



WILMINGTON
AUGUST
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	CRC Website	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!	1 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. Adult Bingo 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	2 Cardio Dance Class 9 - 10 a.m. Hoarding (Span.) 9:30 - 11:30 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. New Member Orientation 12:15 - 12:45 p.m. Salads & Juicing 101 1 - 2 p.m. Family Bingo 2:30 - 4 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	3 CENTER CLOSED
5 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. Kid's Sip & Paint 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.	6 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Diabetes Self-Management (Eng.) 1- 2:30 p.m. Diabetes Self-Management (Spa.) 3- 4:30 p.m. Kids Healthy Cooking 3:30 - 5 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	7 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 (Eng.) 2 - 5 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	8 Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Family Sing 10:30 - 11:15 a.m. Wilmington Walks 1:15 - 2 p.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.	9 Cardio Dance Class 9 - 10 a.m. Substance Consumption (Span.) 9:30 - 11:30 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Salads & Juicing 101 1 - 2 p.m. Social Hour (Succulent Arrangement) 2:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	10 Harbor Community Clinic Backpack Drive 10 a.m- 1 p.m. 425 S. Pacific Ave San Pedro, CA 90731 CENTER CLOSED
12 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. Kid's Art Class 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.	13 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Diabetes Self-Management (Eng.) 1- 2:30 p.m. Diabetes Self-Management (Spa.) 3- 4:30 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.	14 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. Overdose Prevention Workshop 1 - 3 p.m. Colorectal 101 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	15 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.	16 Cardio Dance Class 9 - 10 a.m. Manage Medications (Span.) 9:30 - 11:30 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Salads & Juicing 101 1 - 2 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	17 CENTER CLOSED
19 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. Kid's Art Class 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.	20 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Diabetes Self-Management (Eng.) 1- 2:30 p.m. Diabetes Self-Management (Spa.) 3- 4:30 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.	21 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 (Span.) 2 - 5 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	22 Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Family Sing 10:30 - 11:15 a.m. New Member Orientation 11:15 - 11:45 a.m. Wilmington Walks 1:15 - 2 p.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.	23 Cardio Dance Class 9 - 10 a.m. Resilience (Span.) 9:30 - 11:30 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Salads & Juicing 101 1 - 2 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	24 CENTER CLOSED
26 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. Kid's Art Class 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.	27 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching 10 - 11 a.m. Chair Yoga 11:30 a.m. - 12:30 p.m. Diabetes Self-Management (Eng.) 1- 2:30 p.m. Diabetes Self-Management (Spa.) 3- 4:30 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.	28 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. Asthma 101 (Biling.) 3:30 - 4:30 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 4 p.m.	29 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.	30 Cardio Dance Class 9 - 10 a.m. Discover your Passion (Span.) 9:30 - 11:30 a.m. Stretch Class 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Medi-Cal and CalFresh Enrollment 9 a.m. - 1 p.m. Center Closed 1-5 p.m.	

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
AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	CRC Sitio de Web	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!	Cardio Mix 9 - 10 a.m. 1 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+) Bingo para Adultos 3:30 - 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	Baile de Cardio 9 - 10 a.m. 2 Recolectar cosas (Span.) 9:30 - 11:30 a.m. Clase de Estriramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Orientacion para nuevos miembros 12:15 - 12:45 p.m Ensaladas y Jugos 101 1 - 2 p.m. Bingo Familiar 3:30 - 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	CENTRO CERRADO
Kickboxing 9 - 10 a.m. 5 Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Pintar y beber para Niños 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.	Ejercicio Step 9 - 10 a.m. 6 Consejos de nutricion y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Autocontrol de la diabetes (Eng.) 1 - 2:30 p.m. Autocontrol de la diabetes (Spa.) 3 - 4:30 p.m. Niños Cocina Saludable 3:30 - 5 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m. - 4 p.m.	Clase de Tonificacion 9 - 10 a.m. 7 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 (Eng.) 2 - 5 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m	Cardio Mix 9 - 10 a.m. 8 ESL 10 a.m. - 12 p.m. Cantar en familia 10:30 -11:15 a.m. Paseo por Wilmington 1:15 - 2 p.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.	Baile de Cardio 9 - 10 a.m. 9 Consumo de Sustncias (Span.) 9:30 - 11:30 a.m. Clase de Estriramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Hora Social (Arreglo suculento) 2:30 - 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	Feria de Regreso a clase en la clinica Harbor Community 10 a.m- 1 p.m. 425 S. Pacific Ave San Pedro, CA 90731 CENTRO CERRADO
Kickboxing 9 - 10 a.m. 12 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. Clase de arte para Niños 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.	Ejercicio Step 9 - 10 a.m. 13 Consejos de nutricion y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Autocontrol de la diabetes (Eng.) 1 - 2:30 p.m. Autocontrol de la diabetes (Spa.) 3 - 4:30 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.	Clase de Tonificacion 9 - 10 a.m. 14 Tecnologia Google 10:30 a.m.- 12:30 p.m. Clase de Lactancia (Biling.) 11 a.m.- 12 p.m. Taller de Prevencion de Sobredosis 1 - 3 p.m Colorectal 101 (Spa.) 3:30- 4:30 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	Cardio Mix 9 - 10 a.m. 15 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.	Baile de Cardio 9 - 10 a.m. 16 Administarar Medicamentos (Span.) 9:30 - 11:30 a.m. Clase de Estriramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	CENTRO CERRADO
Kickboxing 9 - 10 a.m. 19 Babe y Yo 10:30 - 11:30 a.m. Entrenamiento de circuito 2 - 3 p.m. Cocina Saludable 3:15 - 4:30 p.m. Clase de arte para Niños 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.	Ejercicio Step 9 - 10 a.m. 20 Consejos de nutricion y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Autocontrol de la diabetes (Eng.) 1 - 2:30 p.m. Autocontrol de la diabetes (Spa.) 3 - 4:30 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.	Clase de Tonificacion 9 - 10 a.m. 21 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 (Span.) 2 - 5 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	Cardio Mix 9 - 10 a.m. 22 ESL 10 a.m. - 12 p.m. Cantar en familia 10:30 -11:15 a.m. Paseo por Wilmington 1:15 - 2 p.m. Yoga 2 - 3 p.m. Orientacion para nuevos miembros 11:15- 11:45 a.m Constructores de legos 3:30 - 4:30 p.m. (edad 5+) Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	Baile de Cardio 9 - 10 a.m. 23 Resiliencia (Span.) 9:30 - 11:30 a.m. Clase de Estriramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos 101 1 - 2 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	CENTRO CERRADO
Kickboxing 9 - 10 a.m. 26 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. Clase de arte para Niños 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.	Ejercicio Step 9 - 10 a.m. 27 Consejos de nutricion y fitness 10 - 11 a.m. Yoga en Silla 11:30 a.m. - 12:30 p.m. Autocontrol de la diabetes (Eng.) 1 - 2:30 p.m. Autocontrol de la diabetes (Spa.) 3 - 4:30 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.	Clase de Tonificacion 9 - 10 a.m. 28 Tecnologia Google 10:30 a.m.- 12:30 p.m. Clase de Lactancia (Biling.) 11 a.m.- 12 p.m. Asthma 101 (Biling.) 3:30 - 4:30 p.m Inscripcion para Medi-Cal y CalFresh 9 a.m.- 4 p.m.	Cardio Mix 9 - 10 a.m. 29 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.	Baile de Cardio 9 - 10 a.m. 30 Descubre tu Pasion (Span.) 9:30 - 11:30 a.m. Clase de Estriramiento 10 - 11 a.m. Yoga 11:15 a.m. - 12:15 p.m. Inscripcion para Medi-Cal y CalFresh 9 a.m.- 1 p.m. Centro Cerrado 1-5 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



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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