



Community Resource Center



WILMINGTON
JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing 9 - 10 a.m. Mind Matters (Spa.) 10 a.m.- 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. New Member Orientation 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack!(Eng.) (ages 4-18) 4 - 5 p.m.	2 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Prioritize your Mind (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	4 Tone Fitness Class 9 - 10 a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Lunch & Learn to Budget (Eng.) 12:30 - 1:30 p.m. CPR & First Aid freecpr.com (Virtual in Eng.)(Spa. in person) 2 - 5 p.m.	5 Member Thursday's 9 a.m. - 4 p.m Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Mommy Circle (Eng.) 10- 11:30 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 4 - 5 p.m. Lego Builders (Eng.) (ages 5+) 4 - 5 p.m.	6 Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Gun Violence Panel 1 - 3 p.m. Movie & Popcorn 1 - 3 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	7 
9 Kickboxing 9 - 10 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack! (Eng.) (ages 4-18) 4 - 5 p.m	10 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (ages 0-5) (Spa.) 10:30 - 11:30 a.m. Prioritize your Mind (Spa.) 11 - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Adult Health Education (Spa.) 1:30 - 2:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	11 Tone Fitness Class 9 - 10 a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Child Birthing Class (Free Gift)(Biling.) 11 a.m. - 12 p.m. Housing Right Center Workshop 1:30 - 2:30 p.m. Center Closed 1 - 3 p.m.	12 Member Thursday's 9 a.m. - 4 p.m Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Mommy Circle (Eng.) 10- 11:30 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m Sound Bath (Spa.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 4 - 5 p.m. Lego Builders (Eng.)(ages 5+) 4 - 5 p.m.	13 Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Community Chat with Rafael Garcia (Biling.) 2 - 3 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	14 
16 Kickboxing 9 - 10 a.m. Regional Community Advisory Committee Meeting 10 a.m. - 1 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Lego Builders (Eng.) (ages 5+) 4 - 5 p.m.	17 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Prioritize your Mind (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Metro TAP Enrollment 2:30 - 3:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	18 Tone Fitness Class 9 - 10 a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Family Fitness 1 - 2 p.m. Nutrition Basics 3:30 - 4:30 p.m.	19 	20 Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	21 Life Skills (Spa.) 9 - 10 a.m. Paint! Sip! Snack! (Eng.) (ages 4-18) 9 - 10 a.m. Social Hour (Biling.) 10:30 - 11:30 a.m. Family Sing (Eng.) 10:30 - 11:15 a.m.
23 Kickboxing 9 - 10 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack! (Eng.) (ages 4-18) 4 - 5 p.m	24 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (ages 0-5)(Spa.) 10:30 - 11:30 a.m. Prioritize your Mind (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Adult Health Education (Eng.) 1:30 - 2:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	25 Tone Fitness Class 9 - 10 a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Child Birthing Class (Free Gift) (Biling.) 11 a.m. - 12 p.m. Breast Cancer Risk Factors (Spa.) 12- 1 p.m. Family Fitness 1 - 2 p.m. Asthma Management (Biling.) 2- 3:30 p.m.	26 CAMP CRC Cardio Mix 9 - 10 a.m. Mommy Circle (Eng.) 10- 11 a.m. Camp Stories with Bailey from LA Kings 11- 11:30 a.m. (Eng.) Camp Fire Sing Along with LA Kings 11:30 a.m. - 12:15 p.m. (Eng.) Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2:15 - 3:15 p.m. CalFresh Orientations (Spa.) 2 - 3 p.m. Survival Skills (Spa.) 4 - 5 p.m. Camp Lego (Eng.) (ages 5+) 4 - 5 p.m. New Member Orientation 10-11 a.m./3-4 p.m.	27 CAMP CRC Cardio Dance Class 9 - 10 a.m. Tie Dye Fun 9 - 10 a.m. Stretch Class 10 - 11 a.m. Nature Walk with a Doc (Biling.) 11 a.m. - 12 p.m. Move More Healthy Smoothies (Biling.) 1 - 2 p.m. Diabetes Health Education (Biling.) 2:30- 3:30 p.m. New Member Orientation 10-11 a.m./3-4 p.m.	28 
30 Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack! (Eng.) (ages 4-18) 4 - 5 p.m.		CAMP CRC June 26 & June 27 Wilmington Waterfront Park 1004 W C St Wilmington, CA 90744 	Medi-Cal Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. Calfresh Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. L.A. Care Member Services (Mon- Fri) 9 a.m. - 4 p.m. Housing, DPSS, & Utility Support (Mon.-Wed.) 9 a.m. - 4 p.m. L.A. Care New Member Orientations Walk Ins (Wednesdays) 1 - 3 p.m.	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



911 North Avalon Blvd
Wilmington, CA 90744



CENTER HOURS:
Monday-Friday:8 a.m. - 5 p.m.
Saturday: CLOSED



213.428.1490
CommunityResourceCenterLA.org

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Kickboxing 9 - 10 a.m. La Mente Importa (Spa.) 10 a.m. - 12 p.m. Pequeño y yo (Eng.) 10:30 - 11:30 a.m. Orientaciones para Nuevo Miembros 10:30 - 11:30 a.m. Entrenamiento de circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Piñata! ¡Sorbo! ¡Bocadillo! (Eng.)(edades 4-18) 4 - 5 p.m. 2	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Prioriza tu Mente (Spa.) 11 a.m. - 12:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m. 3	Clase de Tonificacion 9 - 10 a.m. Tecnologia Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Almuerza y Aprende hacer un Presupuesto (Eng.) 12:30 - 1:30 p.m. RCP/ Primeros Auxilios freecpr.com (Virtual en Eng.)(Spa. en persona) 2 - 5 p.m. . 4	Jueves de Miembros 9 a.m. - 4 p.m. Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Circulo de Mami (Eng.) 10- 11:30 a.m Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 4 - 5 p.m. Constructores de legos (Eng.)(edad 5+) 4 - 5 p.m. 5	Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase para Padres (Eng.) 12:15 - 1:45 p.m. Panel de Violencia Armada 1 - 3 p.m. Pelicula y Palomitas 1 - 3 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. 6	 7
Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Piñata! ¡Sorbo! ¡Bocadillo! (Eng.)(edades 4-18) 4 - 5 p.m. 9	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Clase de Lectura (edades 0-5) (Spa.) 10:30 - 11:30 a.m. Prioriza tu Mente (Spa.) 11 a.m. - 12:30 p.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Educacion de Salud para Adultos (Spa.) 1:30 - 2:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m. 10	Clase de Tonificacion 9 - 10 a.m. Tecnologia Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Parto (Premio Gratis) (Eng.) 11 a.m. - 12 p.m. Taller de Vivienda Centro Derecho 1:30 - 2:30 p.m Centro Cerrado 1 - 3 p.m. 11	Jueves de Miembros 9 a.m. - 4 p.m. Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Circulo de Mami (Eng.) 10- 11:30 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 4 - 5 p.m. Constructores de legos (Eng.)(edad 5+) 4 - 5 p.m. 12	Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase para Padres (Eng.) 12:15 - 1:45 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Chat Comunitario con Rafael Garcia (Biling.) 2 - 3 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m 13	 14
Kickboxing 9 - 10 a.m. Reunion del Comite Asesor Comunitario Regional (Biling.) 10 a.m. - 1 p.m.. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamieno de circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Constructores de legos (Eng.)(edad 5+) 4 - 5 p.m. 16	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Prioriza tu Mente (Spa.) 11 a.m. - 12:30 p.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Inscripciones de Metro TAP 2:30 - 3:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m. 17	Clase de Tonificacion 9 - 10 a.m. Tecnologia Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Lactancia (Premio Gratis) (Eng.) 11 a.m. - 12 p.m. Fitness en Familia 1 - 2 p.m. Conceptos Basico de Nutricion 3:30 - 4:30 p.m. 18	JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL  CENTRO CERRADO 19	Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase para Padres (Eng.) 12:15 - 1:45 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m 20	Habilidades para la Vida (Spa.) 9 - 10 a.m. ¡Piñata! ¡Sorbo! ¡Bocadillo! (Eng.)(edades 4-18) 9 - 10 a.m. Hora Social (Biling.) 10:30 - 11:30 a.m. Cantar en Familia (Eng.) 10:30 a.m. - 11:15 a.m. 21
Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! (Eng.) (edades 4-18) 4 - 5 p.m. 23	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Clase de Lectura (edades 0-5) (Spa.) 10:30 - 11:30 a.m Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Prioriza tu Mente (Spa.) 11 a.m. - 12:30 p.m. Educacion de Salud para Adultos (Spa.) 1:30 - 2:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m. 24	Clase de Tonficacion 9 - 10 a.m. Tecnologia Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Parto (Premio Gratis) (Eng.) 11 a.m. - 12 p.m. Factores de Riesgo de Cáncer de Mama (Spa.) 12 -1 p.m. Fitness en Familia 1 - 2 p.m. Manejo del Asma (Biling.) 2 - 3:30 p.m. 25	CAMP CRC Cardio Mix 9 - 10 a.m. Circulo de Mami (Eng.) 10- 11 a.m. Leer en una Fogata con Bailey de LA Kings (Eng.) 11- 11:30 a.m. Canciones de Fogata con LA Kings (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2:15 - 3:15 p.m. Orientaciones de CalFresh (Spa.) 2 - 3 p.m. Habilidades de Supervivencia (Spa.) 4 - 5 p.m. Campamento de legos (Eng.) (ages 5+) 4 - 5 p.m. Orientaciones para Nuevo Miembros 10-11 a.m./3-4 p.m. 26	CAMP CRC Baile de Cardio 9 - 10 a.m. Diversion Teñido Anudado 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Caminar en la Naturaleza con un Doc (Biling.) 11 a.m. - 12 p.m. Moverse Mas Batidos Saludables (Biling.) 1 - 2 p.m. Educación para la Salud Sobre la Diabetes(Biling.) 2:30 - 3:30 p.m. Orientaciones para Nuevo Miembros 10-11 a.m./2-3 p.m. 27	 28
Kickboxing 9 - 10 a.m. Pequeño y yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! (Eng.) (edades 4-18) 4 - 5 p.m. 30		CAMP CRC 26 & 27 de junio Wilmington Waterfront Park 1004 W C St Wilmington, CA 90744 	Inscripciones de Medical (Lun - Vie) 8:30 a.m. - 3:30 p.m. Inscripciones de CalFresh (Lun - Vie) 8:30 a.m. - 3:30 p.m. L.A. Care Servicio al Miembro (Lun- Vie) 9 a.m. - 4 p.m. Apoyo de Desalojo, Vivienda, de Servicios Publicos, y DPSS (Lun.-Mie.) 9 a.m. - 4 p.m. L.A. Care New Miembros Orientaciones (Miercoles) 1 - 3 p.m.	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



911 North Avalon Blvd
Wilmington, CA 90744



HORARIO:
Lunes a Viernes:8 a.m. - 5 p.m.
Sabado: CERRADO



213.428.1490
CommunityResourceCenterLA.org