



L.A. Care

Community Resource Center



WILMINGTON
JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 (Mondays) 1 - 3 p.m.	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Family Yoga (Biling.) 10 - 11 a.m. Hoarding (Collecting Items) (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.	Tone Fitness Class 9 - 10 a.m. New Member Orientation 10 - 11 a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Managing High Blood Pressure (Biling.) GC 12:30 - 2 p.m. Lunch & Learn to Budget (Eng.) 2:15- 3:15 p.m. CPR & First Aid freecprla.com (Virtual in Eng.)(Spa. in person) 2 - 5 p.m.	Member Thursday's 9 a.m. - 4 p.m. Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Lunch & Movie (ages 0-17) 12 - 2 p.m Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.) (ages 5+) 3:30 - 4:30 p.m.		CENTER CLOSED
Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Lunch & Board Games (ages 0-17) 12 - 2 p.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.	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (ages 0-5) 10:30 - 11:30 a.m. How Much is too Much (Substance Use) (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.	Tone Fitness Class 9 - 10 a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Child Birthing Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Family Sing (Eng.) 1 - 1:45 p.m Managing High Blood Pressure (Biling.) 12:30 - 2 p.m. Family Fitness 1 - 2 p.m.	Member Thursday's 9 a.m. - 4 p.m. Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Lunch & Movie (ages 0-17) 12 - 2 p.m Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.)(ages 5+) 3:30 - 4:30 p.m.	Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 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.	CRC Open House 9 a.m.- 3 p.m.
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. Lunch & Board Games (ages 0-17) 12 - 2 p.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	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Family Yoga (Biling.) 10 - 11 a.m. Asthma Education (Biling.) 10:30 - 11:30 a.m. How to Administer Your Medication (Spa.) GC 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Metro TAP Enrollment 1 - 2 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	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. Liberty Dental Workshop 2 - 3 p.m. Pediatric Dental Screenings 1 - 5 p.m. Backpack Giveaway	Member Thursday's 9 a.m. - 4 p.m Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Lunch & Movie (ages 0-17) 12 - 2 p.m Sound Bath (Spa.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.)(ages 5+) 3:30 - 4:30 p.m.	Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 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.	CENTER CLOSED
Children's Vaccination Mobile Clinic 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Lunch & Board Games (ages 0-17) 12 - 2 p.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. Backpack Giveaway	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (ages 0-5) (GC) 10:30 - 11:30 a.m. Resilience (Spa.) 11 a.m. - 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.	Tone Fitness Class 9 - 10 a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Child Birthing Class (Free Gift) (Eng.) 11 a.m. - 12 p.m. HPV & Cervical Cancer (Spa.) 12 - 1 p.m. Family Fitness 1 - 2 p.m. Workshop for Older Adults (Eng.) 2- 3:30 p.m.	Member Thursday's 9 a.m. - 4 p.m Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Lunch & Movie (ages 0-17) 12 - 2 p.m Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2- 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.) (ages 5+) 3:30 - 4:30 p.m.	Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 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.	CENTER CLOSED
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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



Community Resource Center



WILMINGTON
JULIO 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
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 Públicos, y DPSS (Lun.-Mie.) 9 a.m. - 4 p.m. L.A. Care Orientaciones para Nuevos Miembros (Lunes) 1 - 3 p.m.	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Yoga en Familia (Biling.) 10 - 11 a.m. Acaparamiento (Recolectar Cosas) (Spa.) 11 a.m. - 12:30 p.m Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m.	Clase de Tonificacion 9 - 10 a.m. Orientaciones para Nuevos Miembros 10 - 11 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. Manejando la Alta Presion (Biling.) (TC) 12:30 -2 p.m. Almuerza y Aprende hacer un Presupuesto (Eng.) 2:15 - 3:15 p.m. RCP/ Primero Auxilios freecprla.com (Virtual in Eng.)(Spa. in person) 2 - 5 p.m.	Jueves de Miembros 9 a.m. - 4 p.m. Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Almuerzo y Pelicula (edades 0-17) 12 - 2 p.m Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de legos (Eng.)(edad 5+) 3:30 - 4:30 p.m.		 CENTRO CERRADO
Kickboxing 9 - 10 a.m. Pequeño y yo (Eng.) 10:30 - 11:30 a.m. Almuerzo y Juegos de Mesa (edades 0-17) 12 - 2 p.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.	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (Edades 0-5) 10:30 - 11:30 a.m. Cuanto es Demasiado (Consumo de Sustancias) (Spa..) 11 - 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.	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. Cantar en Familia (Eng.) 1 - 1:45 p.m. Manejando la Alta Presion (Biling.) 12:30 -2 p.m. Fitness en Familia 1 - 2 p.m	Jueves de Miembros 9 a.m. - 4 p.m. Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Almuerzo y Pelicula (edades 0-17) 12 - 2 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de legos (Eng.)(edad 5+) 3:30 - 4:30 p.m.	Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 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	 Casa Abierta del CRC 9 a.m. - 3 p.m.
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. Almuerzo y Juegos de Mesa (edades 0-17) 12 - 2 p.m. Entrenamienio 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.	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Yoga en Familia (Biling.) 10 - 11 a.m. Educacion de Asma (Biling.) 10:30 - 11:30 a.m. Como Administrar su Medicamento (Spa.) (TC) 11 a.m. - 12:30 p.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Inscripciones de Metro TAP 1 - 2 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m.	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. Taller de Liberty Dental 2 - 3 p.m. Exámenes Dentales Pediátricos 1 - 5 p.m. Sorteo de Mochilas	Jueves de Miembros 9 a.m. - 4 p.m. Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Almuerzo y Pelicula (edades 0-17) 12 - 2 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de legos (Eng.)(edad 5+) 3:30 - 4:30 p.m.	Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 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	 CENTRO CERRADO
Vacunación Infantil Clínica Móvil 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Pequeño y yo (Eng.) 10:30 - 11:30 a.m. Almuerzo y Juegos de Mesa (edades 0-17) 12 - 2 p.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. Sorteo de Mochilas	Ejercicio Step 9 - 10 a.m. Consejos de nutricion y fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (Edades 0-5) (TC) 10:30 - 11:30 a.m. Resiliencia (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.	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. VPH Y Cancer de Cuello Uterino (Spa.) 12 - 1 p.m. Fitness en Familia 1 - 2 p.m. Taller para Adultos Mayores (Eng.) 2 - 3:30 p.m.	Jueves de Miembros 9 a.m. - 4 p.m. Cardio Mix 9 - 10 a.m. ESL 10 a.m. - 12 p.m. Almuerzo y Pelicula (edades 0-17) 12 - 2 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de legos (edad 5+) 3:30 - 4:30 p.m.	Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 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	 CENTRO CERRADO
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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