



Community Resource Center



PALMDALE
JULY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.		Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Prevent Diabetes 12:05 - 1:20 pm. Spa. Kids Art Class (Ages 4+) Parents/Guardians Welcome 12:05 - 1:20 pm. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.		Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Eng. Effective Parenting 10:15 - 12:15 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. AVPH ServSafe (Invitation Only) 12:15 - 1:15 p.m. Eng. Boot Camp 4 -5 p.m.		CalFresh Enrollments 9 - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. AVPH ServSafe (Invitation Only) 12:15 - 1:15 p.m. Eng. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m		INDEPENDENCE DAY CENTER CLOSED		CENTER CLOSED	
Zumba 9—10 a.m. Parent Café 10: 15 - 11: 45 a.m.Eng. Intro to LGBTQ+ for Parents and Guardians 10: 15 — 11: 45 a.m.Eng Healthy Smoothies 12 — 12: 45 p.m.Eng/Spa LEGO Builders (Ages 4+) 12 — 12: 45 p.m Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.		Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Prevent Diabetes 12:05 - 1:20 pm. Spa. Coffee & Coloring (Ages 4+) Parents/Guardians Welcome 12:05 - 1:20 pm. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.		Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m.Eng. Effective Parenting 10:15 - 12:15 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Kids Art Class (Ages 4+) Parents/Guardians Welcome 12:30 - 1:30 pm. Intro to SALVA Services 1 - 2 p.m Eng/Spa Boot Camp 4 - 5 p.m.		CalFresh Enrollments 9 - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Food Pantry (Obtain a food bag - Limited to the first 130 people) 1:30 p.m Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m		Medi-Cal and CalFresh Enrollments 9 — 3 p.m. Zumba 8—9 a.m. Body Flexibility 9 — 10 a.m. CPR & First Aid (Ages 14+) Eng. Register at freecprla.com 10:15 —1:15 p.m. Know your Educational Rights Workshop Presented by LACOE 11 —12 p.m. Spa.		CENTER CLOSED	
Baby Shower Expectant mothers and parents of infants under 3 months old welcome. Call the CRC to register. 11 - 1 p.m. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.		Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Prevent Diabetes 12:05 - 1:20 pm. Spa. Kids Art Class (Ages 4+) Parents/Guardians Welcome 12:05 - 1:20 pm. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.		Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Parenting Program 10:15 - 11:15 a.m. Eng. Effective Parenting 10:15 - 12:15 p.m. Eng. Boot Camp 4 - 5 p.m.		Center Closed All Day for Staff Development CENTER CLOSED		Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. CPR & First Aid (Ages 14+) Spa. Register at freecprla.com 10:15 —1:15 p.m. Coffee & Coloring (Ages 4+) Parents/Guardians Welcome 10:30 - 11:30 am.		CENTER CLOSED	
Zumba 9 - 10 a.m. Family Art Class 10: 15 - 11: 15 a.m.Spa. Baby Shower Expectant mothers and parents of infants under 3 months old welcome. Call the CRC to register. 1 - 3 p.m		Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Prevent Diabetes 12:05 - 1:20 pm. Spa. Coffee & Coloring (Ages 4+) Parents/Guardians Welcome 12:05 - 1:20 pm. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.		Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Eng. Effective Parenting 10:15 - 12:15 p.m. Eng. Labor Rights Workshop Presented by SALVA 2:15 - 3:30 p.m Eng/Spa Boot Camp 4 - 5 p.m.		CalFresh Enrollments 9 - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Food Pantry (Obtain a food bag - Limited to the first 130 people) 1:30 p.m Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m		Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Money Smart for Adults Se Requiere Preinscripción 10: 30 - 11: 30 a.m. Spa. Money Smart for Adults Pre-Registration Required 11: 45 - 12: 45 p.m. Eng.		CENTER CLOSED	
CENTER CLOSED		CENTER CLOSED		Back to School Resource Fair, FREE School supplies and backpack giveaway. College students can also register. (In-Person Pre-Registration required) 10 :00 am to 6:00 p.m. Backpack		Back to School Resource Fair, FREE School supplies and backpack giveaway. College students can also register. (In-Person Pre-Registration required) 10 :00 am to 6:00 p.m. Scissors		CRC Sitio de Web		No Child Supervision in the Month of July 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.

**BE ACTIVE,
HEALTHY & INFORMED**



**2072 E. Palmdale Blvd.
Palmdale, CA 93550**



CENTER HOURS:
Monday - Friday: **9 a.m. - 5 p.m.**
Friday: **8 A.M. - 5 P.M.**



213.438.5580
CommunityResourceCenterLA.org

