



Community Resource Center



PALMDALE SEPTEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1 		2 Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Prevent Diabetes 12:05 - 1:20 pm. Spa. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.		3 Covered California Enrollments 10 - 5 p.m. 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. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.		4 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.		5 Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. CPR & First Aid (Ages 14+) Eng. Register at freecprla.com 10:15 - 1:15 p.m. Chimes & Charms: Craft Your Own Wind Chime for Adults 10:30 - 12:00 p.m.		6 	
8 Zumba 9—10 a.m. Parent Cafe 10:15 - 11:45 a.m. Spa. Opening Doors 10:15 - 11:45 a.m. Eng/Spa. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.		9 Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. Prevent Diabetes 12:05 - 1:20 pm. Spa. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.		10 Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Spa. Anger Management Essentials 10:15 - 11:15 a.m. Spa Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.		11 CalFresh Enrollments 9 - 5 p.m. 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.		12 Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 8—9 a.m. Body Flexibility 9—10 a.m Sip & Paint: Fall Edition for Adults 10:30 - 12:00 p.m. CPR & First Aid (Ages 14+) Spa. Register at freecprla.com 10:15 —1:15 p.m.		13 	
15 Zumba 9—10 a.m. Parent Cafe 10:15 - 11:45 a.m. Spa. Opening Doors 10:15 - 11:45 a.m. Eng/Spa. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa. How to respond to Emergencies and Mental Health 12 - 1:30 p.m. Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.		16 Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. 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.		17 Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Spa. Anger Management Essentials 10:15 - 11:15 a.m. Spa Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.		18 CalFresh Enrollments 9 - 5 p.m. 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.		19 Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Well Child Screening Event (by invitation only) 2 - 7 p.m		20 	
22 Zumba 9—10 a.m. Parent Cafe 10:15 - 11:45 a.m. Spa Opening Doors 10:15 - 11:45 a.m. Eng/Spa. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.		23 Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. 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.		24 Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Spa Anger Management Essentials 10:15 - 11:15 a.m. Spa. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.		25 CalFresh Enrollments 9 - 5 p.m. 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.		26 Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Money Smart for Adults: Investment and Retirement 10:30 a.m. - 11:30 a.m. Eng How to respond to Emergencies and Mental Health 12 - 1:30 p.m. Eng Fall Family Art: Paint Your Own Ceramics 4 -5 p.m.		27 	
29 Zumba 9—10 a.m. Parent Cafe 10:15 - 11:45 a.m. Spa. Opening Doors 10:15 - 11:45 a.m. Eng/Spa. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.		30 Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Healthy Smoothies 11:15 - 12 p.m. Eng/Spa. 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.				 Qualify for the My Rewards for a Healthy Life Program.  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 Website	

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
1  DÍA DEL TRABAJO CENTRO CERRADO	2 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. Prevenir la Diabetes 12:05 - 1:20 pm. Esp. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	3 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. Boot Camp 4 - 5 p.m.	4 I 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.	5 Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP/Primeros Auxilios (Edades14+) Ing. Registrarse en freecprla.com 10:15 - 1:15 p.m. Campanas y Amuletos: Crea Tu Propia Campana de Viento Para Adultos 10:30 - 12:00 p.m.	6  CENTER CLOSED
8 Zumba 9 - 10 a.m. Café Para Padres 10:15 - 11:45 a.m. Esp. Abriendo Puertas 10:15 - 11:45 a.m. Ing/Esp. Jugos Saludables 12 - 12:45 p.m. Ing/Esp Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m	9 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. Prevenir la Diabetes 12:05 - 1:20 pm. Esp. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	10 Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Taller: Salud Mental 10:15 - 11:45 a.m. Esp. Conceptos Basicos para el Manejo de la Ira. 10:15 - 11:15 a.m. Esp. Conceptos Basicos para el Manejo de la Ira. 12:30 - 1:30 p.m Ing. Boot Camp 4 - 5 p.m.	11 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. Despensa Comunitaria (Obtenga una bolsa de comida)- Limite primeras 130 personas) 1:30 p.m Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	12 Inscripciones de Medi-Cal y CalFresh 9 - 3 p.m. Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. Beber y Pintar: Edición de Otoño Para Adultos 10:30 - 12:00 p.m. RCP/Primeros Auxilios (Edades14+) Esp. Registrarse en freecprla.com 10:15 - 1:15 p.m.	13  CENTER CLOSED
15 Zumba 9 - 10 a.m. Café Para Padres 10:15 - 11:45 a.m. Esp. Abriendo Puertas 10:15 - 11:45 a.m. Ing/Esp. Jugos Saludables 12 - 12:45 p.m. Ing/Esp Como responder a un Emergencia y Salud Mental 12 - 1:30 p.m. Esp.. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	16 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. 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.	17 Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Taller: Salud Mental 10:15 - 11:45 a.m. Esp. Conceptos Basicos para el Manejo de la Ira. 10:15- 11:15 a.m Esp. Conceptos Basicos para el Manejo de la Ira. 12:30 - 1:30 p.m Ing. Boot Camp 4 - 5 p.m.	18 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	19 Inscripciones Medi-Cal y CalFresh 9 - 3 p.m. Zumba 8 —9 a.m. Flexibilidad del Cuerpo 9 — 10 a.m. Evento de Evaluacion Infantil (solo por invitacion) 2 - 7 p.m	20  CENTER CLOSED
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29 Zumba 9 - 10 a.m. Café Para Padres 10:15 - 11:45 a.m. Esp. Abriendo Puertas 10:15 - 11:45 a.m. Ing/Esp. Jugos Saludables 12 - 12:45 p.m. Ing/Esp Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	30 Zumba 9 - 10 a.m. Boot Camp 10 - 11 a.m. Jugos Saludables 11:15 - 12 p.m. Ing/Esp. 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		 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 *Comuniquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	 CRC Sitio de Web

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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