



METRO L.A. MARCH 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m.</p> <p>English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p>	<p>4</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>English - Let's Talk About High Blood Pressure (4 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 1:45 p.m. - 3:00 p.m.</p>	<p>5</p> <p>Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>6</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>7</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p> <p>Center Closed - Staff Enrichment Time Co-Sponsored by LAC & BSP 1:00 p.m. - 5:00 p.m.</p>	<p>8</p> <p></p>
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<p>31</p> <p></p> <p>CÉNAR CHÁVEZ DAY</p> <p>CENTER CLOSED</p>			<p></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* <ul style="list-style-type: none"> 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>	<p></p> <p>CRC Website</p>

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



1233 S. Western Ave.
Los Angeles, CA 90006



CENTER HOURS:

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



213.428.1457

CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>3</p> <p>Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m.</p> <p>Servicio para Miembros Martes, Miércoles, Jueves 9:00 a.m. - 4:30 p.m.</p> <p>Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.</p>	<p>4</p> <p>Yoga Suave 9:15 a.m. - 10:15 a.m.</p> <p>Yoga Activo 10:30 a.m. - 11:30 a.m.</p> <p>Inglés - Hay Que Hablar Sobre la Presión Alta (4 de 4) 11:45 a.m. - 12:45 p.m.</p> <p>Español - Vivir Bien con Diabetes (3 de 4) 1:45 p.m. - 3:00 p.m.</p>	<p>5</p> <p>Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp</p> <p>Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m.</p> <p>Bilingüe - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Ing/Esp</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>6</p> <p>Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m.</p> <p>Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m.</p> <p>Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Baile Aerobico (Principantes)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Baile Aerobico (Intermediante)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>7</p> <p>Meditacion (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.</p> <p>Centro Cerrado Para el Enriquecimiento del Personal - Copatrocinado por LAC y BSP 1:00 p.m. - 5:00 p.m.</p>	<p>8</p> <p>CENTRO CERRADO</p>
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<p>31</p> <p>DÍA DE CÉSAR CHÁVEZ</p> <p>CENTRO CERRADO</p>			<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</p>	<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* <ul style="list-style-type: none"> • Medi-cal, MediCare, Covered California, y Calfresh - Orientación para nuevos miembros <p>*Comuníquese con el Centro para disponibilidad de Servicios</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>CENTRO CERRADO</p> <p>CRC Sitio de Web</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

1233 S. Western Ave. Los Angeles, CA 90006

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

213.428.1457 CommunityResourceCenterLA.org