




Community Resource Center



PANORAMA CITY SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>LABOR DAY CENTER CLOSED</p>	<p>3</p> <p>Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12—1 p.m. Eng./Spa. Healthy Cooking 1:15—3:15 p.m. Eng./Spa. Breakthrough Parenting 2—4 p.m. Spa. First Time Home Buyer 4-5 p.m. Eng./Spa. Kids Healthy Cooking 3:45—5:00 p.m. (5—14 y/o)</p>	<p>4</p> <p>Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 y/o) Dance Aerobics 12—1 p.m. Tai Chi 3—4 p.m. Yoga 4—5 p.m.</p>	<p>5</p> <p>Boot Camp 9—10 a.m. Blood Pressure: What is High Blood Pressure? -NEVHC 10:30 - 11:30 a.m. Eng./Spa. Pilates 10:15—11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15—2:15 p.m. Virtual Breakthrough Parenting 2—4 p.m. Eng. Zumba 4—5 p.m.</p>	<p>6</p> <p>CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng.</p> <p>7</p> <p>CENTER CLOSED</p>	
<p>9</p> <p>Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Chronic Obstructive Pulmonary Disease 1:00 - 2:30 p.m. Spa. Food Education Access Support Together (FEAST) 2:00—3:30 p.m. Spa. Virtual Breakthrough Parenting 2—4 p.m. Eng. Zumba Steps 4—5 p.m.</p>	<p>10</p> <p>Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12—1 p.m. Eng./Spa. Healthy Cooking 1:15—3:15 p.m. Eng./Spa. Breakthrough Parenting 2—4 p.m. Spa. Kids Healthy Cooking 3:45—5:00 p.m. (5—14 y/o)</p>	<p>11</p> <p>WIC Application Assistance 9 a.m. — 12 p.m. Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 y/o) Dance Aerobics 12—1 p.m. Tai Chi 3—4 p.m. Yoga 4—5 p.m.</p>	<p>12</p> <p>Boot Camp 9—10 a.m. Blood Pressure: Nutrition -NEVHC 10:30 - 11:30 a.m. Eng./Spa. Pilates 10:15—11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15—2:15 p.m. Virtual Breakthrough Parenting 2—4 p.m. Eng. Health Screenings —EPDB 3—5 p.m. Zumba 4—5 p.m.</p>	<p>13</p> <p>Support Group for Parents of Children with Special Needs 9:30—11 a.m. Spa.</p> <p>14</p> <p>CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng.</p> <p>CENTER OPEN FROM 9:00 AM - 12:30 PM</p>	
<p>16</p> <p>Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Food Education Access Support Together (FEAST) 2:00—3:30 p.m. Spa. Virtual Breakthrough Parenting 2—4 p.m. Eng. Zumba Steps 4—5 p.m.</p>	<p>17</p> <p>Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12—1 p.m. Eng./Spa. Healthy Cooking 1:15—3:15 p.m. Eng./Spa. Breakthrough Parenting 2—4 p.m. Spa. Kids Healthy Cooking 3:45—5:00 p.m. (5—14 y/o)</p>	<p>18</p> <p>Virtual Bootcamp 9—10 a.m. L.A. Care's Regional Community Advisory Committee 10:00 a.m. - 12:30 p.m. Eng./Spa./Khm. Tai Chi 3—4 p.m. Yoga 4—5 p.m.</p>	<p>19</p> <p>Boot Camp 9—10 a.m. Blood Pressure: Physical Activity -NEVHC 10:30 - 11:30 a.m. Eng./Spa. Pilates 10:15—11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15—2:15 p.m. Virtual Breakthrough Parenting 2—4 p.m. Eng. Zumba 4—5 p.m.</p>	<p>20</p> <p>CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Spa.</p> <p>CENTER CLOSED FROM 12:30PM - 5:00PM</p> <p>21</p> <p>CENTER CLOSED</p>	
<p>23</p> <p>Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Food Education Access Support Together (FEAST) 2:00—3:30 p.m. Spa. Virtual Breakthrough Parenting 2—4 p.m. Eng. Zumba Steps 4—5 p.m.</p>	<p>24</p> <p>Boot Camp 9—10 a.m. Health Screenings - EPDB 10 a.m. — 1 p.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12—1 p.m. Eng./Spa. Healthy Cooking 1:15—3:15 p.m. Eng./Spa. Breakthrough Parenting 2—4 p.m. Spa. Retirement and Investments 4-5 p.m. Eng./Spa. Kids Healthy Cooking 3:45—5:00 p.m. (5—14 y/o)</p>	<p>25</p> <p>WIC Application Assistance 9 a.m. — 12 p.m. Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 y/o) Oral Health Workshop 10:30 - 11:30 a.m. Eng./Spa. Dance Aerobics 12—1 p.m. Tai Chi 3—4 p.m. Yoga 4—5 p.m.</p>	<p>26</p> <p>Boot Camp 9—10 a.m. Blood Pressure: Medication -NEVHC 10:30 - 11:30 a.m. Eng./Spa. Pilates 10:15—11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15—2:15 p.m. Virtual Breakthrough Parenting 2—4 p.m. Eng. Zumba 4—5 p.m.</p>	<p>27</p> <p>OPEN FOR INFORMATIONAL RESOURCES ONLY. NO CLASSES.</p> <p>28</p> <p>CENTER CLOSED</p>	
<p>30</p> <p>Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Health Maintenance - EPDB 1 - 2 p.m. Eng./Spa. Food Education Access Support Together (FEAST) 2:00—3:30 p.m. Spa. Virtual Breakthrough Parenting 2—4 p.m. Eng. Zumba Steps 4—5 p.m.</p>			<p>CRC Website</p> 	<p>CENTER SERVICES</p> <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 <p>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</p>

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**

 7868 Van Nuys Blvd.
Panorama City, CA. 91402



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



213.438.5497
CommunityResourceCenterLA.org

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>2</p> <p>DÍA DEL TRABAJO</p> <p>CENTRO CERRADO</p>	<p>3</p> <p>Boot Camp 9—10 a.m. Zumba Bajo Impacto 10:30—11:30 a.m. El Mundo de Jugos y Ensaladas 12—1 p.m. Esp./Ing. Cocinando Saludable 1:15 - 3:15 p.m. Esp./Ing. Cultivando Familias 2—4 p.m. Esp. Comprador de Casa por Primera Vez 4 - 5 p.m. Esp./Ing. Cocinando Saludable para Niños 3:45—5:00 p.m. (5—14 años)</p>	<p>4</p> <p>Boot Camp 9—10 a.m. Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Baile Aeróbico 12—1 p.m. Tai Chi 3—4 p.m. Yoga 4—5 p.m.</p>	<p>5</p> <p>Boot Camp 9—10 a.m. Presión Arterial: ¿Qué es la presión arterial alta? - NEVHC 10:30 - 11:30 a.m. Esp./Ing. Pilates 10:15—11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m.—12:45 p.m. Zumba Bajo Impacto 1:15—2:15 p.m. Serie Cultivando Familias Virtual 2—4 p.m. Ing. Zumba 4—5 p.m.</p>	<p>6</p> <p>RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.—12 p.m. Ing.</p>	<p>7</p> <p>CENTRO CERRADO</p>
<p>9</p> <p>Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m.—12:30 p.m. Enfermedad Pulmonar Obstructiva Crónica 1:00 - 2:30 p.m. Esp. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 2:00—3:30 p.m. Esp. Serie Cultivando Familias Virtual 2—4 p.m. Ing. Pasos de Zumba 4—5 p.m.</p>	<p>10</p> <p>Boot Camp 9—10 a.m. Zumba Bajo Impacto 10:30—11:30 a.m. El Mundo de Jugos y Ensaladas 12—1 p.m. Esp./Ing. Cocinando Saludable 1:15 - 3:15 p.m. Esp./Ing. Cultivando Familias 2—4 p.m. Esp. Cocinando Saludable para Niños 3:45—5:00 p.m. (5—14 años)</p>	<p>11</p> <p>Asistencia con la solicitud de WIC 9 a.m.—12 p.m. Boot Camp 9—10 a.m. Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Baile Aeróbico 12—1 p.m. Tai Chi 3—4 p.m. Yoga 4—5 p.m.</p>	<p>12</p> <p>Boot Camp 9—10 a.m. Presión Arterial: Nutrición - NEVHC 10:30 - 11:30 a.m. Esp./Ing. Pilates 10:15—11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m.—12:45 p.m. Zumba Bajo Impacto 1:15—2:15 p.m. Serie Cultivando Familias Virtual 2—4 p.m. Ing. Exámenes de Salud—EPDB 3—5 p.m. Zumba 4—5 p.m.</p>	<p>13</p> <p>Grupo de Apolo para Padres De Niños Con Necesidades Especiales 9:30—11 a.m. Esp.</p>	<p>14</p> <p>RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.—12 p.m. Ing. CENTRO ABIERTO DE 9:00AM - 12:30PM</p>
<p>16</p> <p>Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m.—12:30 p.m. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 2:00—3:30 p.m. Esp. Serie Cultivando Familias Virtual 2—4 p.m. Ing. Pasos de Zumba 4—5 p.m.</p>	<p>17</p> <p>Boot Camp 9—10 a.m. Zumba Bajo Impacto 10:30—11:30 a.m. El Mundo de Jugos y Ensaladas 12—1 p.m. Esp./Ing. Cocinando Saludable 1:15 - 3:15 p.m. Esp./Ing. Cultivando Familias 2—4 p.m. Esp. Cocinando Saludable para Niños 3:45—5:00 p.m. (5—14 años)</p>	<p>18</p> <p>Bootcamp Virtual 9—10 a.m. Comité Asesor Comunitario Regional de L.A. Care 10:00 a.m. - 12:30 p.m. Ing./Esp./Khm. Tai Chi 3—4 p.m. Yoga 4—5 p.m.</p>	<p>19</p> <p>Boot Camp 9—10 a.m. Presión Arterial: Actividad Física - NEVHC 10:30 - 11:30 a.m. Esp./Ing. Pilates 10:15—11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m.—12:45 p.m. Zumba Bajo Impacto 1:15—2:15 p.m. Serie Cultivando Familias Virtual 2—4 p.m. Ing. Zumba 4—5 p.m.</p>	<p>20</p> <p>RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 9 a.m.—12 p.m. Esp. CENTRO CERRADO DE 12:30PM - 5:00PM</p>	<p>21</p> <p>CENTRO CERRADO</p>
<p>23</p> <p>Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m.—12:30 p.m. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 2:00—3:30 p.m. Esp. Serie Cultivando Familias Virtual 2—4 p.m. Ing. Pasos de Zumba 4—5 p.m.</p>	<p>24</p> <p>Boot Camp 9—10 a.m. Exámenes de Salud- EPDB 10 a.m.—1 p.m. Zumba Bajo Impacto 10:30—11:30 a.m. El Mundo de Jugos y Ensaladas 12—1 p.m. Esp./Ing. Cocinando Saludable 1:15 - 3:15 p.m. Esp./Ing. Cultivando Familias 2—4 p.m. Esp. Jubilación y Inversiones 4 - 5 p.m. Esp./Ing. Cocinando Saludable para Niños 3:45—5:00 p.m. (5—14 años)</p>	<p>25</p> <p>Asistencia con la solicitud de WIC 9 a.m.—12 p.m. Boot Camp 9—10 a.m. Mi Pequeño y Yo 10:30—11:30 a.m. (0—5 años) Taller Sobre La Salud Oral 10:30 - 11:30 a.m. Esp./Ing. Baile Aeróbico 12—1 p.m. Tai Chi 3—4 p.m. Yoga 4—5 p.m.</p>	<p>26</p> <p>Boot Camp 9—10 a.m. Presión Arterial: Medicamento - NEVHC 10:30 - 11:30 a.m. Esp./Ing. Pilates 10:15—11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m.—12:45 p.m. Zumba Bajo Impacto 1:15—2:15 p.m. Serie Cultivando Familias Virtual 2—4 p.m. Ing. Zumba 4—5 p.m.</p>	<p>27</p> <p>ABIERTO SOLO PARA RECURSOS DE INFORMACIÓN. NO HAY CLASES.</p>	<p>28</p> <p>CENTRO CERRADO</p>
<p>30</p> <p>Boot Camp 9—10 a.m. Yoga 10:15—11:15 a.m. Pilates 11:30 a.m.—12:30 p.m. Mantenimiento de la Salud -EPDB 1 - 2 p.m. Esp./Ing. Alimentos, Educación, Acceso, Apoyo, Juntos (FEAST) 2:00—3:30 p.m. Esp. Serie Cultivando Familias Virtual 2—4 p.m. Ing. Pasos de Zumba 4—5 p.m.</p>			<p>CRC Sitio de Web</p>	<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* <ul style="list-style-type: none"> • Medi-cal, MediCare, Covered California, y CalFresh - Orientación para nuevos miembros <p>*Comuníquese con el Centro para disponibilidad de Servicios</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>AZUL</p> <p>Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE</p> <p>Por cita y registro solamanete.</p>

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