



EAST L.A.
JULY
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cooking Matters 1 9 - 10:30 a.m. Spa. Life Skills: Moving Forward After a big Life Change 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 2 9:30 a.m. - 5 p.m. Baby & Me 9:30 - 10:30 a.m. Social Isolation 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. Lotería Fun! 2 - 3 p.m. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 3 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [4 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Kid's Healthy Cooking (Ages 4-14) 3 - 4:30 p.m. ESL Level 1 [4 of 10] 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	4 INDEPENDENCE DAY CENTER CLOSED	Boot Camp for Adults 5 8 - 9 a.m. NEW! 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.	6 CENTER CLOSED
Cooking Matters 8 9 - 10:30 a.m. Spa. Healthier Living Class [1 of 6] 10 a.m.- 12:30 p.m. Spa. Life Skills: Overcoming Change & Obstacles 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 9:30 a.m. - 5 p.m. Baby & Me 9:30 - 10:30 a.m. Transitions in age 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 10 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [5 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Kid's Healthy Cooking (Ages 4-14) 3 - 4:30 p.m. ESL Level 1 [5 of 10] 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CPR & First Aid (English) 11 10 a.m. - 1 p.m. Blood Pressure Class [5 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.	12 BACK TO SCHOOL EVENT 12PM - 4PM	13 CENTER CLOSED
Cooking Matters 15 9 - 10:30 a.m. Spa. Healthier Living Class [2 of 6] 10 a.m.- 12:30 p.m. Spa. Life Skills: Adjusting to a new Normal 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 16 9:30 a.m. - 5 p.m. Baby & Me 9:30 - 10:30 a.m. Depression & Anxiety 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. Learn About Financial Products, Services & Providers 2 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 17 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [6 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Kid's Healthy Cooking (Ages 4-14) 3 - 4:30 p.m. ESL Level 1 [6 of 10] 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Food Pantry 18 (Limited to first 100 People) 10 - 11 a.m. Blood Pressure Class [6 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.	Boot Camp for Adults 19 8 - 9 a.m. NEW! 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.	20 CENTER CLOSED
Cooking Matters 22 9 - 10:30 a.m. Spa. Healthier Living Class [3 of 6] 10 a.m.- 12:30 p.m. Spa. Life Skills: Goal Setting 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 23 9:30 a.m. - 5 p.m. Baby & Me 9:30 - 10:30 a.m. Don't be a Victim, Know the Scams 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. Adult Art Workshop: Relief Printing and Embroidery on Fabric 1:30 - 3:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	24 CENTER CLOSED	CPR & First Aid (Spanish) 25 10 a.m. - 1 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 26 8 - 9 a.m. NEW! 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. Spa. Zumba Step 1:15 - 2:15 p.m.	27 CENTER CLOSED
Cooking Matters 29 9 - 10:30 a.m. Spa. Healthier Living Class [4 of 6] 10 a.m.- 12:30 p.m. Spa. Life Skills: Accessing Resources to Support Change 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 30 9:30 a.m. - 5 p.m. Baby & Me 9:30 - 10:30 a.m. Stress Management 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 31 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [7 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Kid's Healthy Cooking (Ages 4-14) 3 - 4:30 p.m. ESL Level 1 [7 of 10] 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	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

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 - Thursday: 9 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday: CLOSED



213.438.5570
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Cocinado Saludable 1 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Avanzar Después de un Gran Cambio de Vida 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 2 9:30 a.m. - 5 p.m. Bebé y Yo 9:30 - 10:30 a.m. Aislamiento Social 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. Lotería Fun! 2 - 3 p.m. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 3 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [4 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Cocina Saludable Para Niños (Edades 4-14) 3 - 4:30 p.m. ESL Nivel 1 [4 de 10] 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	4 DÍA DE INDEPENDENCIA CENTRO CERRADO	Boot Camp Para Adultos 5 8 - 9 a.m. Nuevo! 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.	6 CENTRO CERRADO
Cocinado Saludable 8 9 - 10:30 a.m. Esp. Clase de Vida más Saludable [1 de 6] 10 a.m.- 12:30 p.m. Esp. Habilidades Para la Vida: Superar Cambios y Obstáculos 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 9:30 a.m. - 5 p.m. Bebé y Yo 9:30 - 10:30 a.m. Transiciones en la Vejez 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 10 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [5 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Cocina Saludable Para Niños (Edades 4-14) 3 - 4:30 p.m. ESL Nivel 1 [5 de 10] 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Inglés) 11 10 a.m. - 1 p.m. Clase de Presión Arterial [5 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.	12 EVENTO DE REGRESO A LA ESCUELA 12PM - 4PM	13 CENTRO CERRADO
Cocinado Saludable 15 9 - 10:30 a.m. Esp. Clase de Vida más Saludable [2 de 6] 10 a.m.- 12:30 p.m. Esp. Habilidades Para la Vida: Adaptarse a una Nueva Normalidad 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 16 9:30 a.m. - 5 p.m. Bebé y Yo 9:30 - 10:30 a.m. Depresión y Ansiedad 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. Obtenga más Información Sobre Productos, Servicios y Proveedores Financieros 2 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 17 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [6 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Cocina Saludable Para Niños (Edades 4-14) 3 - 4:30 p.m. ESL Nivel 1 [6 de 10] 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Despensa de Alimentos (Limitado a las primeras 100 personas) 18 10 - 11 a.m. Clase de Presión Arterial [6 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.	Boot Camp Para Adultos 19 8 - 9 a.m. Nuevo! 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.	20 CENTRO CERRADO
Cocinado Saludable 22 9 - 10:30 a.m. Esp. Clase de Vida más Saludable [3 de 6] 10 a.m.- 12:30 p.m. Esp. Habilidades Para la Vida: Establecimiento de Objetivos 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 23 9:30 a.m. - 5 p.m. Bebé y Yo 9:30 - 10:30 a.m. No sea una Víctima, Conozca las Estafas 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. Taller de Arte Para Adultos: Estampado en Relieve y Bordado Sobre Tela 1:30 - 3:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	24 CENTRO CERRADO	RCP y Primeros Auxilios (Español) 25 10 a.m. - 1 p.m. 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.	Boot Camp Para Adultos 26 8 - 9 a.m. Nuevo! 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. Esp. Zumba Step 1:15 - 2:15 p.m.	27 CENTRO CERRADO
Cocinado Saludable 29 9 - 10:30 a.m. Esp. Clase de Vida más Saludable [4 de 6] 10 a.m.- 12:30 p.m. Esp. Habilidades Para la Vida: Acceso a Recursos Para Apoyar el Cambio 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 30 9:30 a.m. - 5 p.m. Bebé y Yo 9:30 - 10:30 a.m. Manejo del Estrés 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 31 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [7 of 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Cocina Saludable Para Niños (Edades 4 -14) 3 - 4:30 p.m. ESL Nivel 1 [7 de 10] 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	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

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 Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado



213.438.5570
CommunityResourceCenterLA.org