



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!	Join our Community Appreciation Week from Monday, 11/18 thru Friday, 11/22 Come by, Let us show you our appreciation!	1 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	 CENTER CLOSED
4 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Monday to Friday 9:00 a.m. - 4:30 p.m. L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m. English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	5 Gentle Yoga 9:15 a.m. - 10:15 a.m. English - Living Healthier and Happier with a Chronic Condition 10:00 a.m. - 12:30 p.m. Active Yoga 10:30 a.m. - 11:30 a.m. English - Let's Talk About High Blood Pressure (1 of 4) 11:45 a.m. - 12:45 p.m. Spanish - Live Healthy with Diabetes (1 of 4) 1:45 p.m. - 3:00 p.m.	6 Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Peak of Season Nutrition & Cooking for Teens (11-17) 4:00 p.m. - 5:00 p.m.	7 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	8 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	 CENTER CLOSED
11 VETERAN'S DAY CENTER CLOSED	12 Gentle Yoga 9:15 a.m. - 10:15 a.m. English - Living Healthier and Happier with a Chronic Condition 10:00 a.m. - 12:30 p.m. Active Yoga 10:30 a.m. - 11:30 a.m. Spanish - Let's Talk About High Blood Pressure (2 of 4) 11:45 a.m. - 12:45 p.m. Spanish - Live Healthy with Diabetes (2 of 4) 1:45 p.m. - 3:00 p.m.	13 Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Peak of Season Nutrition & Cooking for Teens (11-17) 4:00 p.m. - 5:00 p.m.	14 CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	15 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	 CENTER CLOSED
18 Community Appreciation Week Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Monday to Friday 9:00 a.m. - 4:30 p.m. Bilingual - Oral Health Workshop 1:00 p.m. - 2:00 p.m. Spanish - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	19 Community Appreciation Week Gentle Yoga 9:15 a.m. - 10:15 a.m. English - Living Healthier and Happier with a Chronic Condition 10:00 a.m. - 12:30 p.m. Active Yoga 10:30 a.m. - 11:30 a.m. English - Let's Talk About High Blood Pressure (2 of 4) 11:45 a.m. - 12:45 p.m. Spanish - Live Healthy with Diabetes (3 of 4) 1:45 p.m. - 3:00 p.m.	20 Community Appreciation Week Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Peak of Season Nutrition & Cooking for Teens (11-17) 4:00 p.m. - 5:00 p.m.	21 Community Appreciation Week CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	22 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m. Community Appreciation Celebration 1:00 p.m. - 2:00 p.m.	 CENTER CLOSED
25 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Monday to Friday 9:00 a.m. - 4:30 p.m. L.A. Care Member Orientation Monday to Friday 10:00 a.m. - 4:00 p.m.	26 Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. Spanish - Let's Talk About High Blood Pressure (3 of 4) 11:45 a.m. - 12:45 p.m. Spanish - Live Healthy with Diabetes (4 of 4) 1:45 p.m. - 3:00 p.m.	27 Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Tenants Rights Legal Clinic 4:30 p.m. - 7:00 p.m.	28 	29 	30 

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



1233 S. Western Ave.
Los Angeles, CA 90006



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



213.428.1457
CommunityResourceCenterLA.org



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 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!	Celebra Nuestra Semana de Agradecimiento a la Comunidad del Lunes, 11/18 a Viernes, 11/22 Visítanos, Déjanos Mostrarte Nuestro Agradecimiento!	1 Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.	2  CENTRO CERRADO
Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m. Orientación para Miembros de L.A. Care Lunes a Viernes 10:00 a.m. - 4:00 p.m. Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m. 4	Yoga Suave 9:15 a.m. - 10:15 a.m. Inglés - Vivir más saludable y feliz con una enfermedad crónica 10:00 a.m. - 12:30 p.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Inglés - Hay Que Hablar Sobre la Presión Alta (1 de 4) 11:45 a.m. - 12:45 p.m. Español - Vivir Bien con Diabetes (1 de 4) 1:45 p.m. - 3:00 p.m. 5	Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Bilingüe - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Ing/Esp Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m. Nutrición y cocina de temporada alta para adolescentes (11-17) 4:00 p.m. - 5:00 p.m. 6	Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes)(14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante)(14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m. 7	Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m. 8	 CENTRO CERRADO 9
DÍA DE LOS VETERANOS CENTRO CERRADO 11	Yoga Suave 9:15 a.m. - 10:15 a.m. Inglés - Vivir más saludable y feliz con una enfermedad crónica 10:00 a.m. - 12:30 p.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Español - Hay Que Hablar Sobre la Presión Alta (2 de 4) 11:45 a.m. - 12:45 p.m. Español - Vivir Bien con Diabetes (2 de 4) 1:45 p.m. - 3:00 p.m. 12	Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Bilingüe - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Ing/Esp Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m. Nutrición y cocina de temporada alta para adolescentes (11-17) 4:00 p.m. - 5:00 p.m. 13	Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes)(14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante)(14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m. 14	Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m. 15	 CENTRO CERRADO 16
Celebración de Agradecimiento a la Comunidad Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m. Bilingüe - Taller de Salud Oral 1:00 p.m. - 2:00 p.m. Español - RCP y Primeros Auxilios (14+) 18	Celebración de Agradecimiento a la Comunidad Yoga Suave 9:15 a.m. - 10:15 a.m. Inglés - Vivir más saludable y feliz con una enfermedad crónica 10:00 a.m. - 12:30 p.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Inglés - Hay Que Hablar Sobre la Presión Alta (2 de 4) 11:45 a.m. - 12:45 p.m. Español - Vivir Bien con Diabetes (3 de 4) 1:45 p.m. - 3:00 p.m. 19	Celebración de Agradecimiento a la Comunidad Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Bilingüe - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Ing/Esp Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m. Nutrición y cocina de temporada alta para adolescentes (11-17) 4:00 p.m. - 5:00 p.m. 20	Celebración de Agradecimiento a la Comunidad Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes)(14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante)(14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m. 21	Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m. Celebración de Agradecimiento a la Comunidad 1:00 p.m. - 2:00 p.m. 22	 CENTRO CERRADO 23
Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m. Orientación para Miembros de L.A. Care Lunes a Viernes 10:00 a.m. - 4:00 p.m. 25	Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Español - Hay Que Hablar Sobre la Presión Alta (3 de 4) 11:45 a.m. - 12:45 p.m. Español - Vivir Bien con Diabetes (4 de 4) 1:45 p.m. - 3:00 p.m. 26	Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Bilingüe - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Ing/Esp Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m. Clinica Legal de Derechos del Inquilino 4:30 p.m. - 7:00 p.m. 27	28 29 30		

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



1233 S. Western Ave.
Los Angeles, CA 90006



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



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