



EL MONTE MARCH 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Zumba 9 a.m. - 10 a.m. Diabetes Basics 10:15 a.m. - 11 a.m. (Eng. & Spa.) The World of Juicing & Salads 11:15 a.m. - 12 p.m. (Eng. & Spa.) Adults Arts & Crafts 11:15 a.m.-12 p.m. Asthma Control 1 p.m.-2:30 p.m (Spa.) Resume Support 3:30 p.m.-4:30 p.m. Free Tutoring 3:30 p.m. - 4:30 p.m.</p>	<p>Yoga: Breathing & Stretching 9 a.m. - 10 a.m. Weight Management for Adults 11:00 a.m.-12:30 p.m. (Spa.) Weight Management for Adults 1p.m. - 2:30 p.m (Eng.) Family Bingo Night 4 p.m. - 4:45 p.m.</p>	<p>Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Salsa Dance Aerobics 1:30 p.m. - 2:30 p.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids (5 yrs old & up) 3:45 p.m. - 4:45 p.m. DMH: Bullying 4:00 p.m. - 5:00 p.m. (Eng. & Spa)</p>	<p>Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Parenting Class: Opening Doors 3 p.m. - 4:30 p.m. (Eng.) Kids Arts & Crafts 3 p.m. - 4:30 p.m. Support Group w/ Department of Mental Health 2 p.m. - 4:30 p.m. (Spa.)</p>	<p>Zumba 9 a.m. - 10 a.m. Healthy Cooking Class 10:30 a.m. - 12 p.m. (Eng. & Spa.) Center Closed from 12 p.m. - 5 p.m.</p>	
<p>Zumba 9 a.m. - 10 a.m. Diabetes Basics 10:15 a.m. - 11 a.m. (Eng. & Spa.) The World of Juicing & Salads 11:15 a.m. - 12 p.m. (Eng. & Spa.) Adults Arts & Crafts 11:15 a.m.-12 p.m. Resume Support 3:30 p.m.-4:30 p.m. Free Tutoring 3:30 p.m. - 4:30 p.m.</p>	<p>Yoga: Breathing & Stretching 9 a.m. - 10 a.m. L.A. Care New Member Orientation (\$10 GIFT CARD) REGISTRATION REQUIRED 11 a.m. - 12 p.m. (Eng. & Spa.) Weight Management for Adults 11:00 a.m.-12:30 p.m. (Spa.) Weight Management for Adults 1p.m. - 2:30 p.m (Eng.) CPR & First Aid 1 p.m. - 4 p.m. (Spa.) (14 yrs & Older) Register at Freecprla.com Family Bingo Night 4 p.m. - 4:45 p.m.</p>	<p>Cal-Fresh Enrollment 9 a.m. - 4 p.m. Physical Fitness 9 a.m. - 10 a.m. Salsa Dance Aerobics 1:30 p.m. - 2:30 p.m. Salsa Dance Aerobics 2:30 p.m. - 3:30 p.m. Healthy Cooking Class for Kids (5 yrs old & up) 3:45 p.m. - 4:45 p.m. IT Support 3:45 p.m -4:45 p.m.</p>	<p>Yoga: Breathing & Stretching 10 a.m. - 11 a.m. Diabetes Self-Management 10 a.m. - 11:30 a.m. (Mandarin) Diabetes Self-Management 1:30 p.m. - 3 p.m. (Cantonese) Parenting Class: Opening Doors 3 p.m. - 4:30 p.m. (Eng.) Kids Arts & Crafts 3 p.m. - 4:30 p.m. Support Group w/ Department of Mental Health 2 p.m. - 4:30 p.m. (Spa.)</p>	<p>Zumba 9 a.m. - 10 a.m. Healthy Cooking Class 10:30 a.m. - 12 p.m. (Eng. & Spa.) Kids Painting Class 3 p.m. - 4 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Salsa Dance Aerobics 4 p.m. - 5 p.m.</p>	
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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



3570 Santa Anita Ave.
El Monte, CA 91731



CENTER HOURS:

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



213-428-1495

CommunityResourceCenterLA.org



EL MONTE MARZO 2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Zumba 9 a.m. - 10 a.m. Conceptos Básicos de la Diabetes 10:15 a.m. - 11 a.m. (Ing. y Esp.) El Mundo de Jugos y Ensaladas 11:15 a.m. - 12 p.m. (Ing. y Esp.) Artes y Manualidades para Adultos 11:15 a.m. - 12 p.m. Control de Asma 1 p.m. - 2:30 p.m. (Esp.) Soporte De Curriculum 3:30 p.m. - 4:30 p.m. (Ing. y Esp.) Ayuda con la Tarea 3:30 p.m. - 4:30 p.m.</p>	<p>Yoga: Respiración y Estiramiento 9 a.m. - 10 a.m. Programa de Control del Peso para Adultos 11am-12:30 p.m. (Esp.) Programa de Control del Peso para Adultos 1 p.m. - 2:30 p.m. (Ing.) Noches de Bingo en Familia 4 p.m. - 4:45 p.m.</p>	<p>Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Baile de Salsa Aeróbico 1:30 p.m. - 2:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m. (Ing. y Esp.) (5 años o más) DMH: Intimidación 4:00 p.m. - 5:00 p.m. (Ing. y Esp.)</p>	<p>Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Grupo de Apoyo con El Departamento de Salud Mental 2 p.m. - 4:30 p.m. (Esp.) Clases para Padres: Abriendo Puertas 3 p.m. - 4:30 p.m. (Ing.) Artes y Manualidades para Niños 3 p.m. - 4:30 p.m.</p>	<p>Zumba 9 a.m. - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Centro Cerrado de 12 p.m. - 5 p.m.</p>	
<p>Zumba 9 a.m. - 10 a.m. Conceptos Básicos de la Diabetes 10:15 a.m. - 11 a.m. (Ing. y Esp.) El Mundo de Jugos y Ensaladas 11:15 a.m. - 12 p.m. (Ing. y Esp.) Artes y Manualidades para Adultos 11:15 a.m. - 12 p.m. Soporte De Curriculum 3:30 p.m. - 4:30 p.m. (Ing. y Esp.) Ayuda con la Tarea 3:30 p.m. - 4:30 p.m.</p>	<p>Yoga: Respiración y Estiramiento 9 a.m. - 10 a.m. Orientación Para Nuevos Miembros de L.A. Care (TARJETA DE REGALO - \$10) REGISTRACION REQUERIDA 11 a.m. - 12 p.m. (Ing. y Esp.) RCP y Primeros Auxilios 1 p.m. - 4 p.m. (Esp.) (Mayores de 14 años) Regístrese en freecprla.com Programa de Control del Peso para Adultos 11am-12:30 p.m. (Esp.) Programa de Control del Peso para Adultos 1 p.m. - 2:30 p.m. (Ing.) Noches de Bingo en Familia 4 p.m. - 4:45 p.m.</p>	<p>Inscripción de Cal-Fresh 9 a.m. - 4 p.m. Entrenamiento Físico 9 a.m. - 10 a.m. Baile de Salsa Aeróbico 1:30 p.m. - 2:30 p.m. Baile de Salsa Aeróbico 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m. (Ing. y Esp.) (5 años o más) Soporte Tecnico 3:45 p.m. - 4:45 p.m. (Ing. y Esp.)</p>	<p>Yoga: Respiración y Estiramiento 10 a.m. - 11 a.m. Autocontrol de la Diabetes 10 a.m. - 11:30 a.m. (Mandarin) Autocontrol de la Diabetes 1:30 p.m. - 3:00 p.m. (Cantones) Grupo de Apoyo con El Departamento de Salud Mental 2 p.m. - 4:30 p.m. (Esp.) Clases para Padres: Abriendo Puertas 3 p.m. - 4:30 p.m. (Ing.) Artes y Manualidades para Niños 3 p.m. - 4:30 p.m.</p>	<p>Zumba 9 a.m. - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. (Ing. y Esp.) Clase de Pintura para Niños 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 3 p.m. - 4 p.m. Baile de Salsa Aeróbico 4 p.m. - 5 p.m.</p>	
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			 <p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</p>	 <p>CRC Sitio de Web</p>	<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y Calfresh <p>Orientación para nuevos miembros</p> <p>*Comuníquese con el Centro para disponibilidad de Servicios</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>

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**



3570 Santa Anita Ave.
El Monte, CA 91731



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



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