



L.A. Care
HEALTH PLAN



P R O M I S E

INGLEWOOD OCTOBER 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Courses in BLUE qualify for the My Rewards for a Healthy Life program. Appointment and registration required for services in GREEN. Inglewood Community Bookshelf (Ages 0 -15) Diaper Distribution PLEASE CALL before visiting	Join us October 27-31 for daily Halloween activities. Costumes, games, and more! MON: Monster Monday (wear blue or green) TUE: Pjs & Popcorn Palooza (ages 4 - 14) WED: Costume Carnival (ages 4 - 14) THU: Throwback Thursday (dress like a decade) FRI: Happy Halloween! (costumes encouraged)	Yoga Therapy 9 - 10 a.m. Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Weight Management Program for Adults • 10 - 11:30 a.m. ENG. • 12 - 1:30 p.m. SPAN. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Family Fitness Virtual 9 - 10 a.m. 
Health Advocates Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Breast Cancer & Menopause 11 a.m. - 12 p.m. CPR & First Aid 12:30 p.m. - 3:30 p.m. SPAN. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	Medi-Cal Enrollments 8:30 a.m. - 4 p.m. Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Diabetes Self-Management 2 - 3:30 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 9 - 10 a.m. Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Weight Management Program for Adults • 10 - 11:30 a.m. ENG. • 12 - 1:30 p.m. SPAN. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m. *CENTER CLOSED* 3:15 - 4:15 p.m.	Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Family Fitness Virtual 9 - 10 a.m. 
Tai Chi 10:30 - 11:30 a.m. Beads of Hope: Jewelry Making Class 11 a.m. - 12:30 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	Medi-Cal Enrollments 8:30 a.m. - 4 p.m. Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Diabetes Self-Management 2 - 3:30 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 9 - 10 a.m. Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Weight Management Program for Adults • 10 - 11:30 a.m. ENG. • 12 - 1:30 p.m. SPAN. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. Community Café: Meet Local Resources 10 a.m. - 12 p.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Family Fitness Virtual 9 - 10 a.m. CPR & First Aid 9:30 a.m. - 12:30 p.m. ENGL.
Health Advocates Disability Assistance 10 a.m. - 12 p.m. Healthcare Navigation: Breast Cancer Awareness 11 a.m. - 12 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	Medi-Cal Enrollments 8:30 a.m. - 4 p.m. Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Diabetes Self-Management 2 - 3:30 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 9 - 10 a.m. Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Weight Management Program for Adults • 10 - 11:30 a.m. ENG. • 12 - 1:30 p.m. SPAN. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	
Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Steps for Early Detection 11 a.m. - 12 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	Medi-Cal Enrollments 8:30 a.m. - 4 p.m. Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Breast Cancer Awareness Month Workshop 12:15 - 1:15 p.m. Diabetes Self-Management 2 - 3:30 p.m. Pjs & Popcorn Palooza (Ages 4 - 14) 3:30 - 5 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 9 - 10 a.m. Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m. Costume Carnival (Ages 4 -14) 4 - 5 p.m.	Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

**BE ACTIVE,
HEALTHY & INFORMED**



2864 W. Imperial Hwy.
Inglewood, CA 90303



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.
3rd Saturday Open 9 a.m. - 12:30 p.m.
All other Saturdays: Closed



310.330.3130

CommunityResourceCenterLA.org



INGLEWOOD
OCTUBRE
2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Los cursos en AZUL califican para el programa Mis recompensas para una vida sana. Se requiere cita y registro para los servicios en VERDE. Biblioteca Comunitaria de Inglewood (0 - 5 años) Distribución de Pañales POR FAVOR LLAME antes de visitarnos para mas informacion.	Acompáñanos del 27 al 31 de octubre para actividades diarias de Halloween. ¡Disfraces, juegos y más! LUN: Monster Monday (usa azul o verde) MAR: Película y Palomitas (4 - 14 años) MIÉ: Carnaval de Disfraces (4 - 14 años) JUE: Throwback Thursday (vístete como de una década) VIE: ¡Feliz Halloween! (se anima a usar disfraces)	Terapia de Yoga 9 - 10 a.m. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Programa de Control del Peso para Adultos • 10 - 11:30 a.m. INGL. • 12 - 1:30 p.m. ESPÑ. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
Asistencia de SSI/SSDI Defensores de Salud 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Cáncer de Mama y Menopausia 11 a.m. - 12 p.m. RCP y Primeros Auxilios 12:30 p.m. - 3:30 p.m. ESPÑ. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Inscripciones de Medi-Cal 8:30 a.m. - 4 p.m. Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Manejo Personal de la Diabetes 2 - 3:30 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Programa de Control del Peso para Adultos • 10 - 11:30 a.m. INGL. • 12 - 1:30 p.m. ESPÑ. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m. *CENTRO CERRADO* 3:15 - 4:15 p.m.	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
Tai Chi 10:30 - 11:30 a.m. Cuentas de Esperanza: Clase de Fabricación de Joyería 11 a.m. - 12:30 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Inscripciones de Medi-Cal 8:30 a.m. - 4 p.m. Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Manejo Personal de la Diabetes 2 - 3:30 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Programa de Control del Peso para Adultos • 10 - 11:30 a.m. INGL. • 12 - 1:30 p.m. ESPÑ. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. Café Comunitario: Conoce los Recursos Locales 10 a.m. - 12 p.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. RCP y Primeros Auxilios 9:30 a.m. - 12:30 p.m. INGL.
Asistencia de SSI/SSDI Defensores de Salud 10 a.m. - 12 p.m. Navegación de Salud Médica: Concientización sobre el Cáncer de Mama 11 a.m. - 12 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Inscripciones de Medi-Cal 8:30 a.m. - 4 p.m. Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Manejo Personal de la Diabetes 2 - 3:30 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Programa de Control del Peso para Adultos • 10 - 11:30 a.m. INGL. • 12 - 1:30 p.m. ESPÑ. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Pasos para la Detección Temprana 11 a.m. - 12 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Inscripciones de Medi-Cal 8:30 a.m. - 4 p.m. Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Taller sobre el Cáncer de Mama 12:15 - 1:15 p.m. Manejo Personal de la Diabetes 2 - 3:30 p.m. Pijamas y Palomitas (4-14 años) 3:30 - 5 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m. Disfraces y Carnaval (4-14 años) 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	 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. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,
SALUDABLE E INFORMADO



2864 W. Imperial Hwy.
Inglewood, CA 90303



HORARIO DEL CENTRO:

Lunes a Viernes: 9 a.m. - 5 p.m.
3º sábado del mes abierto 9 a.m. - 12:30 p.m.
Todos los demás sábados: Cerrado



310.330.3130
activehealthyinformed.org