



# LONG BEACH MARCH 2025

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>Medical Enrollment Services</b> 3 <b>*Call to Make Appointment*</b> 9- 12 p.m. <b>Diabetes Education Series</b> 1- 2:30 p.m. <b>Chair Yoga</b> 2- 3 p.m. <b>Homework Help</b> 3- 4:30 p.m.	<b>Medical Enrollment Services</b> 4 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Cal Fresh Enrollment Services</b> 9- 5 p.m. <b>Zumba</b> 9- 10 a.m. <b>Cardio Dance</b> 10 - 11 a.m. <b>Stretch and Agility</b> 11- 12 p.m. <b>Strength Training</b> 12- 1 p.m. <b>Cooking Matters</b> 1:30- 2:30 p.m. <b>Registered Dietitian: Healthy Food Preparation/ Time Saver and Food Safety</b> 2:30- 3:30 p.m. <b>Diabetes &amp; Pre-Diabetes Education</b> 3:30- 4:30 p.m.	<b>Medical Enrollment Services</b> 5 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Zumba</b> 9- 10 a.m. <b>Anger Management (Virtual)</b> 10- 11:30 a.m. <b>Vinyasa Yoga</b> 1:30- 2:30 p.m. <b>Homework Help</b> 3- 4:30 p.m. <b>Blood Pressure Education Series</b> 4- 6 p.m.	<b>Medical Enrollment Services</b> 6 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Zumba</b> 9-10 a.m. <b>Parenting Class</b> 9:30- 11 a.m. <b>Chair Yoga</b> 10:30- 11:30 a.m. <b>Hoarding (SPA)</b> 11:30- 1 p.m. <b>Childbirth Education</b> 12- 1 p.m. <b>Family Cooking</b> 2-3 p.m. <b>Art for Adults</b> 3:30- 4:30 p.m.	<b>Medical Enrollment Services</b> 7 <b>*Call to Make Appointment*</b> 9- 12 p.m. <b>Cardio Step</b> 10- 11 a.m. <b>Pre-school Cooking Class</b> 10- 11 a.m. <b>Healthcare Navigation: Colon Cancer Awareness</b> 11- 12 p.m. <b>Center Closed</b> 12- 5 p.m.	<b>Free Tax Preparation Event</b> 8 <b>**Registration Required**</b> 9- 2 p.m.		
<b>Medical Enrollment Services</b> 10 <b>*Call to Make Appointment*</b> 9- 12 p.m. <b>CPR (ENG)</b> <b>Register at freecprla.com</b> 9:30- 12:30 p.m. <b>Diabetes Education Series</b> 1- 2:30 p.m. <b>Health Advocates SSI/ SSDI Disability Assistance</b> 1- 3 p.m. <b>Chair Yoga</b> 2- 3 p.m. <b>Homework Help</b> 3- 4:30 p.m.	<b>Medical Enrollment Services</b> 11 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Cal Fresh Enrollment Services</b> 9- 5 p.m. <b>Zumba</b> 9- 10 a.m. <b>Cardio Dance</b> 10- 11 a.m. <b>Stretch and Agility</b> 11- 12 p.m. <b>Strength Training</b> 12- 1 p.m. <b>Cooking Matters</b> 1:30- 2:30 p.m. <b>Registered Dietitian: Eating Out/ Helpful Fast Foods</b> 2:30- 3:30 p.m. <b>Love your Heart</b> 3:30- 4:30 p.m.	<b>Medical Enrollment Services</b> 12 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Zumba</b> 9- 10 a.m. <b>Anger Management (Virtual)</b> 10- 11:30 a.m. <b>Book with Coffee</b> 11:30- 12:30 p.m. <b>Vinyasa Yoga</b> 1:30- 2:30 p.m. <b>Homework Help</b> 3- 4:30 p.m. <b>Chase Money Skills</b> 3:30- 4:30 p.m. <b>Blood Pressure Education Series</b> 4- 6 p.m.	<b>Medical Enrollment Services</b> 13 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Zumba</b> 9-10 a.m. <b>Parenting Class</b> 9:30- 11 a.m. <b>Chair Yoga</b> 10:30- 11:30 a.m. <b>How Much is Too Much (SPA)</b> 11:30- 1 p.m. <b>Childbirth Education</b> 12- 1 p.m. <b>Cardio Step</b> 1-2 p.m. <b>Family Cooking</b> 2- 3 p.m.	 			
<b>Medical Enrollment Services</b> 17 <b>*Call to Make Appointment*</b> 9- 12 p.m. <b>CPR (ENG)</b> <b>Register at freecprla.com</b> 9:30- 12:30 p.m. <b>Diabetes Education Series</b> 1- 2:30 p.m. <b>Chair Yoga</b> 2- 3 p.m. <b>Homework Help</b> 3- 4:30 p.m.	<b>Medical Enrollment Services</b> 18 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Cal Fresh Enrollment Services</b> 9- 5 p.m. <b>Zumba</b> 9- 10 a.m. <b>Strength Training</b> 12- 1 p.m. <b>Cooking Matters</b> 1:30- 2:30 p.m. <b>Registered Dietitian: Mediterranean Diet</b> 2:30- 3:30 p.m. <b>Cholesterol Education</b> 3:30- 4:30 p.m.	<b>Medical Enrollment Services</b> 19 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Zumba</b> 9- 10 a.m. <b>Anger Management (Virtual)</b> 10- 11:30 a.m. <b>Vinyasa Yoga</b> 1:30- 2:30 p.m. <b>Homework Help</b> 3- 4:30 p.m. <b>Blood Pressure Education Series</b> 4- 6 p.m.	<b>Diaper Distribution **First 50 Participants**</b> 20 <b>9- 5 p.m.</b> <b>Medical Enrollment Services</b> <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Zumba</b> 9- 10 a.m. <b>Parenting Class</b> 9:30- 11 a.m. <b>Chair Yoga</b> 10:30- 11:30 a.m. <b>Childbirth Education</b> 12- 1 p.m.	<b>Medical Enrollment Services</b> 21 <b>*Call to Make Appointment*</b> 9- 12 p.m. <b>Cardio Step</b> 10- 11 a.m. <b>Healthcare Navigation: When and How to Ask for a Second Medical Opinion</b> 11- 12 p.m. <b>Cardio Dance</b> 12- 1 p.m. <b>Stretch and Agility</b> 1- 2 p.m. <b>Family Cooking</b> 3- 4 p.m.			
<b>Medical Enrollment Services</b> 24 <b>*Call to Make Appointment*</b> 9- 12 p.m. <b>Diabetes Education Series</b> 1- 2:30 p.m. <b>Chair Yoga</b> 2- 3 p.m. <b>Homework Help</b> 3- 4:30 p.m.	<b>Medical Enrollment Services</b> 25 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Cal Fresh Enrollment Services</b> 9- 5 p.m. <b>Zumba</b> 9- 10 a.m. <b>Strength Training</b> 12- 1 p.m. <b>Cooking Matters</b> 1:30- 2:30 p.m. <b>Registered Dietitian: Weight Loss that works for you</b> 2:30- 3:30 p.m. <b>Weight Management Education</b> 3:30- 4:30 p.m.	<b>Medical Enrollment Services</b> 26 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Zumba</b> 9- 10 a.m. <b>Anger Management (Virtual)</b> 10- 11:30 a.m. <b>Vinyasa Yoga</b> 1:30- 2:30 p.m. <b>Homework Help</b> 3- 4:30 p.m. <b>Blood Pressure Education Series</b> 4- 6 p.m.	<b>Medical Enrollment Services</b> 27 <b>*Call to Make Appointment*</b> 9- 4 p.m. <b>Zumba</b> 9-10 a.m. <b>Parenting Class</b> 9:30- 11 a.m. <b>Chair Yoga</b> 10:30- 11:30 a.m. <b>Resiliency (SPA)</b> 11:30- 1 p.m. <b>Childbirth Education</b> 12- 1 p.m. <b>Art for Adults</b> 2- 3 p.m.	<b>Medical Enrollment Services</b> 28 <b>*Call to Make Appointment*</b> 9- 12 p.m. <b>Cardio Step</b> 10- 11 a.m. <b>Pre-school Cooking Class</b> 10- 11 a.m. <b>Healthcare Navigation: Diabetes 101- Part 2</b> 11- 12 p.m. <b>Cardio Dance</b> 12- 1 p.m. <b>Stretch and Agility</b> 1- 2 p.m. <b>Family Cooking</b> 3- 4 p.m.			
							

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**



5599 ATLANTIC AVENUE, LONG BEACH, CA 90805



**CENTER HOURS:**

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



562.256.9810

CommunityResourceCenterLA.org



# LONG BEACH MARZO 2025

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO		
<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 12 p.m. <b>Serie de Educación Sobre Diabetes</b> 1- 2:30 p.m. <b>Yoga en Silla</b> 2- 3 p.m. <b>Ayuda de Tareas</b> 3- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Servicios de inscripción para CalFresh</b> 9- 5 p.m. <b>Zumba</b> 9-10 a.m. <b>Baile de Salsa Aerobico</b> 10- 11 a.m. <b>Estiramiento y Agilidad</b> 11- 12 p.m. <b>Entrenamiento de Fuerza</b> 12-1 p.m. <b>Cocinando Saludable</b> 1:30- 2:30 p.m. <b>Dietista Registrada: Preparación de Alimentos Saludables/Ahorro de Tiempo y Seguridad Alimentaria</b> 2:30- 3:30 p.m. <b>Educación sobre Diabetes y Prediabetes</b> 3:30- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Zumba</b> 9-10 a.m. <b>Manejo de Ira (Virtual)</b> 10- 11:30 a.m. <b>Yoga Vinyasa</b> 1:30- 2:30 p.m. <b>Ayuda de Tareas</b> 3- 4:30 p.m. <b>Serie Educativa Sobre Presión Arterial</b> 4- 6 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Zumba</b> 9- 10 a.m. <b>Clase para Padres</b> 9:30-11 a.m. <b>Yoga en Silla</b> 10:30- 11:30 a.m. <b>Acaparamiento</b> 11:30- 1 p.m. <b>Educación Sobre el Parto</b> 12- 1 p.m. <b>Clase de Cocina Para la Familia</b> 2- 3 p.m. <b>Arte para Adultos</b> 3:30- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 12 p.m. <b>Cardio Step</b> 10- 11 a.m. <b>Clase de Cocina para Preescolar</b> 10- 11 a.m. <b>Como Navegar el Sistema Medico: Concientización sobre el cáncer de colon</b> 11 - 12 p.m. <b>Centro Cerrado</b> 12- 5 p.m.	<b>Preparacion de Impuestos Gratuito</b> <b>**Registración Requerida**</b> 9- 2 p.m.		
<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 12 p.m. <b>RCP y Primeros Auxilios (ENG)</b> <b>Registrarse en freecprla.com</b> 9:30- 12:30 p.m. <b>Serie de Educación Sobre Diabetes</b> 1- 2:30 p.m. <b>Asistencia para Discapacidad con SSI/SSDI</b> 1- 3 p.m. <b>Yoga en Silla</b> 2- 3 p.m. <b>Ayuda de Tareas</b> 3- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Servicios de inscripción para CalFresh</b> 9- 5 p.m. <b>Zumba</b> 9-10 a.m. <b>Baile de Salsa Aerobico</b> 10- 11 a.m. <b>Estiramiento y Agilidad</b> 11- 12 p.m. <b>Entrenamiento de Fuerza</b> 12-1 p.m. <b>Cocinando Saludable</b> 1:30- 2:30 p.m. <b>Dietista Registrada: Comer Fuera/Comidas Rápidas útiles</b> 2:30- 3:30 p.m. <b>Ama tu Corazon</b> 3:30- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Zumba</b> 9-10 a.m. <b>Manejo de Ira (Virtual)</b> 10- 11:30 a.m. <b>Libros con Cafe</b> 11:30- 12:30 p.m. <b>Yoga Vinyasa</b> 1:30- 2:30 p.m. <b>Ayuda de Tareas</b> 3- 4:30 p.m. <b>Chase Money Skills</b> 3:30- 4:30 p.m. <b>Serie Educativa Sobre Presión Arterial</b> 4- 6 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Zumba</b> 9- 10 a.m. <b>Clase para Padres</b> 9:30-11 a.m. <b>Yoga en Silla</b> 10:30- 11:30 a.m. <b>Cuánto es Demasiado</b> 11:30- 1 p.m. <b>Educación Sobre el Parto</b> 12- 1 p.m. <b>Cardio Step</b> 1-2 p.m. <b>Clase de Cocina Para la Familia</b> 2- 3 p.m.	 			
<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 12 p.m. <b>RCP y Primeros Auxilios (ENG)</b> <b>Registrarse en freecprla.com</b> 9:30- 12:30 p.m. <b>Serie de Educación Sobre Diabetes</b> 1- 2:30 p.m. <b>Yoga en Silla</b> 2- 3 p.m. <b>Ayuda de Tareas</b> 3- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Servicios de inscripción para CalFresh</b> 9- 5 p.m. <b>Zumba</b> 9-10 a.m. <b>Entrenamiento de Fuerza</b> 12-1 p.m. <b>Cocinando Saludable</b> 1:30- 2:30 p.m. <b>Dietista Registrada: Dieta Mediterránea</b> 2:30- 3:30 p.m. <b>Colesterol</b> 3:30- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Zumba</b> 9-10 a.m. <b>Manejo de Ira (Virtual)</b> 10- 11:30 a.m. <b>Libros con café</b> 11:30- 12:30 p.m. <b>Yoga Vinyasa</b> 1:30- 2:30 p.m. <b>Ayuda de Tareas</b> 3- 4:30 p.m. <b>Chase Money Skills</b> 3:30- 4:30 p.m. <b>Serie Educativa Sobre Presión Arterial</b> 4- 6 p.m.	<b>Distribución de Pañales</b> 9-5 p.m. <b>*Primeros 50 participantes*</b> <b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Zumba</b> 9-10 a.m. <b>Clase para Padres</b> 9:30-11 a.m. <b>Yoga en Silla</b> 10:30- 11:30 a.m. <b>Educación Sobre el Parto</b> 12- 1 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 12 p.m. <b>Cardio Step</b> 10- 11 a.m. <b>Como Navegar el Sistema Medico: Cuándo y Cómo Solicitar una Segunda Opinión Médica</b> 11 - 12 p.m. <b>Baile de Salsa Aerobico</b> 12- 1 p.m. <b>Estiramiento y Agilidad</b> 1- 2 p.m. <b>Clase de Cocina Para la Familia</b> 3- 4 p.m.			
<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 12 p.m. <b>Serie de Educación Sobre Diabetes</b> 1- 2:30 p.m. <b>Yoga en Silla</b> 2- 3 p.m. <b>Ayuda de Tareas</b> 3- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Servicios de inscripción para CalFresh</b> 9- 5 p.m. <b>Zumba</b> 9-10 a.m. <b>Entrenamiento de Fuerza</b> 12-1 p.m. <b>Cocinando Saludable</b> 1:30- 2:30 p.m. <b>Dietista Registrada: Pérdida de Peso que Funciona para Usted</b> 2:30- 3:30 p.m. <b>Educación Sobre el Control del peso</b> 3:30- 4:30 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Zumba</b> 9-10 a.m. <b>Manejo de Ira (Virtual)</b> 10- 11:30 a.m. <b>Yoga Vinyasa</b> 1:30- 2:30 p.m. <b>Ayuda de Tareas</b> 3- 4:30 p.m. <b>Serie Educativa Sobre Presión Arterial</b> 4- 6 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 4 p.m. <b>Zumba</b> 9- 10 a.m. <b>Clase para Padres</b> 9:30-11 a.m. <b>Yoga en Silla</b> 10:30- 11:30 a.m. <b>Resiliencia</b> 11:30- 1 p.m. <b>Educación Sobre el Parto</b> 12- 1 p.m. <b>Arte para Adultos</b> 2- 3 p.m.	<b>Servicios de Inscripción Médica</b> <b>*Llame para hacer una cita*</b> 9- 12 p.m. <b>Cardio Step</b> 10- 11 a.m. <b>Clase de Cocina para Preescolar</b> 10- 11 a.m. <b>Como Navegar el Sistema Medico: Diabetes 101- Parte 2</b> 11 - 12 p.m. <b>Baile de Salsa Aerobico</b> 12- 1 p.m. <b>Estiramiento y Agilidad</b> 1- 2 p.m. <b>Clase de Cocina Para la Familia</b> 3- 4 p.m.			
							

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**

**5599 ATLANTIC AVENUE, LONG BEACH, CA 90805**

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

**562.256.9810**  
**CommunityResourceCenterLA.org**