



METRO L.A.
JULY
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Medi-Cal & Covered CA Enrollment Services Monday to Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.</p> <p>L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m.</p> <p>English - CPR & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p> <p>Bookworm Book Club 9:00 a.m. - 5:00 p.m.</p>	<p>2</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 2:15 p.m. - 3:30 p.m.</p>	<p>3</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>4</p> <p>INDEPENDENCE DAY</p> <p>CENTER CLOSED</p>	<p>5</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p> <p>English - L.A. Care Medicare Plus Member Orientation 10:00 a.m. - 11:00 a.m.</p>	<p>6</p> <p>CENTER CLOSED</p>
<p>8</p> <p>Medi-Cal & Covered CA Enrollment Services Monday to Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.</p> <p>L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m.</p> <p>Spanish - CPR & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p> <p>Bookworm Book Club 9:00 a.m. - 5:00 p.m.</p>	<p>9</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (4 of 4) 2:15 p.m. - 3:30 p.m.</p>	<p>10</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>11</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>Kids - Ready, Set, Games! (5-13) 3:45 p.m. - 4:45 p.m.</p>	<p>12</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p> <p>Spanish - L.A. Care Medicare Plus Member Orientation 10:00 a.m. - 11:00 a.m.</p>	<p>13</p> <p>CENTER CLOSED</p>
<p>15</p> <p>Medi-Cal & Covered CA Enrollment Services Monday to Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.</p> <p>L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m.</p> <p>Bookworm Book Club 9:00 a.m. - 5:00 p.m.</p>	<p>16</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>RCAC 4 Meeting 10:00 a.m. - 12:30 p.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (1 of 4) 2:15 p.m. - 3:30 p.m.</p>	<p>17</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Adult Craft - DIY Flower Tealight 1:30 p.m. - 3:30 p.m.</p>	<p>18</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p>	<p>19</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p>	<p>20</p> <p>CENTER CLOSED</p>
<p>22</p> <p>Medi-Cal & Covered CA Enrollment Services Monday to Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.</p> <p>L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m.</p> <p>Bookworm Book Club 9:00 a.m. - 5:00 p.m.</p>	<p>23</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (2 of 4) 2:15 p.m. - 3:30 p.m.</p>	<p>24</p> <p>CENTER CLOSED</p>	<p>25</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>Kids - Adventures in Reading (5-13) 3:45 p.m. - 4:45 p.m.</p>	<p>26</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p>	<p>27</p> <p>CENTER CLOSED</p>
<p>29</p> <p>Medi-Cal & Covered CA Enrollment Services Monday to Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.</p> <p>L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m.</p> <p>Bookworm Book Club 9:00 a.m. - 5:00 p.m.</p>	<p>30</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 2:15 p.m. - 3:30 p.m.</p>	<p>31</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> <p>Tenants Rights Legal Clinic 4:30 p.m. - 7:00 p.m.</p>	<p>CRC Website</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* - 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>

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**



1233 S. Western Ave.
Los Angeles, CA 90006



CENTER HOURS:

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



213.428.1457

CommunityResourceCenterLA.org



Community Resource Center

Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains class details, times, and icons for 'CENTRO CERRADO' days.

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



1233 S. Western Ave. Los Angeles, CA 90006



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



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