










EL MONTE AUGUST 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	CENTER SERVICES <ul style="list-style-type: none"> - Member Services - Enrollment Services* <ul style="list-style-type: none"> • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Weight Management Program for Adults 11 a.m. - 12:30 p.m. Spa. Weight Management Program for Adults 1 p.m. - 2:30 p.m. Eng. Support Group w/ Department of Mental Health 2:00 p.m. - 4:30 p.m. Spa.	Zumba 9 a.m. - 10 a.m. Healthy Cooking Class 10:30 a.m. - 12 p.m. Kids Painting Class 3 p.m. - 3:45 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Salsa Dance Aerobics 4 p.m. - 5 p.m.	 CENTER CLOSED
Zumba 9 a.m. - 10 a.m. Diabetes Basics 10:15 a.m. - 11 a.m. Eng. & Spa. The World of Juicing & Salads 11:15 a.m. - 12 p.m. Eng. & Spa.	Yoga: Breathing & Stretching 9 a.m. - 10 a.m. Family Arts & Crafts 3 p.m. - 3:45 p.m. Family Bingo Night 4 p.m. - 4:45 p.m.	Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Opening Doors: Parenting Class 10:30 a.m. - 12 p.m. Spa. Salsa Dance Aerobics 1:30 p.m. - 2:30 p.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Kids Puzzle and Games 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids (4 yrs old & up) 3:45 p.m. - 4:45 p.m. Health, Wellness and Wholeness 4 p.m. - 5 p.m. Eng. & Spa.	Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Chronic Obstructive Pulmonary Disease 10 a.m. - 11:30 a.m. Mandarin Support Group w/ Department of Mental Health 2:00 p.m. - 4:30 p.m. Spa.	BACK TO SCHOOL EVENT  10AM - 2PM	 CENTER CLOSED
Zumba 9 a.m. - 10 a.m. Diabetes Basics 10:15 a.m. - 11 a.m. Eng. & Spa. The World of Juicing & Salads 11:15 a.m. - 12 p.m. Eng. & Spa.	Yoga: Breathing & Stretching 9 a.m. - 10 a.m. CPR & First Aid 1 p.m. - 4 p.m. Spa. (14 yrs & Older) Register at Freecprla.com Family Arts & Crafts 3 p.m. - 3:45 p.m. Family Bingo Night 4 p.m. - 4:45 p.m.	Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Opening Doors: Parenting Class 10:30 a.m. - 12 p.m. Spa. Salsa Dance Aerobics 1:30 p.m. - 2:30 p.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Kids Puzzle and Games 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids (4 yrs old & up) 3:45 p.m. - 4:45 p.m.	Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Adult Weight Management 10 a.m. - 11:30 a.m. Mandarin Support Group w/ Department of Mental Health 2 p.m. - 4:30 p.m. Spa.	Zumba 9 a.m. - 10 a.m. Healthy Cooking Class 10:30 a.m. - 12 p.m. Kids Painting Class 3 p.m. - 3:45 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Salsa Dance Aerobics 4 p.m. - 5 p.m.	 CENTER CLOSED
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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**



3570 Santa Anita Ave.
El Monte, CA 91731



CENTER HOURS:

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









213-428-1495

CommunityResourceCenterLA.org



EL MONTE AGOSTO 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete. 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 <small>*Comuníquese con el Centro para disponibilidad de Servicios</small> TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Programa de Control del Peso para Adultos 11 a.m. - 12:30 p.m. Esp. Programa de Control del Peso para Adultos 1 p.m. - 2:30 p.m. Ing. Grupo de Apoyo con El Departamento de Salud Mental 2:00 p.m. - 4:30 p.m. Esp.	Zumba 9 a.m. - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Clase de Pintura para Niños 3 p.m. - 3:45 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 4 p.m. - 5 p.m.	 CENTRO CERRADO
Zumba 9 a.m. - 10 a.m. Conceptos Básicos de la Diabetes 10:15 a.m. - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11:15 a.m. - 12 p.m. Esp. y Ing.	Yoga: Respiración y Estiramiento 9 a.m. - 10 a.m. Artes y Manualidades en Familia 3 p.m. - 3:45 p.m. Noches de Bingo en Familia 4 p.m. - 4:45 p.m.	Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Abriendo Puertas: Clases para Padres 10:30 a.m. - 12 p.m. Esp. Baile de Salsa Aeróbico 1:30 p.m. - 2:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Clase de Rompecabezas y Juegos para Niños 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m. Salud, Bienestar y Plenitud 4 p.m. - 5 p.m. Ing. Y Esp.	Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Enfermedad pulmonar obstructiva crónica 10 a.m. - 11:30 a.m. Mandarin Grupo de Apoyo con El Departamento de Salud Mental 2:00 p.m. - 4:30 p.m. Esp.	EVENTO DE REGRESO A LA ESCUELA  10AM - 2PM	 CENTRO CERRADO
Zumba 9 a.m. - 10 a.m. Conceptos Básicos de la Diabetes 10:15 a.m. - 11 a.m. Esp. y Ing. El Mundo de Jugos y Ensaladas 11:15 a.m. - 12 p.m. Esp. y Ing.	Yoga: Respiración y Estiramiento 9 a.m. - 10 a.m. RCP y Primeros Auxilios 1 p.m. - 4 p.m. Esp. (Mayores de 14 años) Regístrese en freecprla.com Artes y Manualidades en Familia 3 p.m. - 3:45 p.m. Noches de Bingo en Familia 4 p.m. - 4:45 p.m.	Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Abriendo Puertas: Clases para Padres 10:30 a.m. - 12 p.m. Esp. Baile de Salsa Aeróbico 1:30 p.m. - 2:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Clase de Rompecabezas y Juegos para Niños 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Control de Peso para Adultos 10 a.m. - 11:30 a.m. Mandarin Grupo de Apoyo con El Departamento de Salud Mental 2:00 p.m. - 4:30 p.m. Esp.	Zumba 9 a.m. - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Clase de Pintura para Niños 3 p.m. - 3:45 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 4 p.m. - 5 p.m.	 CENTRO CERRADO
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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**



3570 Santa Anita Ave.
El Monte, CA 91731



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



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