





LONG BEACH APRIL 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Vegetarian Diet 2:30-3:30 p.m. Meal Planning 3:30- 4:30 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Vinyasa Yoga 1:30- 2:30 p.m. Homework Help 3- 4:30 p.m. Blood Pressure Education Class 4-6 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Bullying 11:30- 1 p.m. Lactation Education 12 - 1 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 12 p.m. Cardio Step 10-11 a.m. Healthcare Navigation: What to do when my doctor will not listen to me 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	
Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. CPR (ENG) Register at freecprla.com 9:30- 12:30 p.m. Chair Yoga 2- 3 p.m. Homework Help 3- 4:30 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Food Shopping on a Budget 2:30- 3:30 p.m. Diabetes and Pre-Diabetes 3:30- 4:30 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Book with Coffee 11:30- 12:30 p.m. Vinyasa Yoga 1:30- 2:30 p.m. Homework Help 3- 4:30 p.m. Chase Money Skills 3:30- 4:30 p.m. Blood Pressure Education Class 4-6 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Late Life Transitions 11:30- 1 p.m. Lactation Education 12 - 1 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 12 p.m. Cardio Step 10-11 a.m. Healthcare Navigation: Black Maternal Health Week: Protecting Black Mothers and Black Babies 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	
Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Health Advocates SSI/ SSDI Disability Assistance 1- 3 p.m. Chair Yoga 2- 3 p.m. Homework Help 3- 4:30 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Healthy Food Preparation/Time Saver and Food Safety 2:30- 3:30 p.m. Love your Heart 3:30-4:30 pm	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Vinyasa Yoga 1:30- 2:30 p.m. Homework Help 3- 4:30 p.m.	Diaper Distribution **First 50 Participants** 9- 5 p.m. Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Lactation Education 12 - 1 p.m. S.O.U.L Circle **Call to register** 1-2 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 12 p.m. Cardio Step 10-11 a.m. Healthcare Navigation: Spring Into Wellness: Cleaning Up Your Health & Healthcare Navigation 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	
Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Chair Yoga 2- 3 p.m. Homework Help 3- 4:30 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Eating out/Helpful Fast Foods 2:30- 3:30 p.m. Cholesterol 3:30-4:30 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Vinyasa Yoga 1:30- 2:30 p.m. Homework Help 3- 4:30 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Grief and Loss 11:30- 1 p.m. Lactation Education 12 - 1 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 12 p.m. Cardio Step 10-11 a.m. Healthcare Navigation: Medi-Cal & Medicare 101 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	L.A. Care New Member Orientation 10 a.m- 2 p.m.
Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. CPR (SPA) Register at freecprla.com 9:30- 12:30 p.m. Chair Yoga 2- 3 p.m. Homework Help 3- 4:30 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Mediterranean Diet 2:30- 3:30 p.m. Weight Management 3:30- 4:30 pm Tenant Right's Workshop 5:30- 7:00 p.m.	Medical Enrollment Services *Call to Make Appointment* 9- 4 p.m. Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Dental Screening 1-4 p.m. Vinyasa Yoga 1:30- 2:30 p.m. Homework Help 3- 4:30 p.m.	CENTER SERVICES <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 <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	

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 AVE.,
LONG BEACH, CA
90805



CENTER HOURS:

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



562.256.9810

CommunityResourceCenterLA.org



LONG BEACH ABRIL 2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Dieta Vegetariana 2:30- 3:30 p.m. Planeando tus Comidas 3:30 -4:30 p.m..	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Yoga Vinyasa 1:30- 2:30 p.m. Ayuda de Tareas 3- 4:30 p.m. Serie Educativa Sobre Presion Arterial 4-6 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Acoso 11:30- 1 p.m Educación sobre Lactancia 12-1 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 12 p.m. Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Que Hacer Cuando Mi Doctor no me Escucha 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	 CENTRO CERRADO
Servicios de Inscripción Médica *Llame para hacer una cita* 9- 12 p.m. RCP y Primeros Auxilios (ENG) Registrarse en freecprla.com 9:30- 12:30 p.m. Yoga en Silla 2- 3 p.m. Ayuda de Tareas 3- 4:30 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Compra de Alimentos con un Presupuesto 2:30- 3:30 p.m. Diabetes y Pre-Diabetes 3:30 -4:30 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Libros con café 11:30- 12:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Ayuda de Tareas 3- 4:30 p.m. Chase Money Skills 3:30- 4:30 p.m. Serie Educativa Sobre Presion Arterial 4-6 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Acoso 11:30- 1 p.m Educación sobre Lactancia 12-1 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 12 p.m. Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Semana de la Salud Materna Negra: Protección de Las Madres y los Bebés Negros 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	 CENTRO CERRADO
Servicios de Inscripción Médica *Llame para hacer una cita* 9- 12 p.m. Asistencia para Discapacidad con SSI/SSDI 1-3 p.m. Yoga en Silla 2- 3 p.m. Ayuda de Tareas 3- 4:30 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Preparación de Alimentos Saludables/Ahorro de Tiempo y Seguridad Alimentaria 2:30- 3:30 p.m. Ama tu Corazón 3:30- 4:30 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Yoga Vinyasa 1:30- 2:30 p.m. Ayuda de Tareas 3- 4:30 p.m.	Distribución de Pañales *Primeros 50 participantes* 9-5 p.m. Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m.. Educación sobre Lactancia 12-1 p.m. S.O.U.L Circle *Llame para hacer registrarse* 1-2 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 12 p.m. Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Mejorando tu Salud y la Navegación en el Cuidado de la Salud 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	 CENTRO CERRADO
Servicios de Inscripción Médica *Llame para hacer una cita* 9- 5 p.m. Yoga en Silla 2- 3 p.m. Ayuda de Tareas 3- 4:30 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Comer Fuera de Casa/Comidas Rápidas Útiles 2:30- 3:30 p.m. Colesterol 3:30-4:30 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Yoga Vinyasa 1:30- 2:30 p.m. Ayuda de Tareas 3- 4:30 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Duelo y Pérdida 11:30- 1 p.m. Educación sobre Lactancia 12-1 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 12 p.m. Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico :Medi-Cal y Medicare 101 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	Orientación para nuevos miembros de L.A. Care 10 a.m.- 2 p.m
Servicios de Inscripción Médica *Llame para hacer una cita* 9- 12 p.m RCP y Primeros Auxilios (ESP) Registrarse en freecprla.com 9:30- 12:30 p.m. Yoga en Silla 2- 3 p.m. Ayuda de Tareas 3- 4:30 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Dieta Mediterránea 2:30- 3:30 p.m. Control de Peso 3:30-4:30 pm Taller de Derecho como Inquilino 5:30 - 7 p.m.	Servicios de Inscripción Médica *Llame para hacer una cita* 9- 4 p.m. Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Evaluaciones Dentales para 0-21 años de edad Llame para Mas Informacion 1-4 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Ayuda de Tareas 3- 4:30 p.m.	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!	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	 CRC Sitio de Web

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 AVE.,
LONG BEACH, CA
90805



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



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