



EAST L.A. MARCH 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Cooking Matters 9 - 10:30 a.m. Spa.</p> <p>Life Skills: Self Love 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p> <p>'Cat in the Hat' Craft (Ages 5-12) 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Dealing With Harassment as an Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Lotería Fun! 1:45 - 3:15 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p> <p>'Fox in Socks' Craft (Ages 5-12) 4 - 5 p.m.</p>	<p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Google Tech Level 2 [9 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng.</p> <p>'The Lorax' Craft (Ages 5-12) 4 - 5 p.m.</p>	<p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p> <p>'Oh, the Places You'll Go' Craft (Ages 5-12) 4 - 5 p.m.</p>	<p>Boot Camp for Adults 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng.</p> <p>Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Spa.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 12 - 1 p.m.</p> <p>Closed for Staff Enrichment Co-Sponsored by LAC & BSP 1 - 4 p.m.</p>	
<p>Cooking Matters 9 - 10:30 a.m. Spa.</p> <p>Life Skills: Rediscover Your Passion 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Late Transitions - for Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Adult Art Workshop: Handmade Notebook Workshop 1:30 - 3:30 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.</p> <p>Healthy Cooking [7 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Google Tech Level 2 Graduation [10 of 10] 3 - 5 p.m. Spa.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng.</p>	<p>CPR & First Aid (English) 10 a.m. - 1 p.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng.</p> <p>Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Spa.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 12 - 1 p.m.</p> <p>Zumba Gold 1:15 - 2:15 p.m.</p>	
<p>Cooking Matters 9 - 10:30 a.m. Spa.</p> <p>Life Skills: How to Budget Effectively 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Social Isolation - for Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.</p> <p>Healthy Cooking [8 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng.</p>	<p>Food Pantry (Limited to First 100 People) 10 - 11 a.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng.</p> <p>Warm Drinks & Community Links 9:30 - 10:30 a.m.</p> <p>Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Spa.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 12 - 1 p.m.</p> <p>Zumba Gold 1:15 - 2:15 p.m.</p>	
<p>Cooking Matters 9 - 10:30 a.m. Spa.</p> <p>Life Skills: Relaxation Through Breathing 10:45 - 11:45 a.m. Spa.</p> <p>Circuit Training for Adults 12 - 1 p.m.</p> <p>Zumba 1:15 - 2:15 p.m.</p> <p>Tai Chi 2:30 - 3:30 p.m.</p> <p>Sunset Yoga 4 - 5 p.m.</p>	<p>Cal-Fresh Application Assistance 9:30 a.m. - 5 p.m.</p> <p>Little One & Me 9:30 - 10:30 a.m.</p> <p>Know the Scams, Don't be a Victim - for Older Adults 10 - 11 a.m. Spa.</p> <p>Dance Aerobics (Intermediate) 11 a.m. - 12 p.m.</p> <p>Dance Aerobics (Beginner) 12:15 - 1:15 p.m.</p> <p>Zumba Cardio Fusion 4 - 5 p.m.</p>	<p>The World of Juicing and Salads 9 - 10 a.m. Spa.</p> <p>Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.</p> <p>Healthy Cooking [9 of 12] 10:15 a.m. - 12:15 p.m. Spa.</p> <p>Zumba 12:30 - 1:30 p.m.</p> <p>Pilates 1:45 - 2:45 p.m.</p> <p>Breakthrough Parenting Virtual 4 - 6 p.m. Eng.</p>	<p>CPR & First Aid (Spanish) 10 a.m. - 1 p.m.</p> <p>Understanding High Blood Pressure 3 - 4 p.m. Spa.</p> <p>Kids Fitness Adventure 3 - 4 p.m.</p> <p>Boot Camp for Adults 4 - 5 p.m.</p>	<p>Boot Camp for Adults 8 - 9 a.m.</p> <p>Sunrise Yoga 9 - 10 a.m.</p> <p>Anger Management Virtual 9:30 - 11 a.m. Eng.</p> <p>Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa.</p> <p>Diabetes Education 11 a.m. - 12 p.m. Spa.</p> <p>Nutrition and You 12 - 1 p.m. Spa.</p> <p>Zumba Step 12 - 1 p.m.</p> <p>Zumba Gold 1:15 - 2:15 p.m.</p>	
		 <p>Come Celebrate Read Across America with <i>Dr. Seuss</i> themed Kid's Crafts March 3rd - 6th</p>	 <p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</p>	 <p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* - Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	

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+)

BE ACTIVE, HEALTHY & INFORMED



4801 Whittier Blvd
Los Angeles, CA 90022



CENTER HOURS:
Monday - Thursday: 9 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday: **CLOSED**



213.438.5570
CommunityResourceCenterLA.org



Community Resource Center

Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains activity details, times, and dates. Includes special events like 'DÍA DE CÉSAR CHÁVEZ' and 'La Semana de Lectura'.

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+)

SEA ACTIVO, SALUDABLE E INFORMADO



4801 Whittier Blvd Los Angeles, CA 90022



HORARIO DEL CENTRO: Lunes a Jueves: 9 a.m. - 5 p.m. Viernes: 8 a.m. - 4 p.m. Sábado: Cerrado



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