



Community Resource Center



LINCOLN HEIGHTS JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal Enrollment Tuesday & Thursday 9 a.m. - 4 p.m. CalFresh Enrollment Monday - Friday 9 a.m. - 4 p.m. Member Services Monday - Friday 9 a.m. - 4 p.m. Grab & Go Food Pantry Monday - Friday 9 a.m. - 4 p.m.	The World of Juicing & Salads 9 - 10 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. Parenting Class: Managing Children's Emotions (SPANISH) 3 - 5 p.m. Arts & Crafts: Button Art for Adults 3:30 - 4:30 p.m.	Gentle Yoga 9 - 10 a.m. ZenStrength- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (ENGLISH) 12 - 1 p.m. Breakthrough Parenting (SPANISH) 1 - 2 p.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Cardio 9 - 10 a.m. Stretch & Strengthening 10 - 11 a.m. The Art of Fruits & Vegetables 1 - 2 p.m. Arts & Crafts: Canvas Pop Out for Kids (Ages 4+) 2:30 - 3:30 p.m. Healthy Cooking for Kids (Ages 4 - 13) 3:45 - 4:45 p.m.	INDEPENDENCE DAY CENTER CLOSED	 CENTER CLOSED
Healthy Cooking for Adults 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Emergency Preparedness (ENGLISH) 1 - 3 p.m.	The World of Juicing & Salads 9 - 10 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. CPR & First Aid (ENGLISH) (Ages 14 and over) Register at freecprla.org 1 - 4 p.m. Parenting Class: Managing Children's Emotions (SPANISH) 3 - 5 p.m. Arts & Crafts: Keep Swimming, Jellyfish Craft for Kids (Ages 4-12) 3:30 - 4:30 p.m.	Gentle Yoga 9 - 10 a.m. ZenStrength- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (ENGLISH) 12 - 1 p.m. Breakthrough Parenting (SPANISH) 1 - 2 p.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Cardio 9 - 10 a.m. Stretch & Strengthening 10 - 11 a.m. The Art of Fruits & Vegetables 1 - 2 p.m. Healthy Cooking for Kids (Ages 4 - 13) 3:45 - 4:45 p.m.	Self & Personal Care (SPANISH) 11 a.m. - 12 p.m. Cook & Live Healthy (SPANISH) 1 - 2 p.m. Cook & Live Healthy (ENGLISH) 2 - 3 p.m. Family Activity: Together Exploring Emotions (SPANISH) 3:30 - 4:30 p.m. Move & Groove Family Fitness 4 - 5 p.m.	 CENTER CLOSED
Healthy Cooking for Adults 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m.	The World of Juicing & Salads 9 - 10 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. CPR & First Aid (SPANISH) (Ages 14 and over) Register at freecprla.org 1 - 4 p.m. Parenting Class: Managing Children's Emotions (SPANISH) 3 - 5 p.m.	Gentle Yoga 9 - 10 a.m. ZenStrength- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (ENGLISH) 12 - 1 p.m. Breakthrough Parenting (SPANISH) 1 - 2 p.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Cardio 9 - 10 a.m. Stretch & Strengthening 10 - 11 a.m. The Art of Fruits & Vegetables 1 - 2 p.m. Arts & Crafts: Book Vase for Adults 2:30 - 3:30 p.m. Healthy Cooking for Kids (Ages 4 - 13) 3:45 - 4:45 p.m.	 CENTER CLOSED	COMMUNITY GRAND OPENING RESOURCE FAIR 10AM - 2PM
Healthy Cooking for Adults 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Emergency Preparedness (SPANISH) 1 - 3 p.m.	The World of Juicing & Salads 9 - 10 a.m. Ice Cream: Storytime & Craft for Kids (Ages 4 - 13) 10 - 10:45 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. Parenting Class: Managing Children's Emotions (SPANISH) 3 - 5 p.m. Arts & Crafts: DIY Lantern for Adults 3:30 - 4:30 p.m.	Gentle Yoga 9 - 10 a.m. ZenStrength- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (ENGLISH) 12 - 1 p.m. Breakthrough Parenting (SPANISH) 1 - 2 p.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Cardio 9 - 10 a.m. Stretch & Strengthening 10 - 11 a.m. The Art of Fruits & Vegetables 1 - 2 p.m. Arts & Crafts: Decopouge Vase for Adults 2:30 - 3:30 p.m. Healthy Cooking for Kids (Ages 4 - 13) 3:45 - 4:45 p.m.	Milo's Free Food Market (while supplies last) 10 a.m. - 12 p.m. Self & Personal Care (ENGLISH) 11 a.m. - 12 p.m. Adult Cooking Club 1 - 2 p.m. Family Activity: Together Exploring Emotions (SPANISH) 3:30 - 4:30 p.m. Move & Groove Family Fitness 4 - 5 p.m.	 CENTER CLOSED
Healthy Cooking for Adults 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Coffee with a Taste of Community 12:30 - 2 p.m.	The World of Juicing & Salads 9 - 10 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. Parenting Class: Managing Children's Emotions (SPANISH) 3 - 5 p.m. Arts & Crafts: Neigh & Create for Kids (Ages 4-12) 3:30 - 4:30 p.m.	Gentle Yoga 9 - 10 a.m. ZenStrength- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (ENGLISH) 12 - 1 p.m. Breakthrough Parenting (SPANISH) 1 - 2 p.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Cardio 9 - 10 a.m. Stretch & Strengthening 10 - 11 a.m. The Art of Fruits & Vegetables 1 - 2 p.m. Arts & Crafts: Bookmarks & Charms with Family (For all ages) 2:30 - 3:30 p.m. Healthy Cooking for Kids (Ages 4 - 13) 3:45 - 4:45 p.m.	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 CRC Website

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



2430 N. BROADWAY
LOS ANGELES, CA
90031



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



213.294.2840
CommunityResourceCenterLA.org



Community Resource Center



LINCOLN HEIGHTS JULIO 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripciones de Medi-Cal Martes y Jueves 9 a.m. - 4 p.m. Inscripciones de CalFresh Lunes - Viernes 9 a.m. - 4 p.m. Servicio al Miembro Lunes - Viernes 9 a.m. - 4 p.m. Despensa de Alimentos Para Llevar Lunes - Viernes 9 a.m. - 4 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. Clase de Padres: Manejando las emociones de sus niños (ESPAÑOL) 3 - 5 p.m. Artes y Manualidades: Arte de Botones para Adultos 3:30 - 4:30 p.m.	Yoga Suave 9 - 10 a.m. Fuerza Zen- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (INGLES) 12 -1 p.m. Breakthrough Parenting (ESPAÑOL) 1 - 2 p.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila al Ritmo Activo 9 - 10 a.m. Estiramiento y Fortaleza 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. Artes y Manualidades: Lienzo Emergente para Niños (Edad 4+) 2:30 - 3:30 p.m. Cocinando Saludable para Niños (Edades 4 - 13) 3:45 - 4:45 p.m.	DÍA DE INDEPENDENCIA CENTRO CERRADO	
Cocinando Saludable para Adultos 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Preparación para Emergencias (INGLES) 1 - 3 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. RCP y Primeros Auxilios (INGLES) (Edad 14 años y mas) Registrarse en freecprla.org 1 - 4 p.m. Clase de Padres: Manejando las emociones de sus niños (ESPAÑOL) 3 - 5 p.m. Artes y Manualidades: Medusas Mágicas para Niños (Edades 4 -12) 3:30 - 4:30 p.m.	Yoga Suave 9 - 10 a.m. Fuerza Zen- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (INGLES) 12 -1 p.m. Breakthrough Parenting (ESPAÑOL) 1 - 2 p.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila al Ritmo Activo 9 - 10 a.m. Estiramiento y Fortaleza 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. Cocinando Saludable para Niños (Edades 4 - 13) 3:45 - 4:45 p.m.	Cuidado Personal (ESPAÑOL) 11 a.m. - 12 p.m. Cocina y Vive Saludable (ESPAÑOL) 1 - 2 p.m. Cocina y Vive Saludable (INGLES) 2 - 3 p.m. Actividad Familiar: Juntos Explorando las Emociones (ESPAÑOL) 3:30 - 4:30 p.m. Ejercicio en Familia: Muevete y Disfruta 4 - 5 p.m.	
Cocinando Saludable para Adultos 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. RCP y Primeros Auxilios (ESPAÑOL) (Edad 14 años y mas) Registrarse en freecprla.org 1 - 4 p.m. Clase de Padres: Manejando las emociones de sus niños (ESPAÑOL) 3 - 5 p.m.	Yoga Suave 9 - 10 a.m. Fuerza Zen- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (INGLES) 12 -1 p.m. Breakthrough Parenting (ESPAÑOL) 1 - 2 p.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila al Ritmo Activo 9 - 10 a.m. Estiramiento y Fortaleza 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. Artes y Manualidades: Florero hecho con un libro para Adultos 2:30 - 3:30 p.m. Cocinando Saludable para Niños (Edades 4 - 13) 3:45 - 4:45 p.m.		GRAN INAUGURACIÓN DE LA COMUNIDAD FERIA DE RECURSOS 10PM - 2PM
Cocinando Saludable para Adultos 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Preparación para Emergencias (ESPAÑOL) 1 - 3 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Helado: Cuentacuentos y Manualidades para niños (Edades 4 - 12) 10 - 10:45 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. Clase de Padres: Manejando las emociones de sus niños (ESPAÑOL) 3 - 5 p.m. Artes y Manualidades: Linterna Artesanal para Adultos 3:30 - 4:30 p.m.	Yoga Suave 9 - 10 a.m. Fuerza Zen- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (INGLES) 12 -1 p.m. Breakthrough Parenting (ESPAÑOL) 1 - 2 p.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila al Ritmo Activo 9 - 10 a.m. Estiramiento y Fortaleza 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. Artes y Manualidades: Florero de Decopauge para Adultos 2:30 - 3:30 p.m. Cocinando Saludable para Niños (Edades 4 - 13) 3:45 - 4:45 p.m.	El Mercadito de Alimentos Gratuitos de Milo (hasta agotar existencias) 10 a.m. - 12 p.m. Cuidado Personal (INGLES) 11 a.m. - 12 p.m. Club de Cocina para Adultos 1 - 2 p.m. Actividad Familiar: Juntos Explorando las Emociones (ESPAÑOL) 3:30 - 4:30 p.m. Ejercicio en Familia: Muevete y Disfruta 4 - 5 p.m.	
Cocinando Saludable para Adultos 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Cafésito con Sabor Comunitario 12:30 - 2 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. Clase de Padres: Manejando las emociones de sus niños (ESPAÑOL) 3 - 5 p.m. Artes y Manualidades: Arte de Pony para Niños (Edades 4-12) 3:30 - 4:30 p.m.	Yoga Suave 9 - 10 a.m. Fuerza Zen- Yoga 10:30 - 11:30 a.m. Breakthrough Parenting (INGLES) 12 -1 p.m. Breakthrough Parenting (ESPAÑOL) 1 - 2 p.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila al Ritmo Activo 9 - 10 a.m. Estiramiento y Fortaleza 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. Artes y Manualidades: Marcadores y Dijes de Resina en Familia (Todas las edades) 2:30 - 3:30 p.m. Cocinando Saludable para Niños (Edades 4 - 13) 3:45 - 4:45 p.m.	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



2430 N. BROADWAY
LOS ANGELES, CA
90031



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sabado: CERRADO



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