



EAST L.A.

SEPTEMBER

2025

Community Resource Center

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
1		2		3		4		5		6			
LABOR DAY CENTER CLOSED		Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Managing Your Medication 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. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [7 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 STEAM Class: Intro to STEAM 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.		Gun Violence Awareness Event 10 a.m. - 12 p.m. Adult Weight Management Class [1 of 2] 11 a.m. - 1 p.m. Spa. 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. 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			
8		9		10		11		12		13			
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Labor Day History 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: Making Kites (Ages 5-12) 4 - 5 p.m.		Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Resilience 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. Adult Art Workshop: Colorful Collages 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. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [8 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 STEAM Class: Science Skills 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.		CPR & First Aid (English) 10 a.m. - 1 p.m. Alcohol & Breast Cancer 10 - 11 a.m. Spa. Adult Weight Management Class [2 of 2] 11 a.m. - 1 p.m. Spa. 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. 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			
15		16		17		18		19		20			
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Hispanic Heritage 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.		Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Harassment Awareness 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. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [9 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 STEAM Class: Information Technology 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.		Food Pantry (Limited to First 100 People) 10 - 11 a.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.		Anger Management Virtual 9:30 - 11 a.m. Eng. RCAC Meeting 10 a.m. - 12:30 p.m. Warm Drinks & Community Links 10 - 11 a.m. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Gold 1:15 - 2:15 p.m.		CENTER CLOSED			
22		23		24		25		26		27			
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Seasonal Affective Disorder 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: Sunset Painting (Ages 5-12) 4 - 5 p.m.		Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Late Transitions 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. Oral Health: What is Gingivitis? Healthy Snacks 1:30 - 2:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.		The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [10 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 STEAM Class: Technology & Robots 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.		CPR & First Aid (Spanish) 10 a.m. - 1 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. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. In the Know, with my Gnomies 10 - 11 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			
29		30											
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Introspection 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.		Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Social Isolation 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.						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!		CRC East L.A. Instagram	

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.

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



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SEPTIEMBRE

2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1  Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Historia del Día del Trabajo 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: Papalotes (Edades 5-12) 4 - 5 p.m	2 Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Manejo de su Medicación 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.	3 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual  10 a.m. - 12 p.m. Esp. Cocinando Saludable [7 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 STEAM Familiar: Introducción a STEAM 3:30 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	4 Evento de Concienciación Sobre la Violencia Armada 10 a.m. - 12 p.m. Clase de Control de Peso Para Adultos [1 de 2] 11 a.m. - 1 p.m. Esp. 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.	5 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.	6 
8 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Historia del Día del Trabajo 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: Papalotes (Edades 5-12) 4 - 5 p.m	9 Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Resiliencia 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. Taller de Arte Para Adultos: Collages Coloridos 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	10 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual  10 a.m. - 12 p.m. Esp. Cocinando Saludable [8 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 STEAM Familiar: Habilidades Científicas 3:30 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	11 RCP y Primeros Auxilios (Inglés) 10 a.m. - 1 p.m. Alcohol y Cáncer de Mama 10 - 11 a.m. Esp. Clase de Control de Peso Para Adultos [2 de 2] 11 a.m. - 1 p.m. Esp. 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.	12 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.	13 
15 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Herencia Hispana 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.	16 Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Conciencia Sobre el Acoso 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.	17 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual  10 a.m. - 12 p.m. Esp. Cocinando Saludable [9 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 STEAM Familiar: Tecnología de la Información 3:30 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	18 Despensa de Alimentos (Limitado a las Primeras 100 Personas) 10 - 11 a.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.	19 Clase de Manejo de la Ira Virtual  9:30 - 11 a.m. Ing. Junta de RCAC 10 a.m. - 12:30 p.m. Cafecito y Conexiones 10 - 11 a.m. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Gold 1:15 - 2:15 p.m.	20 
22 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Trastorno Afectivo Estacional 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 el Atardecer (Edades 5-12) 4 - 5 p.m	23 Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Transiciones Tardías 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. ¿Qué es la Gingivitis? Refrigerios Saludables 1:30 - 2:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	24 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual  10 a.m. - 12 p.m. Esp. Cocinando Saludable [10 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 STEAM Familiar: Tecnología y Robots 3:30 - 4:30 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	25 RCP y Primeros Auxilios (Español) 10 a.m. - 1 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.	26 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. Gnomos Bien Informados 10 - 11 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.	27 
29 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Introspección 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.	30 Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Aislamiento Social 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.			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!	 CRC East L.A. Instagram
AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.					

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



213.438.5570

CommunityResourceCenterLA.org