



PALMDALE
APRIL
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</p>	<p>1</p> <p>Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Wellness for Older Adults 12:10 - 1:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>2</p> <p>Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Understanding Behavior and Disorders in Minors 10:15 - 11:45 a.m. Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.</p>	<p>3</p> <p>Cal Fresh Enrollments 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p>4</p> <p>Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1 p.m. Eng. Money Smart for Adults: Mes de la Alfabetización Financiera 10:30 - 11:30 a.m. Spa. Money Smart for Adults: Financial Literacy Month. 11:45 a.m. - 12:45 p.m. Eng</p>	<p>5</p> <p>HEALTHY EATING RESOURCE FAIR</p> <p></p> <p>10:00AM - 12:30PM (Open to All)</p>
<p>7</p> <p>Free Tax Prep Services 10 a.m. - 3 p.m. Zumba 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Healthy Smoothies 12 - 12:45 p.m. Eng. & Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</p>	<p>8</p> <p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Wellness for Older Adults 12:10 - 1:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>9</p> <p>Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Adaptation, Immigration and Resilience 10:15 - 11:45 a.m. Spa. Coffee and Coloring 12 - 1 p.m. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.</p>	<p>10</p> <p>Cal Fresh Enrollments 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Food Pantry (Obtain a food bag) 1:30 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p>11</p> <p>Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10:15 a.m. - 1:15 p.m. Spa. Decorate Your Own Wooden Bird (60 max) 2:30 p.m. - 4:30 p.m.</p>	<p>12</p> <p></p> <p>CENTER CLOSED</p>
<p>14</p> <p>Zumba 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Healthy Smoothies 12 - 12:45 p.m. Eng. & Spa. New Member Orientation (L.A. Care Medi-Cal) 1 - 2 p.m. Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</p>	<p>15</p> <p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Wellness for Older Adults 12:10 - 1:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>16</p> <p>Covered CA Enrollments 10 a.m. - 5 p.m. Gun Violence Awareness Event (\$20 Gift Card for Attending One per Household) 10:30 - 11:30 a.m. Family Art Class (60 Max) 3 - 4 p.m. Boot Camp 4 - 5 p.m.</p>	<p>17</p> <p>Cal Fresh Enrollments 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p>18</p> <p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m. Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Paint Your Own Mandala Art (60 Max) 2:30 p.m. - 4:30 p.m.</p>	<p>19</p> <p></p> <p>CENTER CLOSED</p>
<p>21</p> <p>Zumba 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Healthy Smoothies 12 - 12:45 p.m. Eng. & Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</p>	<p>22</p> <p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Wellness for Older Adults 12:10 - 1:30 p.m. Eng. Folklorico Dance Class for Kids (Ages 4+) 3 - 5 p.m.</p>	<p>23</p> <p>Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. The Growing Brain of Infants 0-5 10:15 - 11:45 a.m. Eng & Spa. Anger Management Essential 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.</p>	<p>24</p> <p>Cal Fresh Enrollments 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Food Pantry (Obtain a food bag) 1:30 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p>25</p> <p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m. Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Decorate Your Own Suncatcher (60 Max) 3- 5 p.m.</p>	<p>26</p> <p></p> <p>CENTER CLOSED</p>
<p>28</p> <p>Zumba 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng. & Spa. Healthy Smoothies 12 - 12:45 p.m. Eng. & Spa. New Member Orientation (L.A. Care Medi-Cal) 1 - 2 p.m. Eng Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</p>	<p>29</p> <p>Medi-Cal and Cal Fresh Enrollments 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng. & Spa. Prevent Diabetes 12:05 - 1:20 p.m. Spa. Wellness for Older Adults 12:10 - 1:30 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.</p>	<p>30</p> <p>Covered CA Enrollments 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. The Growing Brain of Infants 0-5 10:15 - 11:45 a.m. Eng & Spa. Parenting Program 10:15 - 11:15 a.m. Eng. Coffee and Coloring 12 - 1 p.m. Anger Management Essential 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.</p>	<p>31</p> <p>Cal Fresh Enrollments 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 a.m. - 12 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p></p> <p>CRC Website</p>	<p>No Child Supervision in April.</p>

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Must wear appropriate shoes for fitness classes.

**BE ACTIVE,
HEALTHY & INFORMED**



2072 E. Palmdale Blvd,
Palmdale, CA 93550



CENTER HOURS:
Monday-Thursday: 9 a.m. - 5p.m.
Friday: 8 a.m. - 5 p.m.



213.438.5580
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</p>	<p>Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing. Pasos de Zumba 3 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Comprender los Comportamientos y Trastornos en Menores de Edad 10:15 - 11:45 a.m. Esp. Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Cal-Fresh 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 a.m. - 12 p.m. Condicion Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p>Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP/Primeros Auxilios Registrarse en freecprla.com (edades 14+) 10:15 a.m. - 1 p.m. Ing. Dinero Inteligente para Adultos: Mes de la Alfabetización Financiera) 10:30 - 11:30 a.m. Esp. Dinero Inteligente para Adultos: Financial Literacy Month 11:45 a.m. - 12:45p.m. Ing.</p>	<p>FERIA DE RECURSOS PARA UNA ALIMENTACIÓN SALUDABLE 10:00AM - 12:30PM (Abierto a todos)</p>
<p>Servicios Gratuitos de Preparación de Impuestos 10 a.m. - 3 p.m. Zumba 9 - 10 a.m. Abriendo Puertas 10:15 - 11:45 a.m. Ing. & Esp. Jugos Saludables 12 - 12:45 p.m. Ing. & Esp. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing. Pasos de Zumba 3 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. Talleres: Inmigracion, Adaptación y Resiliencia 10:15 - 11:45 a.m. Esp. Café y Colorear 12 - 1 p.m. Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Cal-Fresh 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 a.m. - 12 p.m. Despensa Comunitaria (Consigue una bolsa de comida) 1:30 p.m. Condicion Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p>Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP/Primeros Auxilios Registrarse en freecprla.com (edades 14+) 10:15 a.m. - 1:15 p.m. Esp. Decora tu Propio Pájaro de Madera (60 max) 2:30 p.m. - 4:30 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Zumba 9 - 10 a.m. Abriendo Puertas 10:15 - 11:45 a.m. Ing. & Esp. Jugos Saludables 12 - 12:45 p.m. Ing. & Esp. Orientación Para Nuevos Miembros (L.A Care Medi-Cal) 1 - 2 p.m. Esp Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing. Pasos de Zumba 3 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m. Evento de Concientización sobre la Violencia con Armas de Fuego (Tarjeta de Regalo de \$20 por Asistir. Uno por Hogar) 10:30 - 11:30 a.m. Eng. & Esp. Clase de Arte Familiar (60 Max) 3 - 4 p.m. Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Cal-Fresh 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 a.m. - 12 p.m. Condicion Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m. Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. Pinta Tu Propia Mandala (60 Max) 2:30 - 4:30 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Zumba 9 - 10 a.m. Abriendo Puertas 10:15 - 11:45 a.m. Ing. & Esp. Jugos Saludables 12 - 12:45 p.m. Ing. & Esp. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing. Clases de Danza Folklorico para Niños (Edades 4+) 3 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. El Cerebro en Crecimiento de Infantes 0-5 10:15 - 11:45 a.m. Ing y Esp Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Cal-Fresh 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 a.m. - 12 p.m. Despensa Comunitaria (Consigue una bolsa de comida) 1:30 p.m. Condicion Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m. Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. Decora Tu Propio Atrapasol (60 Max) 3 - 5 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Zumba 9 - 10 a.m. Abriendo Puertas 10:15 - 11:45 a.m. Ing. & Esp. Jugos Saludables 12 - 12:45 p.m. Ing. & Esp Orientación Para Nuevos Miembros (L.A Care Medi-Cal) 1 - 2 p.m. Ing Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</p>	<p>Inscripciones Medi-Cal y Cal-Fresh 9 a.m. - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing. & Esp. Prevenir la Diabetes 12:05 - 1:20 p.m. Esp. Bienestar para Adultos Mayores 12:10 - 1:30 p.m. Ing. Pasos de Zumba 3 - 4 p.m. Clases de Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.</p>	<p>Inscripciones Covered CA 10 a.m. - 5 p.m. Zumba Toning 9 - 10 a.m. El Cerebro en Crecimiento de Infantes 0-5 10:15 - 11:45 a.m. Ing y Esp Program de Crianza 10:15 - 11:15 a.m. Ing. Cafe y Colorear 12 - 1 p.m. Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.</p>	<p>Inscripciones Cal-Fresh 9 a.m. - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 a.m. - 12 p.m. Condicion Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m.</p>	<p> CRC Sitio de Web</p>	<p>No Hay Supervisión Infantil en Abril.</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. Debe usar zapatos apropiados para las clases de ejercicios.

**SEA ACTIVO,
SALUDABLE E INFORMADO**



2072 E. Palmdale Blvd,
Palmdale, CA 93550



HORARIO DEL CENTRO:
Lunes a Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 5 p.m.



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