m. - 4 p.m. Lunes-Jueves</p>	<p>Las 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>1 Boot Camp 9—10 a.m.</p> <p>Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años)</p> <p>Baile Aeróbico 12—1 p.m.</p> <p>Tai Chi 3—4 p.m.</p> <p>Yoga 4—5 p.m.</p>	<p>2 Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Zumba Bajo Impacto 12:30—1:30 p.m.</p> <p>Estiramiento y Fortalecer para Gente Mayor 2—3 p.m.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Zumba 4—5 p.m.</p>	<p>3 RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m. — 12 p.m. Ing.</p>	<p>4</p> <p>CENTRO CERRADO</p>
<p>6 Boot Camp 9—10 a.m.</p> <p>Yoga 10:15—11:15 a.m.</p> <p>Pilates 11:30 a.m. —12:30 p.m.</p> <p>Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 1:00 p.m. — 3:30 p.m. Esp.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Pasos de Zumba 4—5 p.m.</p>	<p>7 Boot Camp 9—10 a.m.</p> <p>Zumba Bajo Impacto 10:30—11:30 a.m.</p> <p>Cocinando Saludable 12—2 p.m. Esp./Ing.</p> <p>El Mundo de los Jugos y las Ensaladas 2—3:30 p.m. Esp./Ing.</p> <p>Cultivando Familias 2—4 p.m. Esp.</p> <p>Cocinando Saludable para Niños 4—5 p.m. (5—14 años)</p>	<p>8 Boot Camp 9—10 a.m.</p> <p>Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años)</p> <p>Baile Aeróbico 12—1 p.m.</p> <p>Tai Chi 3—4 p.m.</p> <p>Yoga 4—5 p.m.</p>	<p>9 Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Zumba Bajo Impacto 12:30—1:30 p.m.</p> <p>Estiramiento y Fortalecer para Gente Mayor 2—3 p.m.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Exámenes de Salud—EPDB 3—5 p.m.</p> <p>Zumba 4—5 p.m.</p>	<p>10 Grupo de Apolo para Padres De Niños Con Necesidades Especiales 9:30—11 a.m. Esp.</p>	<p>11 RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m. — 12 p.m. Ing.</p> <p>CENTRO CERRADO 12:30 PM - 5:00 PM</p>
<p>13 Boot Camp 9—10 a.m.</p> <p>Yoga 10:15—11:15 a.m.</p> <p>Pilates 11:30 a.m. —12:30 p.m.</p> <p>Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 1:00 p.m. — 3:30 p.m. Esp.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Pasos de Zumba 4—5 p.m.</p>	<p>14 Boot Camp 9—10 a.m.</p> <p>Zumba Bajo Impacto 10:30—11:30 a.m.</p> <p>Cocinando Saludable 12—2 p.m. Esp./Ing.</p> <p>El Mundo de los Jugos y las Ensaladas 2—3:30 p.m. Esp./Ing.</p> <p>Cultivando Familias 2—4 p.m. Esp.</p> <p>Como establecer metas, elaborar un presupuesto y ahorrar 4-5 p.m. Esp./Ing.</p> <p>Cocinando Saludable para Niños 4—5 p.m. (5—14 años)</p>	<p>15 Asistencia con la solicitud de WIC 9 a.m. — 4 p.m.</p> <p>15 Boot Camp 9—10 a.m.</p> <p>Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años)</p> <p>Baile Aeróbico 12—1 p.m.</p> <p>Preguntas y Respuestas con el Dr. Villafranco 12:30 - 1:00 p.m. Esp./Ing.</p> <p>Tai Chi 3—4 p.m.</p> <p>Yoga 4—5 p.m.</p>	<p>16 Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Zumba Bajo Impacto 12:30—1:30 p.m.</p> <p>Estiramiento y Fortalecer para Gente Mayor 2—3 p.m.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Zumba 4—5 p.m.</p>	<p>17 Virtual RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.—12 p.m. Esp.</p> <p>CENTRO CERRADO</p>	<p>18 CENTRO CERRADO</p>
<p>20 Boot Camp 9—10 a.m.</p> <p>Yoga 10:15—11:15 a.m.</p> <p>Pilates 11:30 a.m. —12:30 p.m.</p> <p>Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 1:00 p.m. — 3:30 p.m. Esp.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Pasos de Zumba 4—5 p.m.</p>	<p>21 Boot Camp 9—10 a.m.</p> <p>Zumba Bajo Impacto 10:30—11:30 a.m.</p> <p>Cocinando Saludable 12—2 p.m. Esp./Ing.</p> <p>El Mundo de los Jugos y las Ensaladas 2-3:30 p.m. Esp./Ing.</p> <p>Cultivando Familias 2—4 p.m. Esp.</p> <p>Taller Sobre La Salud Oral 4—5 p.m. Esp./Ing.</p> <p>Cocinando Saludable para Niños 4—5 p.m. (5—14 años)</p>	<p>22 Boot Camp 9—10 a.m.</p> <p>Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años)</p> <p>Baile Aeróbico 12—1 p.m.</p> <p>Comprenda y construya su crédito 2--3 p.m. Esp./Ing.</p> <p>Tai Chi 3—4 p.m.</p> <p>Yoga 4—5 p.m.</p>	<p>23 Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Zumba Bajo Impacto 12:30—1:30 p.m.</p> <p>Estiramiento y Fortalecer para Gente Mayor 2—3 p.m.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Preguntas y Respuestas con el Dr. Villafranco 3-4 p.m. Esp./Ing.</p> <p>Zumba 4—5 p.m.</p>	<p>24 Salud Mental y Primeros Auxilios Pt. 1 1-5 pm Esp.</p>	<p>25 CENTRO CERRADO</p>
<p>27 DÍA DE LOS CAÍDOS EN GUERRA</p> <p>CENTRO CERRADO</p>	<p>28 Boot Camp 9—10 a.m.</p> <p>Exámenes de Salud- EPDB 10 a.m. —1 p.m.</p> <p>Zumba Bajo Impacto 10:30—11:30 a.m.</p> <p>Cocinando Saludable 12—2 p.m. Esp./Ing.</p> <p>El Mundo de los Jugos y las Ensaladas 2-3:30 p.m. Esp./Ing.</p> <p>Cultivando Familias 2—4 p.m. Esp.</p> <p>Medicamento —EPDB 4—5 p.m. Esp./Ing.</p> <p>Cocinando Saludable para Niños 4—5 p.m. (5—14 años)</p>	<p>29 Asistencia con la solicitud de WIC 9 a.m. — 4 p.m.</p> <p>29 Boot Camp 9—10 a.m.</p> <p>Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años)</p> <p>Baile Aeróbico 12—1 p.m.</p> <p>Tai Chi 3—4 p.m.</p> <p>Yoga 4—5 p.m.</p>	<p>30 Boot Camp 9—10 a.m.</p> <p>Pilates 10:15—11:15 a.m.</p> <p>Zumba Bajo Impacto 12:30—1:30 p.m.</p> <p>Estiramiento y Fortalecer para Gente Mayor 2—3 p.m.</p> <p>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</p> <p>Zumba 4—5 p.m.</p>	<p>31 Salud Mental y Primeros Auxilios Pt. 2 1-5 pm Esp.</p>	<p>31 CENTRO CERRADO</p> <p></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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

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Panorama City, CA. 91402



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



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