



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Bilingual Healthy Smoothies 12 - 12:45 p.m. Eng/Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m. 2	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 for Kids (4+) 4 - 5 p.m. 3	Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Eng. Effective Parenting 10:15 - 12:15 p.m. Eng. Nutrition Class with Demo 12 - 1:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m. 4	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class (18+) 11 - 12 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m. 5	Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. CPR/First Aid (14+) Register at freecprla.com 10:15 - 1:15 p.m. Eng. 6	 CENTER CLOSED 7
Zumba 9 - 10 a.m. Parent Cafe 10:15 - 11:45 a.m Eng Introduction of LGBTQ for Parents or guardians 10:15 - 11:45 a.m Spa. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa Housing & Utility Assistance Programs (Salvation Army) 1:30 - 2:30 p.m LEGO Builders (Ages 4+) 1:30 - 2:30 p.m Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m. 9	Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng/Spa Coffee and Coloring 11:15 a.m. - 12:15 p.m. 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 for Kids (4+) 4 - 5 p.m. 10	Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Eng. Effective Parenting 10:15 - 12:15 p.m. Eng. Nutrition Class with Demo 12 - 1:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m. 11	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class (18+) 11 - 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. 12	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. Father's Day Goodie Bags (Dads needs to be present) 3 - 5:30 p.m. 13	 CENTER CLOSED 14
Zumba 9 - 10 a.m. Parent Cafe 10:15 - 11:45 a.m Eng Art Class 10:15 - 11:45 a.m New Member Orientation (L.A Care Medi-Cal) 12:00 - 1:00 p.m. Eng. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m. 16	Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng/Spa. Coffee and Coloring 11:15 a.m. - 12:15 p.m. 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 for Kids (4+) 4 - 5 p.m. 17	Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Eng. Effective Parenting 10:15 - 12:15 p.m. Eng. Nutrition Class with Demo 12 - 1:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m. 18	JUNETEENTH NATIONAL INDEPENDENCE DAY  CENTER CLOSED 19	Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Diaper Giveaway 11 - 1 p.m. Family Art Class 3 - 4:30 p.m. 20	 CENTER CLOSED 21
Zumba 9 - 10 a.m. Parent Cafe 10:15 - 11:45 Eng LEGO Builders (4+) 10:15 - 11:15 a.m. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m. 23	Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 a.m. - 12 p.m. Eng/Spa Coffee and Coloring 11:15 a.m. - 12:15 p.m. 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 for Kids (4+) 4 - 5 p.m. 24	Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Eng. Effective Parenting 10:15 - 12:15 p.m. Eng. Nutrition Class with Demo 12 - 1:30 p.m. Eng. Anger Management Essential 12:30 - 1:30 p.m. Eng. Navigating Local Transportation (AVTA) 2:30 - 3:30 p.m. Eng. Boot Camp 4 - 5 p.m. 25	Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class(18+) 11 - 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. 26	Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. LEGO Builders (4+) 10:30 - 11:30 a.m. Money Smart for Adults 10:30 - 11:30 a.m. Spa. Money Smart for Adults 11:45 a.m. - 12:45 p.m. Eng. LEGO Builders (Ages 4+) 11:45 - 12:45 a.m. New Member Orientation (L.A Care Medi-Cal) 1 - 2 p.m. Spa Family Art Class 2 - 3:30 p.m. 27	 CENTER CLOSED 28
Zumba 9 - 10 a.m. Parent Cafe 10:15 - 11:45 a.m Eng Social Hour (18+) 10:15 - 11:45 a.m Family Art Class 12:00 - 12:45 a.m Healthy Smoothies 12 - 12:45 p.m. Eng/Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m. 30	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 CRC Website	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!	Effective Parenting, Anger Management, and Parenting Classes offer Court Certificate or letter if needed. Social Hour for Adults: A relaxing time to mingle, connect, and create art.	No Child Supervision in June Medi-Cal ,Cal Fresh and Covered CA Enrollments Call to schedule your Appointment or Walk-in. LEGO builders: Family welcome or child (4+ & potty Trained) may stay while parent attends a class.

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
2 Zumba 9 - 10 a.m. Abriendo Puertas 10:15 - 11:45 a.m. Bilingüe. Jugos Saludables 12 - 12:45 p.m. Ing/Esp. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	3 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. Folklorico para Niños (4+) 4 - 5 p.m.	4 Zumba Toning 9 - 10 a.m. Programa De Crianza 10:15 a.m - 11:15 am Ing. Crianza efectiva para padres 10:15 - 12:15 p.m. Ing. Clase de Nutrición-demostración 12 - 1:30 p.m. Ing. Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.	5 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico (18+) 11 a.m. - 12 p.m. Condicion Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m.	6 Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP/Primeros Auxilios Registrarse en freecprrla.com (edades 14+) 10:15 - 1:15 p.m. Ing.	7
9 Zumba 9 - 10 a.m. Parent Cafe 10:15 - 11:45 a.m. Ing. Introducción del LGBTQ para Padres o tutores. 10:15 - 11:45 a.m. Esp. Jugos Saludables 12 - 12:45 p.m. Ing/Esp, Programas de Asistencia de Vivienda (Salvation Army) 1:30 - 2:30 p.m Constructores de LEGO (4+) 1:30 - 2:30 p.m Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	10 Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing/Esp. Café y Colorear 11:15 a.m. - 12:15p.m. 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. Folklorico para Niños (4+) 4 - 5 p.m.	11 Zumba Toning 9 - 10 a.m. Programa De Crianza 10:15 - 11:15 am Ing. Crianza efectiva para padres 10:15 - 12:15 p.m. Ing. Clase de Nutrición-demostración 12 - 1:30 p.m. Ing. Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.	12 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico (18+) 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.	13 Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP/Primeros Auxilios Registrarse en freecprrla.com (edades 14+) 10:15 - 1:15 p.m. Esp. Bolsa de Regalo para Padres (Papá necesita estar presente) 3 - 5:30 p.m.	14
16 Zumba 9 - 10 a.m. Parent Cafe 10:15 - 11:45 a.m. Ing. Clase de Arte Familiar 10:15 - 11:45 a.m. Orientación Para Nuevos Miembros (L.A Care Medi-Cal) 12:00 - 1:00 p.m. Ing. Jugos Saludables 12 - 12:45 p.m. Bilingüe. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	17 Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing/Esp. Café y Colorear 11:15 a.m. - 12:15p.m. 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. Folklorico para Niños (4+) 4 - 5 p.m.	18 Zumba Toning 9 - 10 a.m. Programa De Crianza 10:15 a.m - 11:15 am Ing. Crianza efectiva para padres 10:15 - 12:15 p.m. Ing. Clase de Nutrición-demostración 12 - 1:30 p.m. Ing. Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Boot Camp 4 - 5 p.m.	19	20 Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. Sorteo de Pañales 11 - 1 p.m. Clase de Arte Familiar 3 - 4:30 p.m.	21
23 Zumba 9 - 10 a.m. Parent Cafe 10:15 - 11:45 a.m. Ing Constructores de LEGO (4+) 10:15 - 11:15 a.m Jugos Saludables 12 - 12:45 p.m. Ing/Esp. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	24 Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 a.m. - 12 p.m. Ing/Esp. Café y Colorear 11:15 a.m. - 12:15p.m. 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. Folklorico para Niños (4+) 4 - 5 p.m.	25 Zumba Toning 9 - 10 a.m. Programa De Crianza 10:15 - 11:15 am Ing. Crianza efectiva para padres 10:15 - 12:15 p.m. Ing. Clase de Nutrición-demostración 12 - 1:30 p.m. Ing. Conceptos Basicos Para el Manejo de la Ira 12:30 - 1:30 p.m. Ing. Navegación del Transporte Local (AVTA) 2:30 - 3:30 p.m. Ing. Boot Camp 4 - 5 p.m.	26 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico (18+) 11 - 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.	27 Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. Constructores de LEGO (4+) 10:30 - 11:30 a.m Dinero Inteligente para Adultos 10:30 - 11:30 a.m. Esp. Dinero Inteligente para Adultos 11:45 a.m. - 12:45 p.m. Ing. Constructores de LEGO (4+) 11:45 - 12:45 p.m Orientación Para Nuevos Miembros (L.A Care Medi-Cal) 1 - 2: p.m. Esp. Clase de Arte Familiar 2 - 3:30 p.m.	28
30 Zumba 9 - 10 a.m. Parent Cafe 10:15 - 11:45 a.m. Ing Hora Social (18+) 10:15 - 11:45 a.m Clase de Arte 12 - 12:45 a.m. Ing Jugos Saludables 12 - 12:45 p.m. Ing/Esp. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	CRC Sitio de Web	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!	Crianza Efectiva, Manejo de la Ira y Clases de Padres pueden solicitar un certificado judicial o una carta si es necesario. Hora Social para Adultos: Un momento para relajarse,mezclarse. conectar y crear Arte.	No supervisión Infantil en Junio Inscripciones de Medi-Cal Cal Fresh and Covered CA Llame para Programar su Cita o Visita el centro. Constructores de LEGO: Toda la familia es bienvenida. Los Niños pueden quedarse solos Mientras los Padres atienden otra clase. (4+ que este entrenado para ir al baño para ir solo.)

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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