



PALMDALE
JULY
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Zumba 9 - 10 a.m. Workshop: Bullying Prevention 10:15 - 11:45 a.m. Eng. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #3 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.	2 Medi-Cal and CalFresh Enrollments 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Nutrition Class with Demo 1:30 - 2:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	3 Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program Virtual 10:30 - 11:30 a.m. Spa. Workshop: Resilience 10:30 a.m. - 12 p.m. Spa. Nutrition Class with Demo 12:30 - 1:30 p.m. Spa. Boot Camp 4 - 4:45 p.m. Parenting Program Virtual 5:30 p.m. - 6:30 p.m. Eng.	4 INDEPENDENCE DAY CENTER CLOSED	5 Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Eng. Family Zumba (Ages 5+) 4 - 5 p.m.	6 CENTER CLOSED
8 Zumba 9 - 10 a.m. Workshop: Mental Health and the Stigma 10:15 - 11:45 a.m. Eng. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #4 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.	9 Medi-Cal and CalFresh Enrollments 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Nutrition Class with Demo 1:30 - 2:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	10 Zumba Toning 9 - 10 a.m. Parenting Program Virtual 10:30 - 11:30 a.m. Spa. Workshop: Discover your Passion 10:30 a.m. - 12 p.m. Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Nutrition Class with Demo 12:30 - 1:30 p.m. Spa. Boot Camp 4 - 4:45 p.m. Parenting Program Virtual 5:30 p.m. - 6:30 p.m. Eng.	11 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Community Pantry - Open to Everyone (Obtain a food bag, limited to the first 130 people) 1:30 p.m. Zumba 4 - 5 p.m.	12 Medi-Cal and CalFresh Enrollments 9 a.m. - 3 p.m. Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Spa. Family Zumba (Ages 5+) 4 - 5 p.m.	13 CENTER CLOSED
15 Zumba 9 - 10 a.m. Workshop: Understanding Depression and Building Resilience 10:15 - 11:45 a.m. Eng. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #1 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.	16 Medi-Cal and CalFresh Enrollments 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Nutrition Class with Demo 1:30 - 2:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	17 Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program Virtual 10:30 - 11:30 a.m. Spa. Workshop: Transitions of Old Age 10:30 a.m. - 12 p.m. Spa. Nutrition Class with Demo 12:30 - 1:30 p.m. Spa. Boot Camp 4 - 4:45 p.m. Parenting Program Virtual 5:30 p.m. - 6:30 p.m. Eng.	18 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.	19 Medi-Cal and CalFresh Enrollments 9 a.m. - 3 p.m. Body Flexibility 9 - 10 a.m. Kids Paint a Rock Class - Inspire Others with a Positive Message (All Welcome) 11 a.m. - 12:30 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.	20 CENTER CLOSED
22 Zumba 9 - 10 a.m. Workshop: Understanding Anxiety; Building Resilience 10:15 - 11:45 a.m. Eng. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #2 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.	23 Medi-Cal and CalFresh Enrollments 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Nutrition Class with Demo 1:30 - 2:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	24 Center Closed for Staff Development	25 Zumba Drum Sticks 9 - 10 a.m. Money Smart for Youth: Back to School (Free Breakfast) 10:30 - 11:30 a.m. Spa. Money Smart for Youth: Back to School (Free Breakfast) 11:40 a.m. - 12:30 p.m. Eng. Community Pantry - Open to Everyone (Obtain a food bag, limited to the first 130 people) 1:30 p.m. Zumba 4 - 5 p.m.	26 Body Flexibility 9 - 10 a.m. Ceramic Class (Ages 15+) 10:30 a.m. - 1:30 p.m. Center Closed for Staff Development 2 - 5 p.m.	27 CENTER CLOSED
29 Zumba 9 - 10 a.m. Workshop: Grief, Loss and Resilience 10:15 - 11:45 a.m. Eng. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 2:30 - 3:30 p.m. Toning Your Abs 3:30 - 4 p.m. Beginner Guitar Lessons #3 Pre-Registration Required (Ages 12 - 18) 4:30 - 5:30 p.m.	30 Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Nutrition Class with Demo 1:30 - 2:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	31 Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program Virtual 10:30 - 11:30 a.m. Spa. Workshop: Know the Scams, Don't be a Victim 10:30 a.m. - 12 p.m. Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Nutrition Class with Demo 12:30 - 1:30 p.m. Spa. Boot Camp 4 - 4:45 p.m. Parenting Program Virtual 5:30 p.m. - 6:30 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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



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



213.438.5580
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1 Zumba 9 - 10 a.m. Talleres: Prevención del Acoso 10:15 - 11:45 a.m. Ing. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #3 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.	2 Inscripciones Medi-Cal y CalFresh 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Clase de Nutrición-demostración 1:30 - 2:30 p.m. Ing. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.	3 Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza Virtual 10:30 - 11:30 a.m. Esp. Talleres: Resiliencia 10:30 a.m. - 12 p.m. Esp. Clase de Nutrición con demostración 12:30 - 1:30 p.m. Esp. Boot Camp 4 - 4:45 p.m. Programa de Crianza Virtual 5:30 p.m. - 6:30 p.m. Ing.	4 DÍA DE INDEPENDENCIA CENTRO CERRADO	5 Flexibilidad del Cuerpo 9 - 10 a.m. RCP / Primeros Auxilios Registrarse en freecprla.com (Edades 14+) 10:15 a.m. - 1:15 p.m. Ing. Zumba Familiar (Edades 5+) 4 - 5 p.m.	6 CENTRO CERRADO
8 Zumba 9 - 10 a.m. Talleres: Salud Mental y Estigma 10:15 - 11:45 a.m. Ing. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #4 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.	9 Inscripciones Medi-Cal y CalFresh 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Clase de Nutrición-demostración 1:30 - 2:30 p.m. Ing. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.	10 Zumba Toning 9 - 10 a.m. Programa de Crianza Virtual 10:30 - 11:30 a.m. Esp. Talleres: Descubre tu Pasión 10:30 a.m. - 12 p.m. Esp. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Clase de Nutrición con demostración 12:30 - 1:30 p.m. Esp. Boot Camp 4 - 4:45 p.m. Programa de Crianza Virtual 5:30 p.m. - 6:30 p.m. Ing.	11 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m. Despensa Comunitaria - Abierto a Todos (Consigue una bolsa de comida, limitada a las primeras 130 personas) 1:30 p.m. Zumba 4 - 5 p.m.	12 Inscripciones Medi-Cal y CalFresh 9 a.m. - 3 p.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP / Primeros Auxilios Registrarse en freecprla.com (Edades 14+) 10:15 a.m. - 1:15 p.m. Esp. Zumba Familiar (Edades 5+) 4 - 5 p.m.	13 CENTRO CERRADO
15 Zumba 9 - 10 a.m. Talleres: Comprendiendo la Depresion y Desarrollando la Resiliencia 10:15 - 11:45 a.m. Ing. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #1 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.	16 Inscripciones Medi-Cal y CalFresh 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Clase de Nutrición-demostración 1:30 - 2:30 p.m. Ing. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.	17 Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza Virtual 10:30 - 11:30 a.m. Esp. Talleres: Transiciones de la Vejez 10:30 a.m. - 12 p.m. Esp. Clase de Nutrición con demostración 12:30 - 1:30 p.m. Esp. Boot Camp 4 - 4:45 p.m. Programa de Crianza Virtual 5:30 p.m. - 6:30 p.m. Ing.	18 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklórico para Adultos 11 a.m. - 12 p.m. Zumba 4 - 5 p.m.	19 Inscripciones Medi-Cal y CalFresh 9 a.m. - 3 p.m. Flexibilidad del Cuerpo 9 - 10 a.m. Pinta una Roca Para Niños - Inspira a Otros Con un Mensaje Positivo (Abierto a todos) 11 a.m. - 12:30 p.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.	20 CENTRO CERRADO
22 Zumba 9 - 10 a.m. Talleres: Comprendiendo la Ansiedad y Desarrollando la Resiliencia 10:15 - 11:45 a.m. Ing. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #2 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.	23 Inscripciones Medi-Cal y CalFresh 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Clase de Nutrición-demostración 1:30 - 2:30 p.m. Ing. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.	24 Centro Cerrado Para el Desarrollo del Personal	25 Zumba Drum Sticks 9 - 10 a.m. Dinero Inteligente Para Jovenes: De Vuelta a La Escuela (Desayuno Gratis) 10:30 - 11:30 a.m. Esp. Dinero Inteligente Para Jovenes: De Vuelta a La Escuela (Desayuno Gratis) 11:40 a.m. - 12:30 p.m. Ing. Despensa Comunitaria - Abierto a Todos (Consigue una bolsa de comida, limitada a las primeras 130 personas) 1:30 p.m. Zumba 4 - 5 p.m.	26 Flexibilidad del Cuerpo 9 - 10 a.m. Clase de Cerámica (Edades 15+) 10:30 a.m. - 1:30 p.m. Centro Cerrado Para el Desarrollo del Personal 2 - 5 p.m.	27 CENTRO CERRADO
29 Zumba 9 - 10 a.m. Talleres: Duelo y Perdida 10:15 - 11:45 a.m. Ing. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 2:30 - 3:30 p.m. Tonifica Tus Abdominales 3:30 - 4 p.m. Clases Principiante de Guitarra #3 - Se Requiere Registro Previo (Edades 12 - 18) 4:30 - 5:30 p.m.	30 Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Clase de Nutrición-demostración 1:30 - 2:30 p.m. Ing. Pasos De Zumba 3 - 4 p.m. Clase de Danza Folklórico para Niños (Edades 4+) 4 - 5 p.m.	31 Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Programa de Crianza Virtual 10:30 - 11:30 a.m. Esp. Talleres: Conozca las Estafas, no Sea Víctima 10:30 a.m. - 12 p.m. Esp. Conceptos Básicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Clase de Nutrición-demostración 12:30 - 1:30 p.m. Esp. Boot Camp 4 - 4:45 p.m. Programa de Crianza Virtual 5:30 p.m. - 6:30 p.m. Ing.	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamamente. 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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



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



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