



PALMDALE

SEPTEMBER

2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2  CENTER CLOSED	3 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.	4 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: Hoarding 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. Eng. Boot Camp 4 - 5 p.m. Parenting Program Virtual 5:30 - 6:30 p.m. Eng.	5 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Foklorico Dance Class for Adults 11 a.m. - 12 p.m. New Member Orientation 1 - 2 p.m. Eng. & Spa. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	6 Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Eng. Paint Your Own Baseball Hat 2 - 3:30 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.	7  CENTER CLOSED
9 Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Workshop: Understanding Neurodevelopmental Disorders & Role of Caregivers 10:15 - 11:45 a.m. Eng. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	10 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.	11 Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: How Much is Too Much? 10:30 a.m. - 12 p.m. Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.	12 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.	13 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. Fit Families 3 - 4:30 p.m. Eng. & Spa.	14  CENTER CLOSED
16 Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Workshop: Understanding Childhood Behaviors and Disorders 10:15 - 11:45 a.m. Eng. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	17 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.	18 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: Bullying/Harassment 10:30 a.m. - 12 p.m. Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m. Parenting Program Virtual 5:30 - 6:30 p.m. Eng.	19 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.	20 Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m. Body Flexibility 9 - 10 a.m. How to Save Water Tips: For Extreme Heat 10:15 - 11 a.m. Spa New Member Orientation 11:30 a.m. - 12:30 p.m. Eng. & Spa. Fit Families 3 - 4:30 p.m. Eng. & Spa.	21  CENTER CLOSED
23 Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Workshop: Immigration, Adaptation and Resilience 10:15 - 11:45 a.m. Eng. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	24 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.	25 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: Social Isolation 10:30 a.m. - 12 p.m. Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m. Parenting Program Virtual 5:30 - 6:30 p.m. Eng.	26 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.	27 Body Flexibility 9 - 10 a.m. Coffee and Coloring (Ages 13+) 10:15 - 11:15 a.m. Paint Your Own Wooden Craft (Ages 6+) 2:30 - 3:30 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.	28  CENTER CLOSED
30 Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Coffee and Coloring (Ages 13+) 10:15 - 11:15 a.m. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.		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	*SEPTEMBER 20th* How to Save Water Tips: For Extreme Heat, Gift Cards Provided to Attendees.

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

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

SEPTIEMBRE

2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
2  DÍA DEL TRABAJO CENTRO CERRADO	3 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.	4 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: Acaparamiento 10:30 a.m. - 12 p.m. Spa. 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. Boot Camp 4 - 5 p.m. Programa de Crianza Virtual 5:30 - 6:30 p.m. Ing.	5 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Clase de Danza Folklorico para Adultos 11 a.m. - 12 p.m. Orientación para Nuevos Miembros 1 - 2 p.m. Ing. & Esp. Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	6 Flexibilidad del Cuerpo 9 - 10 a.m. RCP/Primeros Auxilios Registrarse en freecprla.com (edades 14+) 10:15 a.m. - 1:15 p.m. Ing. Pinta tu Propia Gorra de Béisbol 2 - 3:30 p.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.	7  CENTRO CERRADO
9 Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp. Talleres: Comprensión de los Trastornos del Neurodesarrollo y el Papel de los Cuidadores 10:15 - 11:45 a.m. Ing. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	10 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.	11 Inscripciones Covered CA 9 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Cuánto es demasiado 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 - 5 p.m.	12 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.	13 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. Familias en Forma 3 - 4:30 p.m. Ing. & Esp.	14  CENTRO CERRADO
16 Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp. Talleres: Comprensión de los Comportamientos y Trastornos Infantiles 10:15 - 11:45 a.m. Ing. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	17 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.	18 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: Bullying/Acoso 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 - 5 p.m. Programa de Crianza Virtual 5:30 - 6:30 p.m. Ing.	19 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.	20 Inscripciones Medi-Cal y Cal Fresh 9 a.m. - 3 p.m. Flexibilidad del Cuerpo 9 - 10 a.m. Consejos para Ahorrar Agua: Para Calor Extremo 10:15 - 11 a.m. Esp. Orientación para Nuevos Miembros 11:30 a.m. - 12:30 p.m. Eng. & Spa. Familias en Forma 3 - 4:30 p.m. Ing. & Esp.	21  CENTRO CERRADO
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30 Zumba 9 - 10 a.m. Abriendo Puertas / Opening Doors 10:15 - 11:45 a.m. Ing. & Esp. Café y Coloriar (Edades 13+) 10:15 - 11:15 a.m. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.		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	*20 DE SEPTIEMBRE* Consejos para Ahorrar Agua: Para Calor Extremo, Tarjetas de Regalo para participantes.

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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

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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