



Community Resource Center



WILMINGTON AUGUST 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 (Thursdays) 1 - 3 p.m.		BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.		1 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. Community CBO Chat: YMCA Wilmington 2:15 - 3:15 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	2
4 Kickboxing 9 - 10 a.m. New Member Orientation 10 - 11 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.	5 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Metro TAP Enrollment 11 a.m. - 12 p.m. Transition to Old Age (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Alcohol & Breast Cancer (Spa.) 1 - 2 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	6 DPH RSV Presentation (GC) 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. Diabetes Management(Biling.) 12:30 - 2 p.m. Lunch & Learn to Budget (Eng.) 2:15- 3:15 p.m. Family Fitness Class 4 - 5 p.m	7 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.) 4 - 5 p.m. Lego Builders (Eng.)(ages 5+) 4 - 5 p.m.	8 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. Social Hour: Meet the CRC Manager 2 - 3 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	9
11 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	12 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Family Yoga (Biling.) 10 - 11 a.m. Lap Read (ages 0-5) (Spa.) 10:30 - 11:30 a.m. Grief and Loss (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Managing High Cholesterol (Spa.) 1:30 - 2:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	13 Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Diabetes Management(Biling.) 12:30 - 2 p.m. DPH Cholesterol Class (GC) 1 - 2 p.m. Family Fitness Class 4 - 5 p.m.	14 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.) 4 - 5 p.m. Lego Builders (Eng.)(ages 5+) 4 - 5 p.m.	15 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. Immigration Legal Services Workshop (Spa.) 2 :15 - 3:15 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	16
18 Kickboxing 9 - 10 a.m. Overdose Prevention Workshop (Spa.) 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.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.	19 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Christmas Sadness (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.	20 Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Child Birthing Class (Free Gift) (Eng.) 11 a.m. - 12 p.m. Diabetes Management (Biling.) 12:30 - 2 p.m. Family Fitness Class 4 - 5 p.m.	21 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. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2- 3 p.m. Life Skills (Spa.) 4 - 5 p.m. Lego Builders (Eng.) (ages 5+) 4 - 5 p.m.	22 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. Medi-Cal Enrollment 8:30 - 11 a.m. Site Closed from 12 -5 p.m.	23
25 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. 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.	26 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (ages 0-5) (Spa.) 10:30 - 11:30 a.m. Social Isolation (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Talk to your Doctor: Chronic Pain (Spa.) 1:30 - 2:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	27	28 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. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 4 - 5 p.m. Lego Builders (Eng.) (ages 5+) 4 - 5 p.m.	29 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. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	30 Open for Information 8 a.m.- 12 p.m.

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

