



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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!	2 Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. Spanish - Let's Talk About High Blood Pressure (1 of 4) 11:45 a.m. - 12:45 p.m. English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Spanish - Live Healthy with Diabetes (4 of 4) 1:45 p.m. - 3:00 p.m.	3 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. New Member Orientation Workshop 12:15 p.m. - 1:00 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. New Member Orientation Workshop 1:30 p.m. - 2:00 p.m.	4 Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Kids - Ready, Set, Games! (4-13) 10:00 a.m. - 11:15 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	5 INDEPENDENCE DAY CENTER CLOSED	CENTER CLOSED
7 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m. Bookworm Book Club 9:00 a.m. - 5:00 p.m.	8 Gentle Yoga 9:15 a.m. - 10:15 a.m. Kids Summer Craft Workshop (4-13) 10:00 a.m. - 11:30 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. English - Let's Talk About High Blood Pressure (1 of 4) 11:45 a.m. - 12:45 p.m. English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Spanish - Live Healthy with Diabetes (1 of 4) 1:45 p.m. - 3:00 p.m.	9 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	10 Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	11 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	CENTER CLOSED
14 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m. Bookworm Book club 9:00 a.m. - 5:00 p.m. English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	15 Gentle Yoga 9:15 a.m. - 10:15 a.m. RCAC 4 Meeting 10:00 a.m. - 12:30 p.m. Active Yoga 10:30 a.m. - 11:30 a.m. Spanish - Let's Talk About High Blood Pressure (2 of 4) 11:45 a.m. - 12:45 p.m. English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Spanish - Live Healthy with Diabetes (2 of 4) 1:45 p.m. - 3:00 p.m.	16 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	17 Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Kids - Adventures in Reading (4-13) 10:00 a.m. - 11:15 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	18 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	CENTER CLOSED
21 Back to School Week Theme of the Day: Education Resources 10:00 a.m. - 3:00 p.m. *Free School Supplies & Backpack Giveaway* Registration opens July 1st in person or by calling 213.428.1457 Pre-registration required. Limited Capacity per Day.	22 Back to School Week Theme of the Day: Mental Health & Social Support 10:00 a.m. - 3:00 p.m. *Free School Supplies & Backpack Giveaway* Registration opens July 1st in person or by calling 213.428.1457 Pre-registration required. Limited Capacity per Day.	23 Back to School Week Theme of the Day: Fitness & Nutrition Resources 10:00 a.m. - 3:00 p.m. *Free School Supplies & Backpack Giveaway* Registration opens July 1st in person or by calling 213.428.1457 Pre-registration required. Limited Capacity per Day.	24 Back to School Week Theme of the Day: Health Screenings 10:00 a.m. - 3:00 p.m. *Free School Supplies & Backpack Giveaway* Registration opens July 1st in person or by calling 213.428.1457 Pre-registration required. Limited Capacity per Day.	25 Back to School Week Theme of the Day: Recreational Resources 10:00 a.m. - 3:00 p.m. *Free School Supplies & Backpack Giveaway* Registration opens July 1st in person or by calling 213.428.1457 Pre-registration required. Limited Capacity per Day.	CENTER CLOSED
28 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m. Bookworm Book Club 9:00 a.m. - 5:00 p.m. Spanish - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	29 Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. English - Let's Talk About High Blood Pressure (2 of 4) 11:45 a.m. - 12:45 p.m. English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Spanish - Live Healthy with Diabetes (3 of 4) 1:45 p.m. - 3:00 p.m.	30 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Bilingual - Tenants Rights Legal Clinic Eng/Spa 4:30 p.m. - 5:00 p.m. Register 5:00 p.m. - 7:00 p.m. Clinic	31 Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Kids - Ready, Set, Games! (4-13) 10:00 a.m. - 11:15 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	CRC Website	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 care is provided while you attend a class. (Ages 4+)

BE ACTIVE,
HEALTHY & INFORMED



1233 S. Western Ave.
Los Angeles, CA 90006



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



213.428.1457
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
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!	1 Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Español - Hay Que Hablar Sobre la Presión Alta (1 de 4) 11:45 a.m. - 12:45 p.m. Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (4 de 4) 1:45 p.m. - 3:00 p.m.	2 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Taller de Orientación para Nuevos Miembros 12:15 p.m. - 1:00 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m. Taller de Orientación para Nuevos Miembros 12:15 p.m. - 1:00 p.m.	3 Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Niños - ¡En Sus Marcas, Listos, Juegos! (4-13) 10:00 a.m. - 11:15 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m.	4 DÍA DE INDEPENDENCIA CENTRO CERRADO	5 CENTRO CERRADO
7 Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Martes, Miércoles, Jueves 9:00 a.m. - 4:30 p.m. Club de Lectura 9:00 a.m. - 5:00 p.m.	8 Yoga Suave 9:15 a.m. - 10:15 a.m. Niños - Taller de Manualidades de Verano (4-13) 10:00 a.m. 11:30 a.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Inglés - Hay Que Hablar Sobre la Presión Alta (1 de 4) 11:45 a.m. - 12:45 p.m. Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (1 de 4) 1:45 p.m. - 3:00 p.m.	9 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.	10 Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m.	11 Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.	12 CENTRO CERRADO
14 Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Martes, Miércoles, Jueves 9:00 a.m. - 4:30 p.m. Club de Lectura 9:00 a.m. - 5:00 p.m. Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.	15 Yoga Suave 9:15 a.m. - 10:15 a.m. Reunión RCAC 4 10:00 a.m. - 12:30 p.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Español - Hay Que Hablar Sobre la Presión Alta (2 de 4) 11:45 a.m. - 12:45 p.m. Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (2 de 4) 1:45 p.m. - 3:00 p.m.	16 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.	17 Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Niños - Aventuras de Lectura (4-13) 10:00 a.m. - 11:15 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m.	18 Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.	19 CENTRO CERRADO
21 Semana de Regreso a la Escuela Tema del Día: Recursos Educativos 10:00 a.m. - 3:00 p.m. Útiles escolares y Mochila gratis* Las inscripciones abren el 1 de Julio en persona o llamando al 213.428.1457 Se requiere preinscripción. Capacidad limitada por día.	22 Semana de Regreso a la Escuela Tema del Día: Salud Mental y Apoyo Social 10:00 a.m. - 3:00 p.m. Útiles escolares y Mochila gratis* Las inscripciones abren el 1 de Julio en persona o llamando al 213.428.1457 Se requiere preinscripción. Capacidad limitada por día.	23 Semana de Regreso a la Escuela Tema del Día: Recursos de Ejercicio y Nutrición 10:00 a.m. - 3:00 p.m. Útiles escolares y Mochila gratis* Las inscripciones abren el 1 de Julio en persona o llamando al 213.428.1457 Se requiere preinscripción. Capacidad limitada por día.	24 Semana de Regreso a la Escuela Tema del Día: Exámenes de Salud 10:00 a.m. - 3:00 p.m. Útiles escolares y Mochila gratis* Las inscripciones abren el 1 de Julio en persona o llamando al 213.428.1457 Se requiere preinscripción. Capacidad limitada por día.	25 Semana de Regreso a la Escuela Tema del Día: Recursos Recreativos 10:00 a.m. - 3:00 p.m. Útiles escolares y Mochila gratis* Las inscripciones abren el 1 de Julio en persona o llamando al 213.428.1457 Se requiere preinscripción. Capacidad limitada por día.	26 CENTRO CERRADO
28 Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Martes, Miércoles, Jueves 9:00 a.m. - 4:30 p.m. Club de Lectura 9:00 a.m. - 5:00 p.m. Español - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.	29 Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Inglés - Hay Que Hablar Sobre la Presión Alta (2 de 4) 11:45 a.m. - 12:45 p.m. Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (3 de 4) 1:45 p.m. - 3:00 p.m.	30 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m. Bilingüe - Clínica Legal de Derechos del Inquilino 4:30 p.m. - 5:00 p.m. Registro 5:00 p.m. - 7:00 p.m. Clínica	31 Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Niños - ¡En Sus Marcas, Listos, Juegos! (4-13) 10:00 a.m. - 11:15 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m.	CRC Sitio de Web	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.

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. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,
SALUDABLE E INFORMADO



1233 S. Western Ave.
Los Angeles, CA 90006



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



213.428.1457
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