



Community Resource Center



EL MONTE
JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9—10 a.m. Diabetes Basics 10:15—11 a.m. Eng. & Spa. Zumba Gold 11:15—12:15 p.m. Health Advocates: Supplemental Security Income Assistance (SSI) 1—3 p.m. Salsa Dance Aerobics: Family Edition 2—3 p.m. Salsa Dance Aerobics: Family Edition 3—4 p.m. Free Tutoring 3:30—4:45 p.m. 2	Yoga: Breathing & Stretching 9—10 a.m. Family Bingo Night 4—4:45 p.m. 3	Cal-Fresh Enrollment 9—4 p.m. Physical Fitness 9—10 a.m. Salsa Dance Aerobics 1:30—2:30 p.m. Salsa Dance Aerobics 2:30—3:30 p.m. Healthy Cooking Class For Kids (0—5 yrs. old) 3:45—4:45 p.m. Resume & IT Support 3:45—4:45 p.m. Eng. & Spa DMH: Holiday Blues 4—5 p.m. Eng. & Spa. 4	Yoga: Breathing & Stretching 10—11 a.m. Breast & Cervical Health Workshop 11-12p.m. Chi. Support Group w/ Department of Mental Health 2—4:30 p.m. Spa. Kids Arts & Crafts 3—4 p.m. 5	Zumba 9—10 a.m. The World of Juicing & Salads 10:30—11:15 a.m. Eng. & Spa. Healthy Cooking Class 11:30—1 p.m. Eng. & Spa. 6	CENTER CLOSED 7
Zumba 9—10 a.m. Diabetes Basics 10:15—11 a.m. Eng. & Spa. Zumba Gold 11:15—12:15 p.m. Free Tutoring 3:30—4:45 p.m. 9	Yoga: Breathing & Stretching 9—10 a.m. CPR & First Aid (Ages 14+) Register at freecprla.com 1—4 p.m. Spa. Family Bingo Night 4—4:45 p.m. 10	Cal-Fresh Enrollment 9—4 p.m. Physical Fitness 9—10 a.m. Salsa Dance Aerobics 1:30—2:30 p.m. Salsa Dance Aerobics 2:30—3:30 p.m. Healthy Cooking Class For Kids (0—5 yrs. old) 3:45—4:45 p.m. Resume & IT Support 3:45—4:45 p.m. Eng. & Spa 11	Yoga: Breathing & Stretching 10—11 a.m. Caring for Your Mental Health 10—11:30 a.m. Man. Breast & Cervical Health Workshop 11-12p.m.Eng. &Spa. Caring for Your Mental Health 1:30—3 p.m. Can. Support Group w/ Department of Mental Health 2—4:30 p.m. Spa. Kids Arts & Crafts 3—4 p.m. 12	Zumba 9—10 a.m. The World of Juicing & Salads 10:30—11:15 a.m. Eng. & Spa. Healthy Cooking Class 11:30—1 p.m. Eng. & Spa. Kids Painting Class 3—4 p.m. Salsa Dance Aerobics 3—4 p.m. Salsa Dance Aerobics 4—5 p.m. 13	CENTER CLOSED 14
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Zumba 9—10 a.m. Diabetes Basics 10:15—11 a.m. Eng. & Spa. Zumba Gold 11:15—12:15 p.m. Free Tutoring 3:30—4:45 p.m. 23	Yoga: Breathing & Stretching 9—10 a.m. L.A. Care New Member Orientation (\$10 GIFT CARD) REGISTRATION REQUIRED 11—12 p.m. Eng. & Spa. Resource Connection: Burn Prevention and Awareness 2:30 -3:30 p.m.Eng.&Spa. Resource Connection: Burn Prevention and Awareness 3:45-4:45 p.m. Eng & Chi. 24	Cal-Fresh Enrollment 9—4 p.m. Physical Fitness 9—10 a.m. Salsa Dance Aerobics 1:30—2:30 p.m. Salsa Dance Aerobics 2:30— 3:30 p.m. DMH: Holiday Blues 4— 5 p.m. Chi. Healthy Cooking Class For Kids (0—5 yrs. old) 3:45—4:45 p.m. Resume & IT Support 3:45—4:45 p.m. Eng. & Spa. 25	Yoga: Breathing & Stretching 10—11 a.m. Support Group w/ Department of Mental Health 2—4:30 p.m. Spa. Kids Arts & Crafts 3—4 p.m. 26	Zumba 9—10 a.m. The World of Juicing & Salads 10:30—11:15 a.m. Eng. & Spa. Healthy Cooking Class 11:30—1 p.m. Eng. & Spa. Kids Painting Class 3—4 p.m. Salsa Dance Aerobics 3—4 p.m. Salsa Dance Aerobics 4—5 p.m. 27	CENTER CLOSED 28
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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



3570 Santa Anita Ave.
El Monte, CA 91731



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



213-428-1495
CommunityResourceCenterLA.org

