



PALMDALE
AUGUST
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Foklorico Dance Class for Adults 11 am- 12:00 p.m. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Virtual CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Eng. BACK TO SCHOOL EVENT 5:30PM - 8:30PM Free and Open to All *Children Should be Present* McAdam Park 38115 30th St E, Palmdale CA 93550	CENTER CLOSED
Zumba 9 - 10 a.m. Workshop: Understanding the Impact of Addiction and Mental Wellness 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 - 4:00 p.m. Beginner Guitar Lessons # 4 (Ages 12-18) 4:30 - 5:30 p.m.	Medi-Cal and Cal Fresh 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 12:30 - 1:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	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: Stress Management 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 - 6:30 p.m. Eng.	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Foklorico 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. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Medi-Cal and Cal Fresh 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 Board Game Day (Ages 5+) 2 - 3:30 p.m. Family Zumba (Ages 5+) 4 - 5 p.m	CENTER CLOSED
Zumba 9 - 10 a.m. Workshop: Family Violence Awareness, Prevention, and Resilience 10:15 - 11:45 a.m. Eng. Coffee and Coloring 10:30 - 11:30 a.m. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	Medi-Cal and Cal Fresh 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. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	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: Grief and Loss 10:30 a.m. - 12 p.m. Spa. Money Smart for Adults 10:30 - 11:30 a.m. Spa. Money Smart for Adults 11:30 a.m. - 12:20 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Spa Nutrition Class with Demo 1:30 - 2:30 p.m. Spa. Boot Camp 4 - 4:45 p.m. Parenting Program Virtual 5:30 - 6:30 p.m. Eng.	Center Closed for Staff Development CENTER CLOSED	Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m. Body Flexibility 9 - 10 a.m. RCAC 1 Meeting 10:30 a.m. - 1 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.	CENTER CLOSED
Zumba 9 - 10 a.m. Workshop: Child Abuse Prevention and Resilience 10:15 - 11:45 a.m. Eng. Coffee and Coloring 10:30 - 11:30 a.m. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	Medi-Cal and Cal Fresh 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. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	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: Health, Well-being, and fulfillment 10:30 a.m. - 12 p.m. Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 4:45 p.m. Parenting Program Virtual 5:30 - 6:30 p.m. Eng.	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Foklorico 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. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Body Flexibility 9 - 10 a.m. Family Zumba (Ages 5+) 4 - 5 p.m	CENTER CLOSED
Zumba 9 - 10 a.m. Workshop: Suicide Awareness, Prevention, and Resilience 10:15 - 11:45 a.m. Eng. Coffee and Coloring 10:30 - 11:30 a.m. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	Medi-Cal and Cal Fresh 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. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	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: Sleep well for Well-being 10:30 a.m. -12 p.m. Spa. Boot Camp 4 - 4:45 p.m. Parenting Program Virtual 5:30 - 6:30 p.m. Eng.	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Foklorico Dance Class for Adults 11 a.m. - 12 p.m. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Body Flexibility 9 - 10 a.m. Car Seat Safety Workshop - Register at tinyurl.com/zxb4kw2a 10:30 a.m. - 12:30 p.m. Eng. & Spa. Paint Your Own Bird House (Ages 5+) 1:30 - 3:30 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.	CENTER CLOSED

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



PALMDALE
AGOSTO
2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
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 *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	CRC Sitio de Web	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklorico para Adultos 11 a.m. - 12 p.m. Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	RCP/Primeros Auxilios Virtual Registrarse en freecprla.com (edades 14+) 10:15 a.m. - 1:15 p.m. Esp. EVENTO DE REGRESO A LA ESCUELA 5:30PM - 8:30PM Gratuito y abierto a todos *Los niños deben estar presente* McAdam Park 38115 30th St E Palmdale, CA 93550	
Zumba 9 - 10 a.m. Talleres: Comprender el Impacto de la Adiccion y el Bienestar Mental 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.	Inscripciones Medi-Cal y Cal- Fresh 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 Nutricion-demostracion 12:30 - 1:30 p.m. Ing. Pasos de Zumba 4 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	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: Manejando el estres 10:30 a.m. - 12 p.m. Spa. Conceptos Basicos 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 - 6:30 p.m. Ing.	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklorico 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. Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Inscripciones Medi-Cal y Cal- Fresh 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. Día Familiar de Juegos de Mesa (Edades 5+) 2 - 3:30 p.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.	
Zumba 9 - 10 a.m. Talleres: Concientizacion Sobre la Violencia Familiar, Prevencion y Resiliencia 10:15 - 11:45 a.m. Ing. Cafe y Coloriar 10:30 - 11:30 a.m. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	Inscripciones Medi-Cal y Cal- Fresh 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. Pasos de Zumba 3 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	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: Duelo y Perdida 10:30 a.m. - 12 p.m. Esp. Dinero Inteligente para Adultos 10:30 - 11:30 a.m. Esp. Dinero Inteligente para Adultos 11:30 a.m. - 12:20 p.m. Ing. Conceptos Basicos 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 - 6:30 p.m. Ing.	Centro Cerrado Para el Desarrollo del Personal	Inscripciones Medi-Cal y Cal- Fresh 9 a.m. - 3 p.m. Flexibilidad del Cuerpo 9 - 10 a.m. Junta de RCAC 1 10:30 a.m. - 1 p.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.	
Zumba 9 - 10 a.m. Talleres: Prevencion y Resiliencia del Maltrato Infantil 10:15 - 11:45 a.m. Ing. Cafe y Coloriar 10:30 - 11:30 a.m. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	Inscripciones Medi-Cal y Cal- Fresh 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. Pasos de Zumba 3 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	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: Salud, Bienestar y Plenitud 10:30 a.m. - 12 p.m. Spa. Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 4:45 p.m. Programa de Crianza Virtual 5:30 - 6:30 p.m. Ing.	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklorico 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. Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Flexibilidad del Cuerpo 9 - 10 a.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.	
Zumba 9 - 10 a.m. Talleres: Concientizacion, Prevencion y Resiliencia Sobre el Suicidio 10:15 - 11:45 a.m. Ing. Cafe y Coloriar 10:30 - 11:30 a.m. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	Inscripciones Medi-Cal y Cal- Fresh 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. Pasos de Zumba 3 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	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: Dormir Bien para el Bienestar 10:30 a.m. - 12 p.m. Spa. Boot Camp 4 - 4:45 p.m. Programa de Crianza Virtual 5:30 - 6:30 p.m. Ing.	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklorico para Adultos 11 a.m. - 12 p.m. Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Flexibilidad del Cuerpo 9 - 10 a.m. Taller Sobre Asientos de Seguridad - Regístrese en tinyurl.com/zxb4kw2a 10:30 a.m. - 12:30 p.m. Ing. & Esp. Pinta tu Propia Casa para Pájaros (Edades 5+) 1:30 - 3:30 p.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.	

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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