



EAST L.A.
OCTOBER
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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!	The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [11 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: Engineering 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CENTER CLOSED	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.	Liver Health Screening & Resource Fair <i>(limited to the first 80 people)</i> 10 a.m. - 2 p.m.
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Practices for Living Fully 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. Know the Scams, Do Not Be a Victim - 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. Healthy Cooking Graduation [12 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: Art 3 - 5 p.m.	CPR & First Aid (English) 10 a.m. - 1 p.m. Breast Cancer Awareness Month 10:30 - 11:30 a.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
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Positive & Negative Silence 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: Fall Wreath Decoration (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. Emotional Intelligence 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: Miniature Altars 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 [1 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: Mathematics 3 - 5 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.	Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Warm Drinks & Community Links 9:30 - 10:30 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.	VACCINE CLINIC 10AM - 2PM
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Taking Care of Yourself to Take Care of Others 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. Stress Management 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 [2 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: Vocabulary & Questioning Skills 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CPR & First Aid (Spanish) 10 a.m. - 1 p.m. Overdose Prevention Workshop 10:30 - 11:30 a.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.	Pink Day 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
Black Cat Day Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Effect of Autumn on Mental Health 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: Halloween Craft (Ages 5-12) 4 - 5 p.m.	Pumpkin Day Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Discover Your Passion - 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: Spooky and Healthy Oral Health Snacks 1:30 - 2:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	Witch Hat Day The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [3 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: Reading, Listening & Observing Skills 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Candy Corn Day Costume Bash 10 a.m. - 12 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. Community Baby Shower Registration Opens Today! Call us 213.438.5570	★ Costume Day ★ 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. Trick-or-Treat Trail 2 - 4 p.m. (Ages 12 and under)	CRC East L.A. Instagram

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



Community Resource Center

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
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!		El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [11 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: Ingeniería 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.		2 CENTRO CERRADO		3 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.		4 Exámenes de Salud del Hígado y Feria de Recursos (limitado a las primeras 80 personas) 10 a.m. - 2 p.m.	
6 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Prácticas Para Vivir Plenos 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.		7 Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Conozca las Estafas, no sea una Víctima- 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.		8 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cocinando Saludable Graduación [12 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: Arte 3 - 5 p.m.		9 RCP y Primeros Auxilios (Inglés) 10 a.m. - 1 p.m. Mes de Concientización Sobre el Cáncer de Mama 10:30 - 11:30 a.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.		10 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.		11 CENTRO CERRADO	
13 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Silencio Positivo y Negativo 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: Decoración de Corona de Otoño (Edades 5-12) 4 - 5 p.m		14 Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Inteligencia Emocional 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: Altares en Miniatura 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.		15 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [1 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: Matemáticas 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.		16 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.		17 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. Cafecito y Conexiones 9:30 - 10:30 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.		18 CLÍNICA DE VACUNAS 10AM - 2PM	
20 Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Cuida de ti Para Cuidar de Otros 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.		21 Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Manejo del Estrés 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.		22 El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [2 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: Vocabulario y Habilidades de Cuestionamiento 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.		23 RCP y Primeros Auxilios (Español) 10 a.m. - 1 p.m. Taller de Prevención de Sobredosis 10:30 - 11:30 a.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.		24 Día del Color Rosa 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.		25 CENTRO CERRADO	
27 Día del Gato Negro Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Efecto del Otoño en la Salud Mental 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: Manualidades de Halloween (Edades 5-12) 4 - 5 p.m		28 Día de la Calabaza Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Descubre tu Pasión - 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. Salud Bucal: Snacks Espeluznantes y Saludables 1:30 - 2:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.		29 Día de Sombrero de Bruja El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. Cocinando Saludable [3 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 de Lectura, Escucha y Observación 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.		30 Día del Dulce de Maíz Fiesta de Disfraces 10 a.m. - 12 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. ¡La inscripción para el Baby Shower Comunitario abre hoy! ¡Llámenos 213.438.5570		31 ★ Día de Disfraces ★ 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. Camino de Trick-or-Treat 2 - 4 p.m. (12 años y menos)		CRC East L.A. Instagram	

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