



Community Resource Center



PANORAMA CITY JULY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
 CRC Sitio de Web		1 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Teaching Children to Save 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)		2 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Oral Health & The Body 11:30 a.m. — 12:30 p.m. Eng./Spa. Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Family Art Hour 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)		3 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Blood Pressure: Physical Activity - NEVHC 10:30 — 11:30 a.m. Eng./Spa. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: Mental Health and Stigma 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.		4 INDEPENDENCE DAY  CENTER CLOSED		 CENTER CLOSED	
7 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Zumba Steps 5 — 6 p.m.		8 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Savings & Budgeting 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)		9 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Family Art Hour 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)		10 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Blood Pressure: Healthy Lifestyle & Stress- NEVHC 10:30 — 11:30 a.m. Eng./Spa. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: Depression and Building Resilience 2:45 — 3:45 p.m. Spa. Health Screenings —EPDB 3 — 5 p.m. Zumba 4 — 5 p.m.		11 Diaper Distribution: Sizes 0—6 8 a.m. — 4 p.m. *While Supplies Last* Call ahead to confirm size availability. CPR First Aid & AED (Ages 14+) 8 — 11 a.m. Eng. *Space is Limited to 30 - First Come, First Serve. Please call the center for more information.		12 CPR First Aid & AED (Ages 14+) 8 — 11 a.m. Eng. *Space is Limited to 30 - First Come, First Serve. Please call the center for more information. CENTER OPEN FROM 8:00 — 11:30 AM	
14 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Zumba Steps 5 — 6 p.m.		15 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)		16 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Family Art Hour 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)		17 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: Anxiety and Building Resilience 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.		18 Diaper Distribution: Sizes 0—6 8 a.m. — 4 p.m. *While Supplies Last* Call ahead to confirm size availability. CPR First Aid & AED (Ages 14+) 8 — 11 a.m. Spa. *Space is Limited to 30 - First Come, First Serve. Please call the center for more information.		 CENTER CLOSED	
21 Virtual Boot Camp  9 — 10 a.m. L.A. Care Consumer Advisory Committee 11:00 a.m. — 1:30 p.m. Eng./Spa./Khm. UV Safety - EPDB 2 — 3 p.m. Eng./Spa. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Zumba Steps 5 — 6 p.m.		22 Boot Camp 9 — 10 a.m. Health Screenings —EPDB 10 a.m. — 1 p.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)		23 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Family Art Hour 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)		24 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: Grief, Loss, & Resilience 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.		25 Diaper Distribution: Sizes 0—6 8:00 a.m. — 2:15 p.m. *While Supplies Last* Call ahead to confirm size availability.		26 BACK TO SCHOOL EVENT  10AM - 2PM	
28 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Zumba Steps 5 — 6 p.m.		29 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)		30 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Family Art Hour 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)		31 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: The Impact of Addiction 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 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.	

