



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing 9 - 10 a.m. Baby and Me 10:30 - 11:30 a.m. Family Yoga 12:30 - 1:30 p.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 1	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Social Services Support 9 a.m. - 4 p.m. Children's Vaccinations / Backpack Giveaway 9 a.m. - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 2	Tone Fitness Class 9 - 10 a.m. Child Birthing Class (Biling.) 11 a.m. - 12 p.m. Prenatal Stretching Class 12 - 12:30 p.m. CPR & First Aid freecprla.com 2 - 5 p.m. (Eng.) New Member Orientation Walk In 9 a.m. - 3 p.m. Children's Vaccinations / Backpack Giveaway 9 a.m. - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 3	INDEPENDENCE DAY CENTER CLOSED 4	Cardio Dance Class 9 - 10 a.m. Preserving your Memory (Span.) 9:30 - 11:30 a.m. Family Fitness 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. New Member Orientation 12:30 - 1 p.m. Salads & Juicing 101 1 - 2 p.m. 5	CENTER CLOSED 6
Kickboxing 9 - 10 a.m. Health Advocates SSI/SSDI Assistance 10 a.m. - 12 p.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 8	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Family Fitness Training 1 - 2 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Social Services Support 9 a.m. - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 9	Tone Fitness Class 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Lactation Class (Biling.) 11 a.m. - 12 p.m. Kids Dental Screenings / Backpack Giveaway 1 - 5 p.m. Colorectal 101 (Span.) 3:30 - 4:30 p.m. New Member Orientation Walk In 9 a.m. - 3 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 10	Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Family Sing 10:30 - 11:15 a.m. Family Fitness 12 - 1 p.m. Lego Builders (ages 5+) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 11	Cardio Dance Class 9 - 10 a.m. Social Isolation (Span.) 9:30 - 11:30 a.m. Family Fitness 10 - 11 a.m. Salads & Juicing 101 1 - 2 p.m. Adult Dental Screenings / Backpack Giveaway 2 - 5 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 12	CENTER CLOSED 13
Kickboxing 9 - 10 a.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 15	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Family Fitness Training 1 - 2 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Social Services Support 9 a.m. - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 16	Tone Fitness Class 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Child Birthing Class (Biling.) 11 a.m. - 12 p.m. Prenatal Stretching Class 12 - 12:30 p.m. CPR & First Aid freecprla.com 2 - 5 p.m. (Eng.) New Member Orientation Walk In 9 a.m. - 3 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 17	Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Family Sing 10:30 - 11:15 a.m. Yoga 2 - 3 p.m. Lego Builders (ages 5+) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 18	Cardio Dance Class 9 - 10 a.m. Transition to Old Age (Span.) 9:30 - 11:30 a.m. Family Fitness 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Salads & Juicing 101 1 - 2 p.m. Enrollment Fair / Backpack Giveaway 2 - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 19	CENTER CLOSED 20
Kickboxing 9 - 10 a.m. Health Advocates SSI/SSDI Assistance 10 a.m. - 12 p.m. Baby and Me 10:30 - 11:30 a.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 22	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Family Fitness Training 1 - 2 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Social Services Support 9 a.m. - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 23	CENTER CLOSED 24	Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Family Sing 10:30 - 11:15 a.m. Family Fitness 12 - 1 p.m. Yoga 2 - 3 p.m. New Member Orientation 3 - 3:30 p.m. Lego Builders (ages 5+) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 25	Cardio Dance Class 9 - 10 a.m. Emotional Well-being (Span.) 9:30 - 11:30 a.m. Family Fitness 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Social Hour (Mason Jar Arrangement) 1 - 3 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 26	CENTER CLOSED 27
Kickboxing 9 - 10 a.m. Baby and Me 10:30 - 11:30 a.m. Family Yoga 12:30 - 1:30 p.m. Circuit Training 2 - 3 p.m. Healthy Cooking 3:15 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 29	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Family Fitness Training 1 - 2 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Social Services Support 9 a.m. - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 30	Tone Fitness Class 9 - 10 a.m. Google Tech 10:30 a.m. - 12:30 p.m. Overdose Prevention Workshop 1 - 3 p.m. New Member Orientation Walk In 9 a.m. - 3 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m. 31	BACK TO SCHOOL EVENT Back to School Services & Backpack Giveaway July 2,3,10,12 & 19 Call for more information!	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 care is provided while you attend a class. (Ages 4+)

BE ACTIVE,
HEALTHY & INFORMED



911 North Avalon Blvd
Wilmington, CA 90744



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



213.428.1490
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Kickboxing 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Yoga en Familia 12:30 - 1:30 p.m Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 am - 4 pm 1	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Apoyo a Servicios Sociales 9 a.m. - 4 p.m. Vacunas para niños / Sorteo de mochilas 9 a.m. - 4 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m. 2	Clase de Tonificacion 9 - 10 a.m. Clase de Parto 11 a.m.- 12 p.m. Estiramiento Prenatal 12 - 12:30 p.m. RCP/Primero Auxilios freecprla.com 2 - 5 p.m. (Eng.) Orientacion para nuevos miembros Cita no requerida 9 a.m.- 3 p.m. Vacunas para niños / Sorteo de mochilas 9 a.m. - 4 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m 3	DÍA DE INDEPENDENCIA CENTRO CERRADO 4	Baile de Cardio 9 - 10 a.m. Preservando tu Memoria 9:30 - 11:30 a.m. (Span.) Fitness Familiar 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Orientacion para nuevos miembros 12:30 - 1 p.m Ensaladas y Jugos 101 1 - 2 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 5	CENTRO CERRADO 6
Kickboxing 9 - 10 a.m. Assistencia con SSI/SSDI 10 a.m. - 12 p.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 am - 4 pm 8	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness 10 - 11 a.m. Entrenamiento Fisico Familiar 1 - 2 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Apoyo a Servicios Sociales 9 a.m. - 4 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m. 9	Clase de Tonificacion 9 - 10 a.m. Tecnologia Google 10:30 a.m.- 12:30 p.m. Clase de Lactancia 11 a.m.- 12 p.m Exámenes dentales para niños / Sorteo de mochilas 1- 5 p.m. Colorectal 101 (Span.) 3:30 - 4:30 p.m. Orientacion para nuevos miembros Cita no requerida 9 a.m.- 3 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m 10	Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Cantar en familia 10:30 -11:15 a.m. Ejercicio Familiar 12 - 1 p.m. Constructores de legos 3:30 - 4:30 p.m. (edad 5+) Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 11	Baile de Cardio 9 - 10 a.m. Aislamiento Social 9:30 - 11:30 a.m. (Span.) Fitness Familiar 10 - 11 a.m. Ensaladas y Jugos 101 1 - 2 p.m. Exámenes dentales para adultos / Sorteo de mochilas 2 - 5 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 12	CENTRO CERRADO 13
Kickboxing 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m. 15	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Entrenamiento Fisico Familiar 1 - 2 p.m Niños Cocina Saludable 3:30 - 5 p.m. Apoyo a Servicios Sociales 9 a.m. - 4 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m. 16	Clase de Tonificacion 9 - 10 a.m. Tecnologia Google 10:30 a.m.- 12:30 p.m. Clase de Parto 11 a.m.- 12 p.m. Estiramiento Prenatal 12 - 12:30 p.m RCP/Primero Auxilios freecprla.com 2 - 5 p.m. (Span.) Orientacion para nuevos miembros Cita no requerida 9 a.m.- 3 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 17	Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Cantar en familia 10:30 -11:15 a.m. Yoga 2 - 3 p.m. Constructores de legos 3:30 - 4:30 p.m. (edad 5+) Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 18	Baile de Cardio 9 - 10 a.m. Transicion a la Viejaz 9:30 - 11:30 a.m. (Span.) Fitness Familiar 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Feria de recursos/ Sorteo de mochilas 2 - 4 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 19	CENTRO CERRADO 20
Kickboxing 9 - 10 a.m. Assistencia con SSI/SSDI 10 a.m. - 12 p.m. Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m. 22	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Entrenamiento Fisico Familiar 1 - 2 p.m Niños Cocina Saludable 3:30 - 5 p.m. Apoyo a Servicios Sociales 9 a.m. - 4 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m. 23	CENTRO CERRADO 24	Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Cantar en familia 10:30 -11:15 a.m. Ejercicio Familiar 12 - 1 p.m. Yoga 2 - 3 p.m. Orientacion para nuevos miembros 3- 3:30 p.m Constructores de legos 3:30 - 4:30 p.m. (edad 5+) Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 25	Baile de Cardio 9 - 10 a.m. El Bienestar Emocional 9:30 - 11:30 a.m. (Span.) Fitness Familiar 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Hora Social (Arreglo de tarro de cristal) 1 - 3 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 26	CENTRO CERRADO 27
Kickboxing 9 - 10 a.m. Babe y Yo 10:30 - 11:30 a.m. Yoga en Familia 12:30 - 1:30 p.m Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m. 29	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Entrenamiento Fisco Familiar 1 - 2 p.m Niños Cocina Saludable 3:30 - 5 p.m. Apoyo a Servicios Sociales 9 a.m. - 4 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m. 30	Clase de Tonificacion 9 - 10 a.m. Tecnologia Google 10:30 a.m.- 12:30 p.m. Taller de Prevencion de Sobredosis 1 - 3 p.m Orientacion para nuevos miembros Cita no requerida 9 a.m.- 3 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m. 31	EVENTO DE REGRESO A LA ESCUELA De vuelta a la escuela servicios y Sorteo de mochilas Julio 2,3,10,12 & 19 ¡Llame para mas informacion!	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



911 North Avalon Blvd
Wilmington, CA 90744



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



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