












EAST L.A. AUGUST 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>	<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>Baby Item Distribution 1 10 - 11 a.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 2 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Eng.</p> <p>Nutrition and You 12 - 1 p.m. Eng.</p> <p>Zumba Step 1:15 - 2:15 p.m.</p>	
<p>Cooking Matters 5 9 - 10:30 a.m. Spa.</p> <p>Healthier Living Class [5 of 6] 10 a.m. - 12:30 p.m. Spa.</p> <p>Life Skills: Setting Goals & how to Evaluate Mid-year Progress 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 6 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Holiday Blues for Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 7 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [8 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>ESL Level 1 [8 of 10] 3 - 5 p.m.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>CPR & First Aid (English) 8 10 a.m. - 1 p.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 9 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Eng.</p> <p>Nutrition and You 12 - 1 p.m. Eng.</p> <p>Zumba Step 1:15 - 2:15 p.m.</p>	
<p>Cooking Matters 12 9 - 10:30 a.m. Spa.</p> <p>Healthier Living Class [6 of 6] 10 a.m. - 12:30 p.m. Spa.</p> <p>Life Skills: Conflict Resolution 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 13 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Discover Your Passion - Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Financial Products, Services & Providers 2 - 3:30 p.m. Spa.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 14 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [9 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>ESL Level 1 [9 of 10] 3 - 5 p.m.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>Food Pantry 15 <i>(Limited to first 100 People)</i> 10 - 11 a.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 16 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Eng.</p> <p>Nutrition and You 12 - 1 p.m. Eng.</p> <p>Zumba Step 1:15 - 2:15 p.m.</p>	
<p>Cooking Matters 19 9 - 10:30 a.m. Spa.</p> <p>Life Skills: the Right Frame of Mind-empathy 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 20 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Emotional Intelligence for Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Adult Art Workshop: Air Dry Clay 1:30 - 3:30 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 21 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [10 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>ESL Level 1 Graduation [10 of 10] 3 - 5 p.m.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>CPR & First Aid (Spanish) 22 10 a.m. - 1 p.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 23 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Eng.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 1:15 - 2:15 p.m.</p>	
<p>Cooking Matters 26 9 - 10:30 a.m. Spa.</p> <p>Life Skills: Healthy Boundaries 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 27 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Resilience for Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 28 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. </p> <p>Healthy Cooking [11 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Google Tech Level 1 [1 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng. </p>	<p>Community Baby Shower 29 10 a.m. - 12 p.m. *Registration opens August 19*</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 30 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng. </p> <p>Lap Read (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Eng.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 1:15 - 2:15 p.m.</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



4801 Whittier Blvd
Los Angeles, CA 90022



CENTER HOURS:
Monday - Thursday: 9 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday: **CLOSED**



213.438.5570
CommunityResourceCenterLA.org



Community Resource Center

Table with 6 columns (LUNES to SÁBADO) and 6 rows of activities. Each cell contains a date, activity name, time, and description. Includes QR code for website and 'CENTRO CERRADO' icons on Saturdays.

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



4801 Whittier Blvd Los Angeles, CA 90022



HORARIO DEL CENTRO: Lunes a Jueves: 9 a.m. - 5 p.m. Viernes: 8 a.m. - 4 p.m. Sábado: Cerrado



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