



Community Resource Center



PALMDALE AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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!	Social Hour For Adults: a relaxing time to mingle, connect and create art.	Back to School Resource Fair, FREE School supplies and backpack giveaway. College students can also register. (In-Person Pre-Registration required) 10:00 am to 6:00 p.m.	CENTER CLOSED
Zumba 9—10 a.m. 4 The importance of a Family Plan (CHIRLA) 10:15 — 11:15 a.m.Spa Know Your Rights! 10:15 — 11:15 a.m.Eng/Spa Intro to CASA Services 10:30 — 12:30 p.m Eng Oral Health presented by Liberty Dental 11:30 — 12:30 p.m Spa LEGO Builders 1-2 p.m Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Medi-Cal and CalFresh Enrollments 9 - 3 p.m. 5 Zumba 9 - 10 a.m Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Adult Guitar Lesson Beginners #1 11:30 - 12:30 p.m. Prevent Diabetes 12:05 - 1:20 pm. Spa. Center Closed (For Staff Development) 1:30 p.m. - 3:30 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	Covered California Enrollments 10 - 5 p.m. 6 Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Spa. Effective Parenting 10:15 - 12:15 p.m. Eng. L.A Care Member Orientation 12:30 - 1:30 p.m Eng Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.	CalFresh Enrollments 9 - 5 p.m. 7 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m	Zumba 8 —9 a.m. 8 Body Flexibility 9 — 10 a.m. CPR & First Aid (Ages 14+) Spa. (FREE food Bag for attending) Register at freecprla.com 10:15 —1:15 p.m. L.A Care Member Orientation (FREE food Bag for attending) 11:30 - 12:30 p.m Spa. Family Art Class (FREE food bag for attending)	CENTER CLOSED 9
Zumba 9—10 a.m. 11 Prevention of Drug and Alcohol Abuse 10:15 - 11:15 a.m. Spa. Intro To Family Planning Associates 10:15 - 11:15 a.m. Eng Prevention of Drug and Alcohol Abuse 11:30 - 12:30 p.m. Eng. Womens Health 11:30 - 12:30 p.m. Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Medi-Cal and CalFresh Enrollments 9 - 5 p.m. 12 Zumba 9 - 10 a.m Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Adult Guitar Lesson Beginners #2 11:30 - 12:30 p.m. Prevent Diabetes 12:05 - 1:20 pm. Spa. Coffee and Coloring 12:05 - 1:20 p.m Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	Covered California Enrollments 10 - 5 p.m. 13 Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Spa. Effective Parenting 10:15 - 12:15 p.m.Eng. L.A Care Member Orientation 12:30 - 1:30 p.m Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.	CalFresh Enrollments 9 - 5 p.m. 14 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m	Medi-Cal and CalFresh Enrollments 9 - 3 p.m. 15 Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. L.A Care Member Orientation 2:15 - 3:15 p.m. Spa. Family Art Class 3:30 - 4:30 p.m.	CENTER CLOSED 16
Zumba 9—10 a.m. 18 Fentanyl Prevention 10:15 - 11:15 a.m. Eng Intro to LGBTQ+ for Parents and Guardians 10:15 - 11:45 a.m. Spa. Coffee and Coloring 12 - 1 p.m Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Medi-Cal and CalFresh Enrollments 9 - 5 p.m. 19 Zumba 9 - 10 a.m Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Adult Guitar Lesson Beginners #3 11:30 - 12:30 p.m. Prevent Diabetes 12:05 - 1:20 pm. Spa. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	Covered California Enrollments 10 - 5 p.m. 20 Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Spa Effective Parenting 10:15 - 12:15 p.m. Eng. Adult Art Class 12:30 - 1:30 p.m Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.	CalFresh Enrollments 9 - 5 p.m. 21 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Food Pantry (Obtain a food bag - Limited to the first 130 people) 1:30 p.m Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m	Medi-Cal and CalFresh Enrollments 9 - 3 p.m. 22 Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Get to Know Red Cross 10:15 - 11:15 a.m. Spa. Vlision Board 10:15 -11:15 a.m L.A Care Member Orientation 12 - 1 p.m Eng Center Closed (For Staff Development)	CENTER CLOSED 23
Zumba 9—10 a.m. 25 Coffee with the Deputies 10:20 -11:20 a.m Spa. L.A Care Member Orientation 12 - 1 p.m Eng. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Medi-Cal and CalFresh Enrollments 9 - 3 p.m. 26 Zumba 9 - 10 a.m Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Adult Guitar Lesson Beginners #4 11:30 - 12:30 p.m. Prevent Diabetes 12:05 - 1:20 pm. Spa. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	27 For Staff Development CENTER CLOSED	CalFresh Enrollments 9 - 5 p.m. 28 Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Social Hour 11:15 - 12:15 p.m Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m	Zumba 8 - 9 a.m. 29 Body Flexibility 9 - 10 a.m. Money Smart for Adults Se Requiere Pre-inscripción 10: 30 - 11: 30 a.m. Spa. Money Smart for Adults Pre-Registration Required 11: 45 - 12: 45 p.m. Eng. CPR & First Aid (Ages 14+) Eng. Register at freecprla.com 1 — 4 p.m.	30 Child Supervision for classes from 4 -5 p.m. Only. LEGO Builders: Family welcome or child 4+potty trained) may stay while parent attends a class

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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Friday: 8 A.M. - 5 P.M.



213.438.5580
CommunityResourceCenterLA.org

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 CRC Sitio de Web	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!	Hora Social Para Adultos: Un momento para relajarse, mezclarse, conectar y crear arte	Regreso a La Escuela FERIA de Recursos, Se Regalaran utiles escolares y mochilas. Estudiantes universitarios se pueden inscribir. (Se requiere inscripción previa en persona). 10:00 am to 6:00 pm 	 CENTER CLOSED
Zumba 9 - 10 a.m. La Importancia de un Plan Familiar (CHIRLA) 10:15 — 11: 15 a.m. Esp. Conozca sus Derechos! 10:15 — 11:15 a.m.Ing/Esp Introducción a los servicios de CASA 10:15 — 11: 15 a.m Ing Salud Bucal presentado por Liberty Dental 11:30 — 12: 30 p.m Esp. Constructores de LEGO 1 - 2 p.m Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m	Inscripciones de Medi-Cal y CalFresh 9 - 3 p.m. Zumba 9 - 10 a.m Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 - 12 p.m. Ing/Esp. Clase de Guitarra para Adultos principiante # 1 11:30 -12:30 p.m Prevenir la Diabetes 12:05 - 1:20 pm. Esp. Centro Cerrado para el desarrollo del Personal 1:30 p.m. - 3:30 p.m. Danza Folklorico para Niños (Edades 4+)- 4 - 5 p.m.	Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Taller: Salud Mental 10:15 - 11:45 a.m. Esp. Crianza Efectiva para Padres 10:15 - 12:15 p.m. Ing. Orientación para Miembros de L.A Care. 12:30 - 1:30 p.m Ing. Conceptos Basicos para el Manejo de la Ira. 12:30 - 1:30 p.m Ing. Boot Camp 4 - 5 p.m.	Inscripciones de CalFresh 9 - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 - 12 p.m. Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP/Primeros Auxilios (Edades14+) Esp. (Bolsa de Comida GRATIS) Registrarse en freecprla.com 10:15 - 1:15 p.m. Orientación para Miembros de L.A Care (Bolsa de Comida GRATIS) 11:30 - 12:30 p.m Esp. Clase de Arte Familiar (Bolsa de Comida GRATIS) 3 - 4 p.m	 CENTER CLOSED
Zumba 9 - 10 a.m. Prevención del Abuso del Alcohol y otras drogas 10:15 - 11:15 a.m. Esp. Prevención del Abuso del Alcohol y otras drogas 11:30 - 12:30 p.m. Ing. Salud de La Mujer 11:15 - 11:15 a.m. Ing Introducción a Family Planning Associates 11:30 - 12:30 p.m. Esp. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Inscripciones de Medi-Cal y CalFresh 9 - 5 p.m. Zumba 9 - 10 a.m Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 - 12 p.m. Ing/Esp. Clase de Guitarra para Adultos principiante # 2 11:30 -12:30 p.m Prevenir la Diabetes 12:05 - 1:20 pm. Esp. Café y Colorear Zumba Step 3 - 4 p.m. Danza Folklorico para Niños (Edades 4+)- 4 - 5 p.m.	Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Taller: Salud Mental 10:15 - 11:45 a.m. Esp. Crianza Efectiva para Padres 10:15 - 12:15 p.m. Ing. Orientación para Miembros de L.A Care. 12:30 - 1:30 p.m Esp. Conceptos Basicos para el Manejo de la Ira. 12:30 - 1:30 p.m Ing. Boot Camp 4 - 5 p.m.	Inscripciones de CalFresh 9 - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 - 12 p.m Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	Inscripciones Medi-Cal y CalFresh 9 - 3 p.m. Zumba 8 —9 a.m. Flexibilidad del Cuerpo 9 — 10 a.m. Orientación para Miembros de L.A Care 2:15 - 3:15 p.m. Esp. Clase de Arte Familiar 3:30 - 4:30 p.m	 CENTER CLOSED
Zumba 9 - 10 a.m. Conozca sobre el Fentanilo y la Prevencion 10:15 - 11:15 a.m. Ing Introducción del LGBTQ+ para Padres o Tutores 10:15 to 11:45 a.m Esp. Café y Colorear 12 - 1 p.m. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Inscripciones de Medi-Cal y CalFresh 9 - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 - 12 p.m. Ing/Esp. Clase de Guitarra para Adultos principiante # 3 11:30 -12:30 p.m Prevenir la Diabetes 12:05 - 1:20 pm. Esp. Zumba Step 3 - 4 p.m. Danza Folklorico para Niños (Edades 4+)- 4 - 5 p.m	Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Taller: Salud Mental 10:15 - 11:45 a.m. Esp. Crianza Efectiva para Padres 10:15 - 12:15 p.m. Ing. Conceptos Basicos para el Manejo de la Ira. 12:30 - 1:30 p.m Ing. Clase de Arte para Adultos 12:30 - 1:30 pm Boot Camp 4 - 5 p.m.	Inscripciones de CalFresh 9 - 5 p.m. Zumba Drum Sticks 9 -10 a.m. Cardio 11 a.m. Clases de Danza Folklorico Para Adultos 11 - 12 p.m. Despensa de Alimentos (Consigue una bolsa de comida - limitada a las primeras 130 personas) 1:30 p.m Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	Inscripciones Medi-Cal y CalFresh 9 - 3 p.m. Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 -10 a.m. Conozca sobre La Cruz Roja 10:15 - 11:15 a.m Esp. Tablero de Vision 10:15 - 11:15 a.m Orientación para Miembros de L.A Care 12 - 1 Ing. Centro Cerrado para Desarrollo del Personal 2 - 5 p.m.	 CENTER CLOSED
Zumba 9 - 10 a.m. Café con los Deputies 10:20 -11:20 a.m Esp. Orientación para Miembros (L.A Care Medi-Cal) 12 - 1p.m Ing. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Inscripciones de Medi-Cal y CalFresh 9 - 3 p.m. Zumba 9 - 10 a.m Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 - 12 p.m. Ing/Esp. Clase de Guitarra para Adultos principiante # 4 11:30 -12:30 p.m Prevenir la Diabetes 12:05 - 1:20 pm. Esp. Zumba Step 3 - 4 p.m. Danza Folklorico para Niños (Edades 4+)- 4 - 5 p.m	Para el Desarrollo del Personal  CENTRO CERRADO	Inscripciones de CalFresh 9 - 5 p.m. Zumba Drum Sticks 9 - 10 a.m. Cardio 10 - 11 a.m. Danza Folklorico para Adultos 11 - 12 p.m Hora Social Para Adultos 11:15 -12:15 p.m Condición Fisica Del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 -10 a.m. Dinero Inteligente para Adultos Se Requiere Pre-inscripción 10:30 - 11:30 a.m. Esp. Dinero Inteligente para Adultos Pre-Registration Required 11: 45 - 12: 45 p.m. Ing. CPR & First Aid (Ages 14+) Ing. Register at freecprla.com 1 — 4 p.m.	Hay Supervision Infantil durante las Clases de 4 - 5 p.m Solamente. Constructores de LEGOS: Toda la familia es bienvenida. Los niños (4+ y que usan el baño solos) pueden quedarse mientras el padre o madre asiste a una clase.

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



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