



PALMDALE
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!		Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Eng. Family Zumba (Ages 5+) 4 - 5 p.m.	CENTER CLOSED
Zumba 9 - 10 a.m. Abriendo Puertas/ Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Basic Concepts about Asthma 12 - 1 p.m. Spa. Cardio 3 - 4 p.m. Toning your Abs 4 - 5 p.m.	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.	Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. The Growing Brain of Infants 0-5 10:15 - 11:45 a.m. Eng. & Spa. Adult Guitar Lesson (Session # 4) 12:30 - 1:30 p.m. Spa. Boot Camp 4 - 5 p.m.	Cal-Fresh Enrollments 9 a.m. - 3 p.m. 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 (Obtain a food bag) 1:30 p.m. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	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. Thanksgiving Wood Craft (Open to all ages) 3- 5 p.m.	CENTER CLOSED
VETERAN'S DAY CENTER CLOSED	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.	Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. New Member Orientation - L.A. Care 10:15 pm - 11:15 a.m. Eng. Effective Black Parenting (Open to All , Court Certificate Provided) 12:30 - 2:20 p.m. Eng. Boot Camp 4 - 5 p.m.	Medi-Cal, Cal-Fresh Enrollments and Renewals 9 a.m. - 5 p.m. 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.	Fair for Renewal and New Medi-Cal, Cal Fresh and Covered California Applications - Open to All (Walk-ins Welcome, No appointment Needed) 9 a.m. - 1 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.	CENTER CLOSED
Covered CA Enrollments 10 a.m. - 5 p.m. Zumba 9 - 10 a.m. Abriendo Puertas/ Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Colorectal Cancer 12 - 1 p.m. Spa. Cardio 3 - 4 p.m. Toning your Abs 4 - 5 p.m.	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.	Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. The Growing Brain of Infants 0-5 10:15 - 11:45 a.m. Eng. & Spa. Effective Black Parenting (Open to All , Court Certificate Provided) 12:30 - 2:20 p.m. Eng. Boot Camp 4 - 5 p.m.	Cal-Fresh Enrollments 9 a.m. - 5 p.m. 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 (Obtain a food bag) 1:30 p.m. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Medi-Cal and Cal Fresh Enrollments 9 a.m. - 5 p.m. Body Flexibility 9 - 10 a.m. Fall Pumpkin Art Class for Adults 11 a.m - 1 p.m. Family Zumba (Ages 5+) 4 - 5 p.m.	CENTER CLOSED
Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. New Member Orientation - L.A. Care Medi-Cal 10:15 - 11:15 am Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng.	Zumba 9 - 10 a.m. Ready Rep: Emergency Preparedness Activities (Free Emergency Kit) 10:30 a.m. - 12:30 p.m. Eng. & Spa. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	Zumba Toning 9 - 10 a.m. The Growing Brain of Infants 0-5 10:15 - 11:45 a.m. Eng. & Spa. Workshop: What is an ITIN and its importance? 10:30 - 11:30 a.m. Spa Effective Black Parenting (Open to All , Court Certificate Provided) 12:30 - 2:20 p.m. Eng. Center Closed for Staff Development 3 - 5 p.m.	CENTER CLOSED		

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

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 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!		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. Zumba Familiar (Edades 5+) 4 - 5 p.m.	 CENTRO CERRADO
Zumba 9 - 10 a.m. Abriendo Puertas/Opening Doors 10:15 - 11:45 a.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Conceptos Básicos Sobre el Asma 12 - 1 p.m. Esp. Cardio 3 - 4 p.m. Tonifica Tus Abdominales 4 - 5 p.m.	Inscripciones 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.	Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. El Cerebro en Crecimiento de Infantes 0-5 10:15 - 11:45 a.m. Ing. & Esp. Lecciones de Guitarra para Adultos (Session # 4) 12:30 - 1:30 p.m. Esp. Boot Camp 4 - 5 p.m.	Inscripciones Cal-Fresh 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 a.m. - 12 p.m. Despensa Comunitaria (Consigue una bolsa de comida) 1:30 p.m. Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	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. Artesanía de Madera De Acción de Gracias. (Abierto a todas las edades) 3 - 5 p.m.	 CENTRO CERRADO
DÍA DE LOS VETERANOS  CENTRO CERRADO	Inscripciones 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.	Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Orientación para Nuevos Miembros - L.A. Care 10:15 a.m. - 11:15 a.m. Ing. Crianza efectiva para padres Afro-Americano(Abierto a Todos, se Proporciona Certificado del Corte) 12:30 - 2:20 p.m. Ing. Boot Camp 4 - 5 p.m.	Inscripciones de Medi-Cal, Cal-Fresh y Renovaciones 9 a.m. - 5 p.m. 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.	Feria de Solicitud / Renovación y Nuevas Aplicaciones para Medi-Cal, Cal Fresh y Covered California - Abierto a Todos (No se necesita cita previa) 9:00 - 1:00 p.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.	 CENTRO CERRADO
Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba 9 - 10 a.m. Abriendo Puertas/Opening Doors 10:15 - 11:45 a.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cáncer Colorrectal 12 - 1 p.m. Esp. Cardio 3 - 4 p.m. Tonifica Tus Abdominales 4 - 5 p.m.	Inscripciones 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.	Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. El Cerebro en Crecimiento de Infantes 0-5 10:15 - 11:45 a.m. Ing. & Esp. Crianza efectiva para padres Afro-Americano(Abierto a Todos, se Proporciona Certificado del Corte) 12:30 - 2:20 p.m. Ing. Boot Camp 4 - 5 p.m.	Inscripciones Cal-Fresh 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 a.m. - 12 p.m. Despensa Comunitaria - (Consigue una bolsa de comida) 1:30 p.m. Condicion Fisica del Cuerpo con Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 5 p.m. Flexibilidad del Cuerpo 9 - 10 a.m. Clase de Arte para Adulto: Con una Calabaza 11 a.m - 1 p.m. Zumba Familiar (Edades 5+) 4 - 5 p.m.	 CENTRO CERRADO
Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Orientación para Nuevos Miembros - L.A. Care Medi-Cal 10:15 - 11:15 am Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing.	Zumba 9 - 10 a.m. Representante Listo: Actividades de Preparación para Emergencias (Kit de Emergencia Gratuito) 10:30 a.m. - 12:30 p.m. Ing. & Esp. Pasos de Zumba 3 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	Zumba Toning 9 - 10 a.m. El Cerebro en Crecimiento de Infantes 0-5 10:15 - 11:45 a.m. Ing. & Esp. Taller: ¿Que es un ITIN y la Importancia? 10:30 - 11:30 a.m. Esp. Crianza efectiva para padres Afro-Americano(Abierto a Todos, se Proporciona Certificado del Corte) 12:30 - 2:20 p.m. Ing. Centro Cerrado para Desarrollo del Personal 3 - 5 p.m.	 CENTRO CERRADO 		

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



213.438.5580

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