



PALMDALE JANUARY 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
6	7	8	9	10	11
		Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Emotional Well-being and Stress 10:15 - 11:45 a.m. Spa. Effective Parenting (Open to All, Court Certificate Provided if Needed) 12:30 - 2:30 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. Hot Cocoa Sip And Paint 10:15 - 11:45 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Food Pantry (Obtain a food bag) 1:30 p.m. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Eng.	
13	14	15	16	17	18
Zumba 9 - 10 a.m. Who is SALVA and their Services? 10:15 - 11:30 a.m. Spa. Coffee and Coloring 12 - 1 p.m. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 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. Workshop: Bullying Prevention: Kindness, Acceptance, and Inclusion. 10:15 - 11:45 a.m. Spa. Effective Parenting (Open to All, Court Certificate Provided if Needed) 12:30 - 2:30 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. Folklorico Dance Class for Adults 11 a.m. - 12 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. Zumba 8 - 9 a.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. Family Art Class 3 - 4:30 p.m.	
20	21	22	23	24	25
	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. Workshop: Mental Health and Stigma 10:15 - 11:45 a.m. Spa. Effective Parenting (Open to All, Court Certificate Provided if Needed) 12:30 - 2:30 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. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Food 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. Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Coffe and Coloring 10:15 - 11:15 a.m. Family Art Class 3 - 4:30 p.m.	
27	28	29	30	31	
Zumba 9 - 10 a.m. Cafecito with the Palmdale Sheriff (\$20 Food 4 Less Gift Card for attending) 10:15 - 11:15 a.m. Spa. Prevent Diabetes 12:05 - 1:20 p.m. Eng. Cardio 3 - 4 p.m. Toning 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. Workshop: Understanding Depression and Developing Resilience 10:15 - 11:45 a.m. Spa. Effective Parenting (Open to All, Court Certificate Provided if Needed) 12:30 - 2:30 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. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Full Body Fitness with Eduardo 3 - 4 p.m. Zumba 4 - 5 p.m.	Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Money Smart for Adults How to Set Goals, Build a Budget and Save 10:30 - 11:30 a.m. Spa. Money Smart for Adults How to Set Goals, Build a Budget and Save 11:45 a.m. - 12:45 p.m. Eng.	No Child Supervision in January

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. 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



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		1 CENTRO CERRADO	2 CENTRO CERRADO	3 CENTRO CERRADO	4 CENTRO CERRADO
6 CENTRO CERRADO	7 CENTRO CERRADO	8 Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Bienestar Emocional y Estrés 10:15 - 11:45 a.m. Esp. Crianza Efectiva (abierto a Todos, se Proporciona Certificado de la Corte, si es necesario) 12:30 - 2:30 p.m. Ing. Boot Camp 4 - 5 p.m.	9 Inscripciones Cal-Fresh 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Hot Cocoa Sip and Paint 10:15 - 11:45 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.	10 Zumba 8 - 9 a.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. Ing.	11 CENTRO CERRADO
13 Zumba 9 - 10 a.m. Quien es SALVA y sus Servicios 10:15 - 11:30 p.m. Esp. Café y Colorante 12 - 1 p.m. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	14 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.	15 Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Prevención del Acoso: Amabilidad y Aceptación, Inclusión 10:15 - 11:45 a.m. Esp. Crianza Efectiva (abierto a Todos, se Proporciona Certificado de la Corte, si es necesario) 12:30 - 2:30 p.m. Ing. Boot Camp 4 - 5 p.m.	16 Inscripciones de Cal-Fresh 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.	17 Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m. Zumba 8 - 9 a.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. Clase de arte Familiar 3 - 4:30 p.m.	18 CENTRO CERRADO
20 CENTRO CERRADO	21 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.	22 Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Salud Mental y Estigma 10:15 - 11:45 a.m. Esp. Crianza Efectiva (abierto a Todos, se Proporciona Certificado de la Corte, si es necesario) 12:30 - 2:30 p.m. Ing. Boot Camp 4 - 5 p.m.	23 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.	24 Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m. Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. Café y Colorante 10:15 - 11:15 a.m. Clase de arte Familiar 3 - 4:30 p.m.	25 CENTRO CERRADO
27 Zumba 9 - 10 a.m. Cafecito con el Sheriff de Palmdale (Los Asistentes Recibirán una Rarjeta de Regalo de \$20 de Food 4 Less) 10:15 - 11:15 a.m. Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Ing. Cardio 3 - 4 p.m. Toning 4 - 5 p.m.	28 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.	29 Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Comprendiendo la Ansiedad y Desarrollando la Resiliencia 10:15 - 11:45 a.m. Esp. Crianza Efectiva (abierto a Todos, se Proporciona Certificado de la Corte, si es necesario) 12:30 - 2:30 p.m. Ing. Boot Camp 4 - 5 p.m.	30 Inscripciones de Cal-Fresh 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.	31 Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. Dinero Inteligente para Adultos 10:30 - 11:30 a.m. Esp. Dinero Inteligente para Adultos 11:45 a.m. - 12:45 p.m. Ing.	No Hay Supervisión Infantil en Enero

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. 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



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