



LONG BEACH
AUGUST
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medical Enrollment Services *Call to Make Appointment* Monday- Friday 9- 4 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.	 CRC Website	Cardio Step 10-11 a.m. Healthcare Navigation 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED
L.A. Care New Member Orientation 9 a.m.- 12 p.m. Cooking for Kids 12:30 - 1:30 p.m. Chair Yoga 2- 3 p.m. Singing w/ Libby 3:30- 4:30 p.m.	Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m.. Strength Training 12-1 p.m. 1:15 - 2:15 p.m. Cooking Matters 3:45- 4:45 p.m.	Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Vinyasa Yoga 1:30- 2:30 p.m. Libby's Showcase 3:30- 4:30 p.m.	Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Suicide Awareness, Prevention and Resilience (SPA & ENG) 11:30- 1 p.m. Lactation Education: The Basics 4 -5 p.m.	Cardio Step 10-11 a.m. Healthcare Navigation 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED
CPR (ENG) Register at freecprla.com 9:30 - 12:30 p.m. Health Advocates SSI/ SSDI Disability Assistance 1- 3 p.m. Cooking for Kids 12:30 - 1:30 p.m. Chair Yoga 2- 3 p.m.	Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. 1:15 - 2:15 p.m. Cooking Matters 3:45- 4:45 p.m.	Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m S.O.U.L Circle (**Call to Register**) 11:30- 12:30 p.m. Dental Screening for 0-21 yrs. old 1-4 p.m.	Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Child Abuse Prevention and Resilience (SPA & ENG) 11:30- 1 p.m. Chase Money Skills 1-2 p.m Lactation Education: Getting Off to A Good Start 4-5 p.m.	Cardio Step 10-11 a.m. Healthcare Navigation 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED
L.A. Care New Member Orientation 9 a.m. - 12 p.m. Blood Drive 9 am- 3 p.m.	Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m 1:15 -2:15 p.m. Cooking Matters 3:45- 4:45 p.m	Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Vinyasa Yoga 1:30- 2:30 p.m	Diaper Distribution **First 50 Participants** 9- 5 p.m Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Childhood Disorders: Neuro-Developmental (SPA & ENG) 11:30- 1 p.m. Lactation Education: Overcoming Challenges 4-5 p.m	Cardio Step 10-11 a.m. Healthcare Navigation 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	 CENTER CLOSED
CPR (SPA) Register at freecprla.com 9:30- 12:30 p.m. Chair Yoga 2- 3 p.m.	Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Strength Training 12-1 p.m. 1:15 - 2:15 p.m. Cooking Matters 3:45- 4:45 p.m.	 CENTER CLOSED	Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Understanding Childhood Behaviors and Other Disorders (SPA & ENG) 11:30- 1 p.m. Lactation Education: Creating a Lactation Plan 4 - 5 p.m.	Cardio Step 10-11 a.m. Healthcare Navigation 11- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 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+). Must wear appropriate shoes for fitness classes.

BE ACTIVE,
HEALTHY & INFORMED



5599 ATLANTIC AVE.,
LONG BEACH, CA
90805



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: CLOSED



562.256.9810
CommunityResourceCenterLA.org



LONG BEACH
AGUSTO
2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Servicios de Inscripción Médical *Llame para hacer una cita* Lunes a Viernes 9- 4 p.m.	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!	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.		Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	
Orientación para nuevos miembros de L.A. Care 9 a.m. - 12 p.m. Cocinando para Niños 12:30 - 1:30 p.m Yoga en Silla 2- 3 p.m. Cantando con Libby 3:30 - 4:30 p.m.	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m 1:15 -2:15 p.m. Cocinando Saludable 3:45- 4:45 p.m.	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Taller con Every Woman Counts 10-11 a.m. Yoga Vinyasa 1:30- 2:30 p.m. Libby y sus Amigos en Concierto 3:30 - 4:30 p.m.	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Concienciación Sobre el Suicidio (SPA & ENG) 11:30- 1 p.m. Educación sobre Lactancia: Lo Esencial 4 -5 p.m.	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	
RCP y Primeros Auxilios (ENG) Registrarse en freecprrla.com 9:30- 12:30 p.m. Asistencia para Discapacidad con SSI/SSDI 1-3 p.m. Cocinando para Niños 12:30 - 1:30 p.m. Yoga en Silla 2- 3 p.m.	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m 1:15 -2:15 p.m. Cocinando Saludable 3:45- 4:45 p.m.	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. S.O.U.L Circle *Llame para Registrarse* 11:30- 12:30 p.m. Evaluaciones Dentales para 0-21 años de edad Llame para Mas Informacion 1-4 p.m.	Distribución de Pañales *Primeros 50 participantes* 9-5 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Prevención Abuso Infantil y Resiliencia (SPA & ENG) 11:30- 1 p.m Chase Money Skills 1- 2 p.m. Educación sobre Lactancia: Un Gran Inicio 4-5 p.m.	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	
Orientación para nuevos miembros de L.A. Care 9 a.m. - 12 p.m. Donación de Sangre 9 am- 3 p.m.	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m 1:15 -2:15 p.m. Cocinando Saludable 3:45- 4:45 p.m.	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Yoga Vinyasa 1:30- 2:30 p.m.	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Trastornos de Neuro-Desarrollo (SPA & ENG) 11:30- 1 p.m. Educación sobre Lactancia: Superando Obstáculos 12 -1 p.m.	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m.	
RCP y Primeros Auxilios (ESP) Registrarse en freecprrla.com 9:30- 12:30 p.m. Yoga en Silla 2- 3 p.m.	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Entrenamiento de Fuerza 12-1 p.m 1:15 -2:15 p.m. Cocinando Saludable 3:45- 4:45 p.m.		Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Comprendiendo los Comportamientos y los Trastornos de Menores (SPA & ENG) 11:30- 1 p.m. Educación sobre Lactancia: Tu plan y Tus Metas 4- 5 p.m.	Cardio Step 10- 11 a.m. Como Navegar el Sistema Medico 11- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 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+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO,
SALUDABLE E INFORMADO



5599 ATLANTIC AVE.,
LONG BEACH, CA
90805



HORARIO DEL CENTRO:
Lunes a Viernes: **9 a.m. - 5 p.m.**
Sábado: **Cerrado**



562.256.9810
CommunityResourceCenterLA.org