



EAST L.A.
AUGUST
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC East L.A. Instagram	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	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!	Back-to-School Week! Students are invited to stop by the center from August 1st-8th to pick up a FREE backpack with school supplies & a snack! <i>*while supplies last*</i> 	Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual  9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	 CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. 4 Life Skills: Facing Challenges 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: Painting and Planting (Ages 5-12) 4 - 5 p.m.	Little One & Me 9:30 - 10:30 a.m. Eng. 5 Preserving Memory for Older Adults 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Lotería - Cards & Community 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. 6 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [4 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Family Cooking Class 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 	Community Baby Shower 10 a.m. - 12 p.m. 7 <i>*Registration opens July 31*</i> Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 8 - 9 a.m. 8 Sunrise Yoga 9 - 10 a.m. Anger Management Virtual  9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	 CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. 11 Life Skills: Self Control 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Little One & Me 9:30 - 10:30 a.m. Eng. 12 Good Sleep for the Emotional Well-being of Older Adults 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Healthy Eating Resource Fair (First Come, First Served) 1:30 - 3:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. 13 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [5 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Family Cooking Class 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 	CPR & First Aid (English) 10 a.m. - 1 p.m. 14 Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 8 - 9 a.m. 15 Sunrise Yoga 9 - 10 a.m. Anger Management Virtual  9:30 - 11 a.m. Eng. Warm Drinks & Community Links 9:30 - 10:30 a.m. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	 CENTER CLOSED
Cooking Matters 9 - 10:30 a.m. Spa. 18 Life Skills: Abundant Mentality 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: Jewelry Box Painting (Ages 5-12) 4 - 5 p.m.	Little One & Me 9:30 - 10:30 a.m. Eng. 19 Hoarding for Seniors 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Lotería - Cards & Community 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 9 - 10 a.m. Spa. 20 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [6 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Family Cooking Class 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 	Community Readiness Champions Training (Spanish) 9:30 - 11:30 a.m. 21 Food Pantry (Limited to First 100 People) 10 - 11 a.m. Community Readiness Champions Training (English) 1 - 3 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 8 - 9 a.m. 22 Sunrise Yoga 9 - 10 a.m. Anger Management Virtual  9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	 CENTER CLOSED
Swim Cap & Goggles Day 25 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Decision Making 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Tie Dye Day 26 Little One & Me 9:30 - 10:30 a.m. Eng. How Much is too Much for Older Adults? 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Zumba Cardio Fusion 4 - 5 p.m.	27  CENTER CLOSED	Bow Tie Day 28 CPR & First Aid (Spanish) 10 a.m. - 1 p.m. Oral Health: Preparing Your Child for Back-to-School 11 a.m. - 12 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Cowboy Day 29 Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual  9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	 CENTER CLOSED

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+)

BE ACTIVE,
HEALTHY & INFORMED



4801 Whittier Blvd
Los Angeles, CA 90022



CENTER HOURS:
Monday - Thursday: **9 a.m. - 5 p.m.**
Friday: **8 a.m. - 4 p.m.**
Saturday: **CLOSED**



213.438.5570
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC East L.A. Instagram	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	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!	¡Semana de Regreso a Clases! ¡Los estudiantes están invitados a pasar por el centro del 1 al 8 de agosto para recoger una mochila GRATIS con útiles escolares y un snack! *hasta agotar existencias* 	Boot Camp Para Adultos 8 - 9 a.m. 1 Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cocinado Saludable 9 - 10:30 a.m. Esp. 4 Habilidades Para la Vida: Enfrentando Desafíos 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m.. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Club de Arte Para Niños: Plantando y Pintando Macetas (Edades 5-12) 4 - 5 p.m	Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. 5 Preservar la Memoria Para Adultos Mayores 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Lotería - Cartas y Comunidad 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 6 Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [4 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Cocina Para la Familia 3:30 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Baby Shower Comunitario 10 a.m. - 12 p.m. 7 *Inscripción se abre el 31 de Julio* Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 8 - 9 a.m. 8 Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cocinado Saludable 9 - 10:30 a.m. Esp. 11 Habilidades Para la Vida: Autocontrol 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. 12 Buen Sueño Para el Bienestar Emocional Para Adultos Mayores 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Feria de Recursos Para la Alimentación Saludable (Se le Sirve en Orden de Llegada) 1:30 - 3:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 13 Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [5 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Cocina Para la Familia 3:30 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Inglés) 10 a.m. - 1 p.m. 14 Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 8 - 9 a.m. 15 Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Cafecito y Conexiones 9:30 - 10:30 a.m. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cocinado Saludable 9 - 10:30 a.m. Esp. 18 Habilidades Para la Vida: Mentalidad de Abundancia 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Club de Arte Para Niños: Pintando un Joyero (Edades 5-12) 4 - 5 p.m	Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. 19 Acaparamiento Para Adultos Mayores 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Lotería - Cartas y Comunidad 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 20 Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [6 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Cocina Para la Familia 3:30 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Campeones de la Preparación Comunitaria (Español) 9:30 - 11:30 a.m. 21 Despensa de Alimentos (Limitado a las Primeras 100 Personas) 10 - 11 a.m. Campeones de la Preparación Comunitaria (Inglés) 1 - 3 p.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 8 - 9 a.m. 22 Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Día de Gorro de Baño y Gafas de Natación 25 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Tomando Decisiones 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Día de Estampado de Tie Dye 26 Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Cuánto es Demasiado Para Adultos Mayores 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Zumba Cardio Fusion 4 - 5 p.m.		Día de Corbata de Moño 28 RCP y Primeros Auxilios (Español) 10 a.m. - 1 p.m. Salud Bucal: Preparando a su Hijo/a Para Regreso a Clases 11 a.m. - 12 p.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Día de Vaquero/a 29 Boot Camp Para Adultos 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	

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+)

SEA ACTIVO,
SALUDABLE E INFORMADO



4801 Whittier Blvd
Los Angeles, CA 90022



HORARIO DEL CENTRO:
Lunes a Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado



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