



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
L.A. Care New Member Orientation2 9 a.m.- 12 p.m. Chair Yoga 2- 3 p.m. Homework Help 3- 4:30 p.m.	Cal Fresh Enrollment Services3 9-5 p.m. Zumba 9-10 a.m. Art for Adults 10-11 a.m. Metro TAP Card Workshop 11- 11:30 a.m. Strength Training 12-1 p.m. Registered Dietitian: Eating out/Helpful Fast Foods 1:30-2:30 p.m. Registered Dietitian: Weight Management 2:30- 3:30 p.m. Cooking Matters 3:45- 4:45 p.m.	Zumba4 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Risk Factors Associated with Breast & Cervical Cancer 10-11 a.m. Vinyasa Yoga 1:30- 2:30 p.m. Homework Help 3- 4:30 p.m. Violence Prevention Series: Community Discussion on Gun Violence 5-7:30 p.m.	Zumba5 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Discover Your Passion (SPA & ENG) 11:30- 1 p.m. Lactation Education 12 -1 p.m.	Cardio Step6 10-11 a.m. Healthcare Navigation: Menopause & Thyroid Health 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED7
CPR (ENG)9 Register at freecprla.com 9:30 - 12:30 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.	Cal Fresh Enrollment Services10 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Registered Dietitian: Mediterranean Diet 1:30-2:30 p.m. Registered Dietitian: Meal Planning 2:30- 3:30 p.m. Cooking Matters 3:45- 4:45 p.m.	Zumba11 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. S.O.U.L Circle (**Call to Register**) 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- 4 p.m. Blood Pressure Education Class (**Call to register**) 4- 6 p.m.. Violence Prevention Series: De-escalation/Restorative Justice 5-7 p.m.	Diaper Distribution12 **First 50 Participants** 9- 5 p.m Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Emotional Wellbeing and Stress (SPA & ENG) 11:30- 1 p.m. Lactation Education 12 -1 p.m.	Cardio Step13 10-11 a.m. Healthcare Navigation: Hypothyroidism and Hyperthyroidism 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED14
L.A. Care New Member Orientation16 9 a.m. - 12 p.m. Chair Yoga 2- 3 p.m. Homework Help 3- 4:30 p.m.	Cal Fresh Enrollment Services17 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Registered Dietitian: Weight Loss that Works for You 1:30-2:30 p.m. Registered Dietitian: Diabetes and Pre-Diabetes 2:30- 3:30 p.m. Cooking Matters 3:45- 4:45 p.m.	Zumba18 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 (**Call to register**) 4- 6 p.m. Violence Prevention Series: Stop the Bleed 5-7 p.m.	JUNETEENTH NATIONAL INDEPENDENCE DAY19  CENTER CLOSED	Cardio Step20 10-11 a.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED21
CPR (SPA)23 Register at freecprla.com 9:30- 12:30 p.m. Chair Yoga 2- 3 p.m. Homework Help 3- 4:30 p.m.	Cal Fresh Enrollment Services24 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. Registered Dietitian: Vegetarian Diet 1:30-2:30 p.m. Registered Dietitian: Love your Heart 2:30- 3:30 p.m. Cooking Matters 3:45- 4:45 p.m.	Zumba25 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Vinyasa Yoga 1:30- 2:30 p.m. Dental Screening for 0-21 yrs old 1-4 p.m. Blood Pressure Education Class 4- 6 p.m.. Homework Help 3- 4:30 p.m.	Zumba26 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Mental Health and Stigma: Changing the Story (SPA & ENG) 11:30- 1 p.m. Lactation Education 12 -1 p.m. Art for Adults 2 - 3 p.m.	Cardio Step27 10-11 a.m. Healthcare Navigation: Does Menopause Cause Breast Cancer? 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED28
L.A. Care New Member Orientation30 9 a.m. - 12 p.m. Chair Yoga 2- 3 p.m. Homework Help 3- 4:30 p.m.		Medical Enrollment Services *Call to Make Appointment* Monday- Friday 9- 4 p.m.	CENTER SERVICES - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & Calfresh - New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	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



5599 ATLANTIC AVE.,
LONG BEACH, CA
90805



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



562.256.9810
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Orientación para nuevos miembros de L.A. Care 9 a.m. - 12 p.m. Yoga en Silla 2- 3 p.m. Ayuda de Tareas 3- 4:30 p.m. 2	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Arte para Adultos 10- 11 a.m. Taller de Tarjetas TAP del Metro 11- 11:30 a.m Entrenamiento de Fuerza 12-1 p.m. Dietista Registrada: Comer Fuera de Casa/Comidas Rápidas Útiles 1:30- 2:30 p.m. Dietista Registrada: Control de Peso 2:30 -3:30 p.m. Cocinando Saludable 3:45- 4:45 p.m. 3	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Educación Sobre la Salud Mamaria y Cervical 10-11 am Yoga Vinyasa 1:30- 2:30 p.m. Ayuda de Tareas 3- 4:30 p.m. Serie de Prevención de la Violencia: Discusión Comunitario sobre la Violencia Armada 5-7:30 p.m. 4	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Descubra Su Pasion (SPA & ENG) 11:30- 1 p.m. Educación sobre Lactancia 12 -1 p.m. 5	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Menopausia y Salud Tiroidea 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. 6	CENTRO CERRADO 7
RCP y Primeros Auxilios (ENG) Registrarse en freecprla.com 9:30- 12:30 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. 9	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Dietista Registrada: Dieta Mediterránea 1:30- 2:30 p.m. Dietista Registrada: Planeando tus Comidas 2:30 -3:30 p.m. Cocinando Saludable 3:45- 4:45 p.m. . 10	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. S.O.U.L Circle *Llame para Registrarse* 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 3:00- 4:00 p.m. Serie Educativa Sobre Presion Arterial *Llame para Registrarse* 4-6 p.m. Serie de Prevención de la Violencia: Reducción de tensiones/ Prácticas restaurativas 5-7:30 p.m. 11	Distribución de Pañales *Primeros 50 participantes* 9-5 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Bienestar Emocional y Estrés (SPA & ENG) 11:30- 1 p.m Educación sobre Lactancia 12 -1 p.m. 12	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: Hipotiroidismo e Hipertiroidismo 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. 13	CENTRO CERRADO 14
Orientación para nuevos miembros de L.A. Care 9 a.m. - 12 p.m. Yoga en Silla 2- 3 p.m. Ayuda de Tareas 3- 4:30 p.m. 16	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Dietista Registrada: Pérdida de Peso que Funciona para Usted 1:30- 2:30 p.m. Dietista Registrada: Diabetes y Pre-Diabetes 2:30 -3:30 p.m. Cocinando Saludable 3:45- 4:45 p.m. 17	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 *Llame para Registrarse* 4-6 p.m Serie de Prevención de la Violencia:Detener el Sangrado 5-7:30 p.m. 18	JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO 19	Cardio Step 10- 11 a.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. 20	CENTRO CERRADO 21
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 23	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m. Dietista Registrada: Dieta Vegetariana 1:30- 2:30 p.m. Dietista Registrada: Ama tu Corazon 2:30 -3:30 p.m. Cocinando Saludable 3:45- 4:45 p.m. 24	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. Serie Educativa Sobre Presion Arterial 4-6 p.m. 25	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Salud Mental y Estigma (SPA & ENG) 11:30- 1 p.m. Educación sobre Lactancia 12 -1 p.m. Arte para Adultos 2 -3 p.m. 26	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico: ¿La Menopausia Causa Cáncer de Mama? 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. 27	CENTRO CERRADO 28
Orientación para nuevos miembros de L.A. Care 9 a.m. - 12 p.m. Yoga en Silla 2- 3 p.m. Ayuda de Tareas 3- 4:30 p.m. 30		Servicios de Inscripción Médical *Llame para hacer una cita* Lunes a Viernes 9- 4 p.m.	SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* - Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de Servicios 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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