



LONG BEACH
JULY
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Art for Adults 1 10:30- 11:30 a.m. Strength Training for Older Adults 3:30-4:30 p.m. Coding & Robotics for Kids 2:30- 4:30 p.m.</p>	<p>Cal Fresh Enrollment Services 2 9-5 p.m. Zumba 9-10 a.m. ESL 10-12 p.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.</p>	<p>Zumba 3 9-10 a.m. Older Adult – Health, Wellness, and Wholeness 10- 11:30 a.m. Anger Management Virtual 10- 11:30 a.m. Breakthrough Parenting Virtual 12- 1:30 p.m. Vinyasa Yoga 1:30-2:30 p.m.</p>	<p>4  CENTER CLOSED</p>	<p>5 Cardio Step 10-11 a.m. Healthcare Navigation: Clinician Selection 11- 12 p.m. Coding & Robotics for Kids 12- 2 p.m. Cardio Dance 12- 1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.</p>	<p>6  CENTER CLOSED</p>
<p>8 CPR (ENG) Register at freecprla.com 9:30- 12:30 p.m. L.A. Care New Member Orientation 12:30- 1:30 p.m. Strength Training for Older Adults 3:30-4:30 p.m. Coding & Robotics for Kids 2:30- 4:30 p.m.</p>	<p>9 CalFresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. ESL 10-12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Diabetes and Pre-Diabetes 2:30- 3:30 p.m. 3:30-4:30 p.m. Fun with Music (Age 10-14) 3:30- 4:30 p.m.</p>	<p>10 Zumba 9-10 a.m. Older Adult – Social Isolation 10- 11:30 a.m. Anger Management Virtual 10- 11:30 a.m. Books with Coffee 11:30- 12:30 p.m. Breakthrough Parenting Virtual 12- 1:30 p.m. Chase Money Skills 3:30- 4:30 p.m.</p>	<p>11 Zumba 9-10 a.m. Cardio Dance 2 -3 p.m. Family Cardio 4-4:45 p.m.</p>	<p>12 Cardio Step 10-11 a.m. Healthcare Navigation: Member Protection 11- 12 p.m. Coding & Robotics for Kids 12- 2 p.m. Cardio Dance 12- 1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.</p>	<p>13  CENTER CLOSED</p>
<p>15 Community Link Workshop ** Community Based Organizations Only Registration Required** 10- 12 p.m. Strength Training for Older Adults 3:30-4:30 p.m. Coding & Robotics for Kids 2:30- 4:30 p.m.</p>	<p>16 CalFresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. ESL 10-12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Love your Heart 2:30- 3:30 p.m. 3:30-4:30 p.m. Fun with Music (Age 10-14) 3:30- 4:30 p.m.</p>	<p>17 Zumba 9-10 a.m. Older Adult – Late-Life Transitions 10- 11:30 a.m. Anger Management Virtual 10- 11:30 a.m. Breakthrough Parenting Virtual 12- 1:30 p.m. Dental Screening **Registration Required** 1- 5 p.m. Vinyasa Yoga 1:30-2:30 p.m.</p>	<p>18 Diaper Distribution **First 50 Participants** Zumba 9-10 a.m. Chair Yoga 10:30 - 11:30 a.m. Mindful Eating 12:30- 2 p.m. Cardio Dance 2 -3 p.m. Family Cardio 4-4:45 p.m.</p>	<p>19 Cardio Step 10-11 a.m. Healthcare Navigation: What is Preventative Care and Why is it Important 11- 12 p.m. Coding & Robotics for Kids 12- 2 p.m. Cardio Dance 12- 1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.</p>	<p>20  CENTER CLOSED</p>
<p>22 CPR (SPA) Register at freecprla.com 9:30- 12:30 p.m. Strength Training for Older Adults 3:30-4:30 p.m. Coding & Robotics for Kids 2:30- 4:30 p.m.</p>	<p>23 CalFresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. ESL 10-12 p.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. Fun with Music (Age 10-14) 3:30- 4:30 p.m.</p>	<p>24  CENTER CLOSED</p>	<p>25 Zumba 9-10 a.m. Chair Yoga 10:30 - 11:30 a.m. S.O.U.L Circle 11:30- 12:30 p.m. Cardio Dance 2 -3 p.m. Family Cardio 4-4:45 p.m.</p>	<p>26 Cardio Step 10-11 a.m. Healthcare Navigation: When to call your Doctor 11- 12 p.m. Coding & Robotics for Kids 12- 2 p.m. Cardio Dance 12- 1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.</p>	<p>27  BACK TO SCHOOL EVENT 10AM - 2PM</p>
<p>29  CENTER CLOSED</p>	<p>30 CalFresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. ESL 10-12 p.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. Fun with Music (Age 10-14) 3:30- 4:30 p.m.</p>	<p>31 Zumba 9-10 a.m. Older Adult – Discover your Passion 10- 11:30 a.m. Anger Management Virtual 10- 11:30 a.m. Breakthrough Parenting Virtual 12- 1:30 p.m. Vinyasa Yoga 1:30-2:30 p.m. Google Tech (SPA) 3-5 p.m.</p>	<p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.</p>	<p>CENTER SERVICES - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</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**



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 JULIO 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Arte para Adultos 1 10:30- 11:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m. Codificación y Robótica 2:30- 4:30 p.m.	Servicios de inscripción para CalFresh 2 9- 5 p.m. Zumba 9-10 a.m. ESL 10- 12 p.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.	Zumba 3 9-10 a.m. Adultos Mayores: Salud, Bienestar y Plenitud 10- 11:30 a.m. Manejo de Ira Virtual 10- 11:30 a.m. Cultivando Familias Virtual 12- 1:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m.	CENTRO CERRADO 4	Cardio Step 5 10- 11 a.m. Como Navegar el Sistema Medico: Selección de Médicos 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Codificación y Robótica 12- 2 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	CENTRO CERRADO 6
RCP y Primeros Auxilios (ENG) 8 Registrarse en freecprla.com 9:30- 12:30 p.m. Orientación para Nuevos Miembros de L.A. Care 12:30- 1:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m. Codificación y Robótica 2:30- 4:30 p.m.	Servicios de inscripción para CalFresh 9 9- 5 p.m. Zumba 9-10 a.m. ESL 10- 12 p.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. 3:30 -4:30 p.m. Diviértete con la Música (Edad 10-14) 3:30- 4:30 p.m.	Zumba 10 9-10 a.m. Adultos Mayores: Aislamiento Social 10- 11:30 a.m. Manejo de Ira Virtual 10- 11:30 a.m. Cultivando Familias Virtual 12- 1:30 p.m. Chase Money Skills 3:30-4:30 p.m.	Zumba 11 9- 10 a.m. Baile de Salsa Aerobico 2- 3 p.m. Cardio Para Familias 4- 4:45 p.m.	Cardio Step 12 10- 11 a.m. Como Navegar el Sistema Medico: Protección de Miembros 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Codificación y Robótica 12- 2 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	CENTRO CERRADO 13
Taller de Community Link 15 10-12 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m. Codificación y Robótica 2:30- 4:30 p.m.	Servicios de inscripción para CalFresh 16 9- 5 p.m. Zumba 9-10 a.m. ESL 10- 12 p.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Ama tu Corazón 2:30- 3:30 p.m. 3:30 -4:30 p.m. Diviértete con la Música (Edad 10-14) 3:30- 4:30 p.m.	Zumba 17 9-10 a.m. Adultos Mayores: Transiciones Tardías 10- 11:30 a.m. Manejo de Ira Virtual 10- 11:30 a.m. Cultivando Familias Virtual 12- 1:30 p.m. Exámenes dentales **Requiere registro** 1- 5 p.m. Yoga Vinyasa 1:30- 2:30 p.m.	Distribución de Pañales 18 *Primeros 50 participantes* 9-5 p.m. Zumba 9- 10 a.m. Yoga en Silla 10:30- 11:30 a.m. Alimentación Consciente 12:30- 2 p.m. Baile de Salsa Aerobico 2- 3 p.m. Cardio Para Familias 4- 4:45 p.m.	Cardio Step 19 10- 11 a.m. Como Navegar el Sistema Medico: Importancia de los Cuidados Preventivos 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Codificación y Robótica 12- 2 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	CENTRO CERRADO 20
RCP y Primeros Auxilios (ESP) 22 Registrarse en freecprla.com 9:30- 12:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m. Codificación y Robótica 2:30- 4:30 p.m.	Servicios de inscripción para CalFresh 23 9- 5 p.m. Zumba 9-10 a.m. ESL 10- 12 p.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. Diviértete con la Música (Edad 10-14) 3:30- 4:30 p.m.	CENTRO CERRADO 24	Zumba 25 9- 10 a.m. Yoga en Silla 10:30- 11:30 a.m. Baile de Salsa Aerobico 2- 3 p.m. Cardio Para Familias 4- 4:45 p.m.	Cardio Step 26 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. Codificación y Robótica 12- 2 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	EVENTO DE REGRESO A LA ESCUELA 10AM - 2PM
CENTRO CERRADO 29	Servicios de inscripción para CalFresh 30 9- 5 p.m. Zumba 9-10 a.m. ESL 10- 12 p.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. Diviértete con la Música (Edad 10-14) 3:30- 4:30 p.m.	Zumba 31 9-10 a.m. Adultos Mayores: Descubre tu Pasión 10- 11:30 a.m. Manejo de Ira Virtual 10- 11:30 a.m. Cultivando Familias Virtual 12- 1:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Tecnología de Google (ESP) 3- 5 p.m.	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.	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**

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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