






INGLEWOOD NOVEMBER 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.	Covered California Enrollments Wednesdays 10 a.m. - 3 p.m. CalFresh Assistance Thursdays 9:30 a.m. - 4 p.m. Diaper Distribution Thursdays 9:30 a.m. - 3:30 p.m. PLEASE CALL before visiting for eligibility requirements	Receive a special gift for attending Diabetes 101 on 11/18/24 in observance of <i>National Diabetes Awareness Month!</i>	Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Family Fitness Virtual 9 - 10 a.m.
Tai Chi 10 - 11 a.m. CPR & First Aid 12:30 - 3:30 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Spanish Eating Healthy on any Budget 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST-English Eating Healthy on any Budget 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.	Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Family Fitness Virtual 9 - 10 a.m.
VETERAN'S DAY  CENTER CLOSED	Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Spanish Healing Whole Foods 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST-English Healing Whole Foods 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. CENTER CLOSED 3:30 - 5 p.m. Anger Management Virtual 4:30 - 6 p.m.	Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Family Fitness Virtual 9 - 10 a.m.
Tai Chi 10 - 11 a.m. Healthcare Navigation Diabetes 101 11 a.m. - 12 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Spanish Grains 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST-English Grains 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.	Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m. Turkey-rific Craft Time 4 - 5 p.m.	Family Fitness Virtual 9 - 10 a.m. CPR & First Aid Virtual 9:30 a.m. - 12:30 p.m.
Tai Chi 10 - 11 a.m. Healthcare Navigation How to Manage Chronic Illnesses 11 a.m. - 12 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. Line Dancing 12:30 - 2 p.m. CENTER WILL CLOSE AT 2 p.m. IN OBSERVANCE OF THE HOLIDAY	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

 2864 W. Imperial Hwy.
Inglewood, CA 90303

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

 310.330.3130
CommunityResourceCenterLA.org




INGLEWOOD NOVIEMBRE 2024

Community Resource Center

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 de Inscripción para Covered California Los Miércoles 10 a.m. - 3 p.m. Servicios de Inscripción para CalFresh Los Jueves 9:30 a.m. - 4 p.m. Distribución de Pañales Los Jueves 9:30 a.m. - 3:30 p.m. POR FAVOR LLAME antes de visitar para requisitos de elegibilidad	¡Reciba un regalo especial por asistir a Diabetes 101 el 18/11/24 en conmemoración del <i>Mes Nacional de Concientización sobre la Diabetes!</i>	Terapia de Yoga 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
Tai Chi 10 - 11 a.m. RCP y Primeros Auxilios 12:30 - 3:30 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Español Comiendo Saludable a Cualquier Presupuesto 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST-Inglés Comiendo Saludable a Cualquier Presupuesto 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
DÍA DE LOS VETERANOS  CENTRO CERRADO	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Español Sanando con Comidas Integrales 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST-Inglés Sanando con Comidas Integrales 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. CENTRO CERRADO 3:30 - 5 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
Tai Chi 10 - 11 a.m. Navegación de Salud Médica Diabetes 101 11 a.m. - 12 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Español Granos 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST-Inglés Granos 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m. Artesanía de Día del Pavo 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. RCP y Primeros Auxilios Virtual 9:30 a.m. - 12:30 p.m. 
Tai Chi 10 - 11 a.m. Navegación de Salud Médica Cómo Controlar las Enfermedades Crónicas 11 a.m. - 12 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. Baile en Línea 12:30 - 2 p.m. CENTRO CERRARÁ A LAS 2 p.m. OBSERVANCIA DE LAS VACACIONES			

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

 2864 W. Imperial Hwy.
Inglewood, CA 90303

 **HORARIO DEL CENTRO:**
Lunes a Viernes: **9 a.m. - 5 p.m.**
Sábado: **Cerrado**

 **310.330.3130**
activehealthyinformed.org