



WEST L.A. MARCH 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal Enrollment 3 10 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Center Open from 10 a.m. - 5 p.m. 4 Medi-Cal Enrollment 10 a.m. - 4 p.m. CalFresh Assistance 10 a.m. - 4 p.m. Full Body Stretch 1 - 2 p.m. Hypertension Management (Spanish) 3 - 4:30 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Medi-Cal Enrollment 5 10 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Medi-Cal Enrollment 6 10 a.m. - 4 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4 - 6:30 p.m.	Medi-Cal Enrollment 7 10 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m. Center Closed for Staff Enrichment 1 - 5 p.m.	
Medi-Cal Enrollment 10 10 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Center Open from 10 a.m. - 5 p.m. 11 Medi-Cal Enrollment 10 a.m. - 4 p.m. CalFresh Assistance 10 a.m. - 4 p.m. Full Body Stretch 1 - 2 p.m. Hypertension Management (Spanish) 3 - 4:30 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Medi-Cal Enrollment 12 10 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Healthy Cooking Class 3:30 - 4:30 p.m. Arts and Crafts for Kids (K-8) 3:30 - 4:30 p.m.	Medi-Cal Enrollment 13 10 a.m. - 4 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4 - 6:30 p.m.	Medi-Cal Enrollment 14 10 a.m. - 4 p.m. Cardio Conditioning 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	
Medi-Cal Enrollment 17 10 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Center Open from 10 a.m. - 5 p.m. 18 Medi-Cal Enrollment 10 a.m. - 4 p.m. CalFresh Assistance 10 a.m. - 4 p.m. Full Body Stretch 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	CPR & First Aid (Spanish) 19 9 a.m. - 12 p.m. Medi-Cal Enrollment 10 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Medi-Cal Enrollment 20 10 a.m. - 4 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4 - 6:30 p.m.	Diaper Distribution 21 9 a.m. - 4 p.m. Medi-Cal Enrollment 10 a.m. - 4 p.m. Cardio Conditioning 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	CPR & First Aid (English) 22 9 a.m. - 12 p.m.
Medi-Cal Enrollment 24 10 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Center Open from 10 a.m. - 5 p.m. 25 Medi-Cal Enrollment 10 a.m. - 4 p.m. CalFresh Assistance 10 a.m. - 4 p.m. Full Body Stretch 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Medi-Cal Enrollment 26 10 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Healthy Cooking Class 3:30 - 4:30 p.m. Arts and Crafts for Kids (K-8) 3:30 - 4:30 p.m.	Medi-Cal Enrollment 27 10 a.m. - 4 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4 - 6:30 p.m.	Medi-Cal Enrollment 28 10 a.m. - 4 p.m. Cardio Conditioning 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	
<div style="border: 2px solid orange; padding: 10px; text-align: center;"> CÉSAR CHÁVEZ DAY CENTER CLOSED </div>		<div style="border: 2px solid orange; padding: 10px; text-align: center;"> BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required. </div>	<div style="border: 2px solid orange; padding: 10px;"> CENTER SERVICES <ul style="list-style-type: none"> - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE! </div>	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> CRC Website </div>	<div style="border: 2px solid orange; padding: 10px;"> CPR & First Aid classes are now in-person Limited class space is available and pre-registration is required. Register at: freecprla.com Call our center for more information! </div>

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



11173 W. Pico Blvd.
Los Angeles, CA 90064



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



310.231.3854
CommunityResourceCenterLA.org



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MARZO
2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripción de Medi-Cal 10 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Centro Abietro de 10 a.m. - 5 p.m. Inscripción de Medi-Cal 10 a.m. - 4 p.m. Asistencia para CalFresh 10 a.m. - 4 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Manejo de la Hipertensión (Español) 3 - 4:30 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4 - 6:30 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m. Centro Cerrado por Enriquecimiento del Personal Copatrocinado 1 - 5 p.m.	
Inscripción de Medi-Cal 10 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Centro Abietro de 10 a.m. - 5 p.m. Inscripción de Medi-Cal 10 a.m. - 4 p.m. Asistencia para CalFresh 10 a.m. - 4 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Manejo de la Hipertensión (Español) 3 - 4:30 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Clase de Cocina Saludable 3:30 - 4:30 p.m. Artes y Manualidades para Niños (K-8) 3:30 - 4:30 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4 - 6:30 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Acondicionamiento Cardiovascular 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	
Inscripción de Medi-Cal 10 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Centro Abietro de 10 a.m. - 5 p.m. Inscripción de Medi-Cal 10 a.m. - 4 p.m. Asistencia para CalFresh 10 a.m. - 4 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	RCP y Primeros Auxilios (Español) 9 a.m. - 12 p.m. Inscripción de Medi-Cal 10 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4 - 6:30 p.m.	Distribución de Pañales 9 a.m. - 4 p.m. Inscripción de Medi-Cal 10 a.m. - 4 p.m. Acondicionamiento Cardiovascular 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	RCP y Primeros Auxilios (Inglés) 9 a.m. - 12 p.m.
Inscripción de Medi-Cal 10 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Centro Abietro de 10 a.m. - 5 p.m. Inscripción de Medi-Cal 10 a.m. - 4 p.m. Asistencia para CalFresh 10 a.m. - 4 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Clase de Cocina Saludable 3:30 - 4:30 p.m. Artes y Manualidades para Niños (K-8) 3:30 - 4:30 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4 - 6:30 p.m.	Inscripción de Medi-Cal 10 a.m. - 4 p.m. Acondicionamiento Cardiovascular 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	
 CENTRO CERRADO		 AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	SERVICIOS DEL CENTRO <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <small>*Comuníquese con el Centro para disponibilidad de Servicios</small> TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	 CRC Sitio de Web	Las clases de RCP y Primeros Auxilios ahora son en persona Espacio de las clases es limitado y se requiere inscripción previa. Regístrese en: freecprla.com ¡Llama a nuestro centro para más información!

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



11173 W. Pico Blvd.
Los Angeles, CA 90064



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



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