



EL MONTE

NOVEMBER

2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	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!		Zumba 9 a.m. - 10 a.m. Healthy Cooking Class 10:30 a.m. - 12 p.m. (Eng. & Spa.) Kids Painting Class 3 p.m. - 4 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.) Homework Help 3:30 p.m. - 4:30 p.m.	Yoga: Breathing & Stretching 9 a.m. - 10 a.m. New Member Orientation 11 a.m. - 12 p.m REGISTRATION REQUIRED 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. Salsa Dance Aerobics 1:30 p.m. - 2:30 p.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids (5 yrs old & up) 3:45 p.m. - 4:45 p.m. DMH: Hoarding 4:00 p.m - 5:00 p.m (Eng & Spa)	Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Alzheimer's Caregiver 10 a.m. - 11:30 a.m. (Mandarin) Hypertension Management 1:30pm -3:00pm (Cantonese) Parenting Class: Opening Doors 3 p.m. - 4:30 p.m. (Spa.) Kids Arts & Crafts 3 p.m. - 4:30 p.m. 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. (Eng. & Spa.) Kids Painting Class 3 p.m. - 4 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Salsa Dance Aerobics 4 p.m. - 5 p.m.	 CENTER CLOSED
VETERAN'S DAY  CENTER CLOSED	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 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. Salsa Dance Aerobics 1:30 p.m. - 2:30 p.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids (5 yrs old & up) 3:45 p.m. - 4:45 p.m.	Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Alzheimers' Caregiver 10 a.m. - 11:30 a.m. (Mandarin) Hypertension Management 1:30pm -3:00pm (Cantonese) Parenting Class: Opening Doors 3 p.m. - 4:30 p.m. (Spa.) Kids Arts & Crafts 3 p.m. - 4:30 p.m. 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. (Eng. & Spa.) Kids Painting Class 3 p.m. - 4 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.) Homework Help 3:30 p.m. - 4:30 p.m.	Yoga: Breathing & Stretching 9 a.m. - 10 a.m. CPR & First Aid 1 p.m. - 4 p.m. (Eng.) (14 yrs & Older) Register at Freecprla.com	Cal-Fresh Enrollment 9 a.m. - 4 p.m. Salsa Dance Aerobics 1:30 p.m. - 2:30 p.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids (5 yrs old & up) 3:45 p.m. - 4:45 p.m. (Eng. & Spa.)	Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Tobacco Cessation 10 a.m. - 11:30 a.m. (Mandarin) Diabetes Self-Management 10 a.m. - 11:30 a.m. (Mandarin) Parenting Class: Opening Doors 3 p.m. - 4:30 p.m. (Spa.) Kids Arts & Crafts 3 p.m. - 4:30 p.m. 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. (Eng. & Spa.) Kids Painting Class 3 p.m. - 4 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. Chronic Disease Self-Management 9:30 a.m. - 12 p.m. (Mandarin) 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.) Homework Help 3:30 p.m. - 4:30 p.m.	Yoga: Breathing & Stretching 9 a.m. - 10 a.m. Resource Connection: Know the Scams,Don't be a Victim REGISTRATION REQUIRED 3:30pm-4:30pm (Eng.&Spa) CPR & First Aid Virtual 1 p.m. - 4 p.m. (Eng.) (14 yrs & Older) Register at Freecprla.com 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. Salsa Dance Aerobics 1:30 p.m. - 2:30 p.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids (5 yrs old & up) 3:45 p.m. - 4:45 p.m. DMH: Hoarding 4:00 p.m - 5:00 p.m (Chinese)	 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



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

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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.	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!		Zumba 9 a.m. - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. (Ing. y Esp.) Clase de Pintura para Niños 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 4 p.m. - 5 p.m.	
Zumba 9 a.m. - 10 a.m. Manejo de Enfermedades Crónicas 9:30 p.m. - 12 p.m. (Mandarin) Conceptos Básicos de la Diabetes 10:15 a.m. - 11 a.m. (Ing. y Esp.) El Mundo de Jugos y Ensaladas 11:15 a.m. - 12 p.m. Ing. y Esp.) Ayuda con la Tarea 3:30 p.m. - 4:30 p.m.	Yoga: Respiración y Estiramiento 9 a.m. - 10 a.m. Orientacion Para Nuevos Miembros 10:am- 11 a.m (Esp) REGISTRACION REQUERIDA 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. Baile de Salsa Aeróbico 1:30 p.m. - 2:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m. (Ing. y Esp.) (5 años o más) DMH: Acaparamiento 4:00 p.m - 5:00 p.m (Ing. y Esp.)	Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Hypertension 1:30pm -3:00pm (Cantonese) Cuidadores de Alzheimers 10 a.m. - 11:30 a.m. (Mandarin) Clases para Padres: Abriendo Puertas 3 p.m. - 4:30 p.m. (Esp.) Artes y Manualidades para Niños 3 p.m. - 4:30 p.m. Grupo de Apoyo con El	Zumba 9 a.m. - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. (Ing. y Esp.) Clase de Pintura para Niños 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 4 p.m. - 5 p.m.	
DÍA DE LOS VETERANOS  CENTRO CERRADO	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 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. Baile de Salsa Aeróbico 1:30 p.m. - 2:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m. (Ing. y Esp.) (5 años o más)	Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Cuidadores de Alzheimers 10 a.m. - 11:30 a.m. (Mandarin) Hypertension 1:30pm -3:00pm (Cantonese) Clases para Padres: Abriendo Puertas 3 p.m. - 4:30 p.m. (Esp.) Artes y Manualidades para Niños	Zumba 9 a.m. - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. (Ing. y Esp.) Clase de Pintura para Niños 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 4 p.m. - 5 p.m.	
Zumba 9 a.m. - 10 a.m. Conceptos Básicos de la Diabetes 10:15 a.m. - 11 a.m. (Ing. y Esp.) El Mundo de Jugos y Ensaladas 11:15 a.m. - 12 p.m. (Ing. y Spa.) Taller de Plomo 2:30 p.m.- 3:30 p.m. (Eng. & Spa.) Ayuda con la Tarea 3:30 p.m. - 4:30 p.m.)	Yoga: Respiración y Estiramiento 9 a.m. - 10 a.m. RCP y Primeros Auxilios 1 p.m. - 4 p.m. (Ing.) (Mayores de 14 años) Regístrese en freecprla.com	Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Baile de Salsa Aeróbico 1:30 p.m. - 2:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m. (Ing y Esp.) (5 años o más)	Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Dejar de Fumar 10 a.m. - 11:30 a.m. (Mandarin) Autocontrol de la Diabetes 10 a.m. - 11:30 a.m. (Mandarin) Clases para Padres: Abriendo Puertas 3 p.m. - 4:30 p.m. (Esp.) Artes y Manualidades para Niños 3 p.m. - 4:30 p.m. 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. (Ing. y Esp.) Clase de Pintura para Niños 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 4 p.m. - 5 p.m.	
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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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