



Community Resource Center



WILMINGTON
SEPTEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
1		2		3		4		5		6			
LABOR DAY CENTER CLOSED		Stress Management 9 - 10 a.m. Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Finance Abuse (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.		Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Immigration Rights Workshop (Biling.) (GC) 1 - 3 p.m. Movie & Popcorn (ages 5+) 1 - 3 p.m. Metro Tap Enrollment 2 - 4 p.m. Warm Drinks & Community Links 2 - 4 p.m. Lunch & Learn to Budget (Eng.) 2:15- 3:15 p.m. Family Fitness Class 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. New Member Orientation 10 - 10:30 a.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.		Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 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. Caring for your Mental Health (Biling.) 2:15 - 3:45 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		CENTER CLOSED			
8		9		10		11		12		13			
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. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		Substance Abuse in Youth 9 - 10 a.m. 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. Emotional Intelligence (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Feel Better without Antibiotics (Spa.) 1:30 - 2:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.		Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Child Birthing Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Family Fitness Class 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m. Site Closed from 1 - 3 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.		Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 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. Housing Right's Workshop (Biling.) 2:15 - 3:15 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		Kids Craft Workshop 9 - 10 a.m. Family Healthy Cooking 10:15 - 11:30 a.m.			
15		16		17		18		19		20			
Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Mexican Independence Day Potluck (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack! (Eng.) (ages 4-18) 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		Mental Health in Youth (GC) 9 - 10 a.m. Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Stress Management (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Breast & Cervical Health (Spa.) 1- 2 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.		Suicide Prevention Workshop (Eng.) (GC) 9 - 10 a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Overdose Prevention Workshop (Spa.) 11 a.m. - 1 p.m. Family Fitness Class 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 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 (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.		Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 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: Harbor Regional Center (Biling.) 2:15 - 3:15 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		CENTER CLOSED			
22		23		24		25		26		27			
Kickboxing 9 - 10 a.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. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		Values and Sexuality 9 - 10 a.m. Step Exercise 9 - 10 a.m. Backpack Bar (ages 0-17) 9 - 11 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (ages 0-5) (Spa.) 10:30 - 11:30 a.m. Discover your Passion (Spa.) 11 a.m. - 12:30 p.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Heart Health (Spa.) (GC) 1:30 - 2:30 p.m. Play Dough Madness (ages 3+.) 1:30 - 2:30 p.m Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.		Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Child Birthing Class (Free Gift) (Eng.) 11 a.m. - 12 p.m. CRC Tours (Free Gift) 1 - 3 p.m. Family Fitness Class 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 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.		Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) (GC) 12:15 - 1:45 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		CENTER CLOSED			
29		30											
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. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.		Family Communication about Sexual Health 9 - 10 a.m. Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Chair Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Housing Right's Workshop (Biling.) 1:15 - 2:15 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.						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. Hosuing, DPSS, & Utility Support (Mon.-Wed.) 9 a.m. - 4 p.m. L.A. Care New Member Orientations Walk Ins (Mondays) 1 - 3 p.m.		CRC Website		BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	

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



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1 	2 Manejo del estrés 9 - 10 a.m. Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Abuso Financiero (Spa.) 11 a.m. - 12:30 p.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m.	3 Tecnologia de Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Taller Sobre Derechos de Inmigración (Biling.) (TC) 1- 3 p.m. Palomitas y Pelicula (edades 5+) 1 - 3 p.m. Inscripciones de Metro TAP 2 - 4 p.m. Bebidas Calientitas y Conexiones Comunitarias 2 - 4 p.m. Almuerzo y Aprende Hacer un Presupuesto (Eng.) 2:15- 3:15 p.m. Fitness en Familia 4 - 5 p.m.	4 Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Orientaciones de Nuevos Miembros 10 - 10:30 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 4 - 5 p.m. Constructores de legos (Eng.)(edades 5+) 4 - 5 p.m.	5 Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Cuidando Tu Salud Mental (Biling.) 2:15 - 3:45 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	6 
8 Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! (Eng.) (ages 4-18) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	9 Abuso de sustancias en jóvenes 9 - 10 a.m. Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (edades 0-5) (Spa.) 10:30 - 11:30 a.m. Inteligencia Emocional (Spa.) 11 a.m. - 12:30 p.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Sientase Mejor sin Antibioticos (Spa.) 1:30 - 2:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m.	10 Tecnologia de Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Parto (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Fitness en Familia 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. Sitio Cerrado de 1 - 3 p.m.	11 Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 4 - 5 p.m. Constructores de Legos (Eng.)(edades 5+) 4 - 5 p.m.	12 Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Taller Sobre Derechos de Vivienda (Biling.) 2:15 - 3:15 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	13 Manualidades para Niños 9 - 10 a.m. Cocina Saludable en Familia 10:15 - 11:30 a.m.
15 Kickboxing 9 - 10 a.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Convivio Saludable para Independencia de Mexico (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Boacadillo! (Eng.) (ages 4-18) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	16 Salud mental en jóvenes 9 -10 a.m. Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Manejo del Estres (Spa.) 11 a.m. - 12:30 p.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Salud Mamaria y Cervical (Spa.) 1- 2 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m.	17 Taller de Prevención del Suicidio (Eng.) (TC) 9 - 10 a.m. Tecnologia de Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Taller de Prevencion Sobredosis (Spa.) 11 a.m. - 1 p.m. Fitness en Familia 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	18 Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Spa.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 4 - 5 p.m. Constructores de Legos (Eng.)(edades 5+) 4 - 5 p.m.	19 Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Chat Comunitario: Harbor Regional Center (Biling.) 2:15 - 3:15 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	20 
22 Kickboxing 9 - 10 a.m. Pequeño y yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! (Eng.) (edades 4-18) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	23 Valores y sexualidad 9 - 10 a.m. Ejercicio Step 9 - 10 a.m. Bara de Mochilas (edades 0-17) 9 - 11 a.m. Consejos de Nutricion y Fitness(Spa.) 10 - 11 a.m. Clase de Lectura para Niños (edades 0-5) (Spa.) 10:30 - 11:30 a.m. Descubra su Pasion (Spa.) 11 a.m. - 12:30 p.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Salud del Corazon (Spa.) (TC) 1:30 - 2:30 p.m., Locura de Plastilina (edades 3+) 1:30 - 2:30 p.m.	24 Tecnologia de Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Parto (Premio Gratis) (Eng.) 11 a.m. - 12 p.m. Recorrido del CRC (Premio Gratis) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	25 Cardio Mix 9 - 10 a.m. ESL 10 a.m.- 12 p.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2- 3 p.m. Habilidades para la Vida (Spa.) 4 - 5 p.m. Constructores de Legos (Eng.) (edades 5+) 4 - 5 p.m.	26 Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) (TC) 12:15 - 1:45 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	27 
29 Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! (Eng.) (edades 4-18) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	30 Comunicación familiar acerca de la salud sexual 9 - 10 a.m. Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Yoga en Silla (Biling.) 11:30 a.m. - 12:30 p.m. Taller Sobre Derechos de Vivienda (Biling.) 1:15 - 2:15 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m		Inscripciones de Medical (Lun - Vie) 8:30 a.m. - 3:30 p.m. Inscripciones de CalFresh (Lun - Vie) 8:30 a.m. - 3:30 p.m. L.A. Care Servicio al Miembro (Lun- Vie) 9 a.m. - 4 p.m. Apoyo de Desalojo, Vivienda, de Servicios Publicos, y DPSS (Lun.-Mie.) 9 a.m. - 4 p.m. L.A. Care Orientaciones para Nuevos Miembros (Lunes) 1 - 3 p.m.	 CRC Sitio de Web	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+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO,
SALUDABLE E INFORMADO



911 North Avalon Blvd
Wilmington, CA 90744



HORARIO

Lunes a Viernes:8 a.m. - 5 p.m.
Sabado: CERRADO



213.428.1490
CommunityResourceCenterLA.org