



Community Resource Center



WEST L.A.
AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CRC Website	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!		Enrollment Services 1 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	2 CENTER CLOSED
Enrollment Services 4 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Sweat and Burn Fitness 1 - 2 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Enrollment Services 5 10 a.m. - 4 p.m. Play & Learn en Español (in Spanish) *Ages 1.5 - 4* 10:30 - 11:15 a.m. Parent & Me Drum Circle *Ages 0 - 2* 11:30 a.m. - 12:15 p.m. Full Body Stretch 1 - 2 p.m. Ballet Folklórico 4 - 5 p.m.	Enrollment Services 6 9 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m.	Enrollment Services 7 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Full Body Stretch 1 - 2 p.m. Breakthrough Parenting Virtually 4:30 - 6:30 p.m.	Enrollment Services 8 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	9 BACK TO SCHOOL EVENT 10AM - 2PM Virginia Avenue Park 2200 Virginia Ave. Santa Monica, CA 90404 Call us for more information
Enrollment Services 11 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Sweat and Burn Fitness 1 - 2 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Enrollment Services 12 10 a.m. - 4 p.m. Play & Learn en Español (in Spanish) *Ages 1.5 - 4* 10:30 - 11:15 a.m. Parent & Me Drum Circle *Ages 0 - 2* 11:30 a.m. - 12:15 p.m. Full Body Stretch 1 - 2 p.m. Ballet Folklórico 4 - 5 p.m.	Enrollment Services 13 9 a.m. - 4 p.m. Family Music Concert (Bilingual - Eng/Spa) *Ages 0 - 7* 10:30 - 11:15 a.m. Sweat and Burn Fitness 1 - 2 p.m. Healthy Cooking Class (Bilingual - Eng/Spa) 3:30 - 4:30 p.m. Arts and Crafts for Kids (K-8) 3:30 - 4:30 p.m.	Enrollment Services 14 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Full Body Stretch 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4:30 - 6:30 p.m.	Enrollment Services 15 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	16 CENTER CLOSED
Enrollment Services 18 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Enrollment Services 19 10 a.m. - 4 p.m. Play & Learn en Español (in Spanish) *Ages 1.5 - 4* 10:30 - 11:15 a.m. Parent & Me Drum Circle *Ages 0 - 2* 11:30 a.m. - 12:15 p.m. Full Body Stretch 1 - 2 p.m. Ballet Folklórico 4 - 5 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	CPR First Aid & AED (Spanish) 20 9 a.m. - 12 p.m. Enrollment Services 9 a.m. - 4 p.m. Healthy Cooking Class (Bilingual - Eng/Spa) 3:30 - 4:30 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Enrollment Services 21 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Regional Community Advisory Committee (RCAC 5 Meeting) 1 - 5 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4:30 - 6:30 p.m.	Enrollment Services 22 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	CPR First Aid & AED (English) 23 9 a.m. - 12 p.m.
Enrollment Services 25 9 a.m. - 4 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Enrollment Services 26 10 a.m. - 4 p.m. Play & Learn en Español (in Spanish) *Ages 1.5 - 4* 10:30 - 11:15 a.m. Parent & Me Drum Circle *Ages 0 - 2* 11:30 a.m. - 12:15 p.m. Full Body Stretch 1 - 2 p.m. Ballet Folklórico 4 - 5 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	27 CENTER CLOSED	Enrollment Services 28 9 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Adult Weight Management (English) 2:15 - 3:30 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4:30 - 6:30 p.m.	Diaper Distribution 29 9 a.m. - 1 p.m. Enrollment Services 9 a.m. - 4 p.m. Zumba 10:30 - 11:20 a.m. Yoga 11:30 - 12:20 p.m.	30 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

11173 W. Pico Blvd.
Los Angeles, CA 90064



CENTER HOURS:
Monday, Wednesday - Friday: 9 a.m. - 5 p.m.
Tuesdays: 10 a.m. - 5 p.m.
Saturday: CLOSED



310.231.3854
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
				1	2
 CRC Sitio de Web	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!		Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	 CENTRO CERRADO
4	5	6	7	8	9
Asistencia de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Servicios de Inscripción 10 a.m. - 4 p.m. Jugar y Aprender en Español (Edades 1.5 - 4) 10:30 - 11:15 a.m. Círculo de Tambores entre Padres y Niños (Edades 0 - 2) 11:30 a.m. - 12:15 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Baile Folklórico 4 - 5 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Cultivando Familias Virtual 4:30 - 6:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	 EVENTO DE REGRESO A LA ESCUELA 10AM - 2PM Virginia Avenue Park 2200 Virginia Ave. Santa Monica, CA 90404 Llámanos para más información
11	12	13	14	15	16
Asistencia de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Servicios de Inscripción 10 a.m. - 4 p.m. Jugar y Aprender en Español (Edades 1.5 - 4) 10:30 - 11:15 a.m. Círculo de Tambores entre Padres y Niños (Edades 0 - 2) 11:30 a.m. - 12:15 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Baile Folklórico 4 - 5 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Concierto de Música Familiar (Bilingüe - Ing/Esp) (Edades 0-7) 10:30 - 11:15 a.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Clase de Cocina Saludable (Bilingüe - Ing/Esp) 3:30 - 4:30 p.m. Artes y Manualidades para Niños (K-8) 3:30 - 4:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4:30 - 6:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	 CENTRO CERRADO
18	19	20	21	22	23
Asistencia de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Servicios de Inscripción 10 a.m. - 4 p.m. Jugar y Aprender en Español (Edades 1.5 - 4) 10:30 - 11:15 a.m. Círculo de Tambores entre Padres y Niños (Edades 0 - 2) 11:30 a.m. - 12:15 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Baile Folklórico 4 - 5 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	RCP Primeros Auxilios y DEA (Español) 9 a.m. - 12 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Clase de Cocina Saludable (Bilingüe - Ing/Esp) 3:30 - 4:30 p.m. Artes y Manualidades para Niños (K-8) 3:30 - 4:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Comité Regional de Asesoría Comunitario (Reunión de RCAC 5) 1 - 5 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4:30 - 6:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m.	RCP Primeros Auxilios y DEA (Inglés) 9 a.m. - 12 p.m.
25	26	27	28	29	30
Servicios de Inscripción 9 a.m. - 4 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Servicios de Inscripción 10 a.m. - 4 p.m. Jugar y Aprender en Español (Edades 1.5 - 4) 10:30 - 11:15 a.m. Círculo de Tambores entre Padres y Niños (Edades 0 - 2) 11:30 a.m. - 12:15 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Baile Folklórico 4 - 5 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	 CENTRO CERRADO	Servicios de Inscripción 9 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Control de Peso en Adultos (Inglés) 2:15 - 3:30 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4:30 - 6:30 p.m.	Distribución de Pañales 9 a.m. - 1 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 10:30 - 11:20 a.m. Yoga 11:30- 12:20 p.m.	 CENTRO CERRADO

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



11173 W Pico Blvd.
Los Angeles, CA 90064



HORARIO DEL CENTRO:
Lunes, Miércoles - Jueves **9 a.m. - 5 p.m.**
Martes: **10 a.m. - 5 p.m.**
Sabados: **CERRADO**



310.231.3854
CommunityResourceCenterLA.org