



L.A. Care

Community Resource Center



PANORAMA CITY JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Food Education Access Support Together (FEAST) 1:00 — 2:30 p.m. Spa. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	2 Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1— 2:45 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Kids Healthy Cooking 4 —5 p.m. (5—14 yrs old)	3 Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 yrs. old) Dance Aerobics 12 —1 p.m. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	4 INDEPENDENCE DAY CENTER CLOSED	5 Open For Information Only	6 CENTER CLOSED
8 Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Food Education Access Support Together (FEAST) 1:00 — 2:30 p.m. Spa. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	9 Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1— 2:45 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Kids Healthy Cooking 4 —5 p.m. (5—14 yrs old)	10 WIC Application Assistance 9 a.m. — 4 p.m. Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 yrs. old) Dance Aerobics 12 —1 p.m. Asthma Management 1:30 - 3:00p.m. Spa. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	11 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Healthy Lifestyle & Stress - NEVHC 10:30 - 11:30 a.m. Eng./Spa. Low Impact Zumba 12:30 —1:30 p.m. Stretching & Strengthening for Seniors 2—3 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Health Screenings —EPDB 3 — 5 p.m. Zumba 4— 5 p.m.	12 CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng. Children's Weight Management - Session 1 2:30 - 4:30 p.m. Eng./Spa. (6 - 12 years old)	13 CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng. CENTER CLOSED CENTER CLOSED 12:30 PM - 5:00 PM
15 Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Food Education Access Support Together (FEAST) 1:00 — 2:30 p.m. Spa. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	16 Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1— 2:45 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Kids Healthy Cooking 4 —5 p.m. (5—14 yrs old)	17 Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 yrs. old) Dance Aerobics 12 —1 p.m. Banking 101 2 - 3 p.m. Eng./Spa. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	18 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Low Impact Zumba 12:30 —1:30 p.m. Stretching & Strengthening for Seniors 2—3 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba 4— 5 p.m.	19 CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Spa. Children's Weight Management - Session 2 2:30 - 4:30 p.m. Eng./Spa. (6 - 12 years old)	20 BACK TO SCHOOL EVENT 10AM - 2PM
22 Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m.— 12:30 p.m. Food Education Access Support Together (FEAST) 1:00 — 2:30 p.m. Spa. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	23 Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1— 2:45 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Oral Health Workshop 4 p.m. — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 —5 p.m. (5—14 yrs old)	24 Virtual Boot Camp 9 - 10 a.m. CENTER CLOSED	25 Virtual Boot Camp 9 - 10 a.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Medi-Cal and Cal Fresh Application Assistance 9 - 4 p.m.	26 Open For Information Only	27 CENTER CLOSED
29 Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m.— 12:30 p.m. Food Education Access Support Together (FEAST) 1:00 — 2:30 p.m. Spa. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	30 Boot Camp 9—10 a.m. Health Screenings - EPDB 10 a.m. — 1 p.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1— 2:45 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Kids Healthy Cooking 4 —5 p.m. (5—14 yrs old)	31 Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 yrs. old) Dance Aerobics 12 —1 p.m. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	CENTER SERVICES Medi-Cal Enrollment Assistance 9 a.m. - 4 p.m. Monday - Thursday CalFresh Application Assistance 9 a.m. - 4 p.m. Monday - Thursday	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	 CRC Website

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.

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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
1 Boot Camp 9 — 10 a.m. Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 1:00 — 2:30 p.m. Esp. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	2 Boot Camp 9—10 a.m. Zumba Bajo Impacto 10:30—11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1 - 2:45 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4—5 p.m. (5 —14 años)	3 Boot Camp 9 — 10 a.m. Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Baile Aeróbico 12—1 p.m. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	4 DÍA DE INDEPENDENCIA CENTRO CERRADO	5 Abierto sólo para información	6 CENTRO CERRADO
8 Boot Camp 9 — 10 a.m. Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 1:00 — 2:30 p.m. Esp. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	9 Boot Camp 9—10 a.m. Zumba Bajo Impacto 10:30—11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1 - 2:45 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4—5 p.m. (5 —14 años)	10 Asistencia con la solicitud de WIC 9 a.m. — 4 p.m. Boot Camp 9 — 10 a.m. Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Baile Aeróbico 12—1 p.m. Control del Asma 1:30 - 3:00 p.m. Esp. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	11 Boot Camp 9—10 a.m. Pilates 10:15 — 11:15 a.m. Estilo de Vida Saludable y Estres - NEVHC 10:30 - 11:30 a.m. Esp./Ing. Zumba Bajo Impacto 12:30 — 1:30 p.m. Estiramiento y Fortalecer para Gente Mayor 2—3 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Exámenes de Salud—EPDB 3 — 5 p.m. Zumba 4 — 5 p.m.	12 RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.— 12 p.m. Ing. Control de Peso de los Niños - Sesión 1 2:30 - 4:30 p.m. Esp./Ing. (6 - 12 años)	13 RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m. — 12 p.m. Ing. CENTRO CERRADO CENTRO CERRADO 12:30 PM - 5:00 PM
15 Boot Camp 9 — 10 a.m. Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 1:00 — 2:30 p.m. Esp. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	16 Boot Camp 9—10 a.m. Zumba Bajo Impacto 10:30—11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1 - 2:45 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4—5 p.m. (5 —14 años)	17 Boot Camp 9 — 10 a.m. Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Baile Aeróbico 12—1 p.m. Informacion Bancaria 2 - 3 p.m. Esp./Ing. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	18 Boot Camp 9—10 a.m. Pilates 10:15 — 11:15 a.m. Zumba Bajo Impacto 12:30 — 1:30 p.m. Estiramiento y Fortalecer para Gente Mayor 2—3 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Zumba 4 — 5 p.m.	19 RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.— 12 p.m. Esp. Control de Peso de los Niños - Sesión 2 2:30 - 4:30 p.m. Esp./Ing. (6 - 12 años)	20 EVENTO DE REGRESO A LA ESCUELA 10AM - 2PM
22 Boot Camp 9 — 10 a.m. Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 1:00 — 2:30 p.m. Esp. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	23 Boot Camp 9—10 a.m. Zumba Bajo Impacto 10:30—11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1 - 2:45 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Taller Sobre La Salud Oral 4—5 p.m. Esp./Ing. Cocinando Saludable para Niños 4—5 p.m. (5 —14 años)	24 Virtual Boot Camp 9 - 10 a.m. CENTRO CERRADO	25 Virtual Boot Camp 9 - 10 a.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Asistencia de Inscipción a Medi-Cal y Solicitud de Cal Fresh 9 - 4 p.m.	26 Abierto sólo para información	27 CENTRO CERRADO
29 Boot Camp 9 — 10 a.m. Yoga 10:15 — 11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 1:00 — 2:30 p.m. Esp. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 4 — 5 p.m.	30 Boot Camp 9—10 a.m. Exámenes de Salud- EPDB 10 a.m. —1 p.m. Zumba Bajo Impacto 10:30 —11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1 - 2:45 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4—5 p.m. (5 —14 años)	31 Boot Camp 9 — 10 a.m. Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Baile Aeróbico 12—1 p.m. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	SERVICIOS DIARIOS Asistencia de Inscipción Medi-Cal - 9 a.m. - 4 p.m. Lunes-Jueves Asistencia con la solicitud de Calfresh - 9 a.m. - 4 p.m. Lunes-Jueves	Las clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	 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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

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7868 Van Nuys Blvd.
Panorama City, CA. 91402



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



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