



Community Resource Center



LINCOLN HEIGHTS OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal Enrollment Tuesday & Thursday 9 a.m. - 4 p.m. CalFresh Enrollment Tuesday, Wednesday & Thursday 9 a.m. - 4 p.m. Member Services Monday - Friday 9 a.m. - 4 p.m. Grab & Go Food Pantry Monday - Friday 9 a.m. - 4 p.m.	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	Gentle Yoga 1 9 - 10 a.m. Active Yoga 10:30 - 11:30 a.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Light & Lively 2 10 - 11 a.m. The Arts of Fruits & Vegetables 1 - 2 p.m.	Adult Weight Management 4 of 8 (SPANISH) 3 10 a.m. - 12 p.m. Adult Weight Management 4 of 8 (ENGLISH) 12 - 1:30 p.m. Diabetes Self-Management 2 of 4 (MANDARIN) 1:30 - 3 p.m.	CENTER CLOSED
Healthy Cooking for Adults 6 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Diaper Distribution 1 - 3 p.m Sit & Dance 3 - 4 p.m.	The World of Juicing & Salads 7 9 - 10 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. Arts & Crafts for Families: Enchanted Autumn Garland 3:30 - 4:30 p.m.	Gentle Yoga 8 9 - 10 a.m. Active Yoga 10:30 - 11:30 a.m. Self Esteem 11 a.m. - 12 p.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Light & Lively 9 10 - 11 a.m. The Arts of Fruits & Vegetables 1 - 2 p.m. PART 1: Eat Smart with MyPlate (Ages 6 - 13) 3:45 - 4:15 p.m. PART 2: Kid's Snack Time: Spooky Snacks (Ages 4 - 13) 4:15 - 4:45 p.m.	FREE HEALTH SCREENING EVENT 9AM - 5PM	CENTER CLOSED
Healthy Cooking for Adults 13 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Diaper Distribution 1 - 3 p.m Breast Cancer Awareness Learn & Detect 2 - 4 p.m.	The World of Juicing & Salads 14 9 - 10 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. CPR & First Aid (ENGLISH) (Ages 14 and over) Register at freecprla.org 1 - 4 p.m. Parenting Class: Managing Children's Emotions (SPANISH) 3 - 5 p.m.	Gentle Yoga 15 9 - 10 a.m. Active Yoga 10:30 - 11:30 a.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Light & Lively 16 10 - 11 a.m. The Arts of Fruits & Vegetables 1 - 2 p.m. PART 1: Food Explorers: What's Inside? (Ages 6-13) 3:45 - 4:15 p.m. PART 2: Kid's Snack Time: Ants on a log (Ages 4-13) 4:15 - 4:45 p.m.	Adult Weight Management 5 of 8 (SPANISH) 10 a.m. - 12 p.m. Diabetes 11 a.m. - 12 p.m. Adult Weight Management 5 of 8 (ENGLISH) 12 - 1:30 p.m. Diabetes Self-Management 3 of 4 (MANDARIN) 1:30 - 3 p.m. Family Activity: Together Exploring Emotions (SPANISH) 3:30 - 4:30 p.m.	CENTER CLOSED
Healthy Cooking for Adults 20 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Coffee with a Taste of Community 12:30 - 2 p.m. Sit & Dance 3 - 4 p.m.	The World of Juicing & Salads 21 9 - 10 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. CPR & First Aid (SPANISH) (Ages 14 and over) Register at freecprla.org 1 - 4 p.m. Parenting Class: Managing Children's Emotions (SPANISH) 3 - 5 p.m.	Gentle Yoga 22 9 - 10 a.m. Active Yoga 10:30 - 11:30 a.m. Arts & Crafts: Pretty Patterned Pumpkins (Ages 17+) 2 - 3 p.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Light & Lively 23 10 - 11 a.m. The Arts of Fruits & Vegetables 1 - 2 p.m. PART 1: Healthy vs. Non Healthy (Ages 6 - 13) 3:45 - 4:15 p.m. PART 2: Kid's Snack Time: Agua Fresca (Ages 4-13) 4:15 - 4:45 p.m.	Adult Weight Management 6 of 8 (SPANISH) 10 a.m. - 12 p.m. Menopause 11 a.m. - 12 p.m. Adult Weight Management 6 of 8 (ENGLISH) 12 - 1:30 p.m. Diabetes Self-Management 4 of 4 (MANDARIN) 1:30 - 3 p.m. Family Activity: Together Exploring Emotions (SPANISH) 3:30 - 4:30 p.m.	CENTER CLOSED
Healthy Cooking for Adults 27 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Diaper Distribution 1 - 3 p.m Sit & Dance 3 - 4 p.m.	The World of Juicing & Salads 28 9 - 10 a.m. Dance & Feel the Beat 10:30 - 11:30 a.m. Domestic Violence Awareness: Know the Signs 2 - 4 p.m.	Gentle Yoga 29 9 - 10 a.m. Boo & Giggles: Storytime & Crafts (Ages 4 - 8 but all ages are welcome) 10 - 11 a.m. Active Yoga 10:30 - 11:30 a.m. Dance Chair Exercise 3 - 4 p.m. Rhythm Aerobics 4 - 5 p.m.	Dance Light & Lively 30 10 - 11 a.m. The Arts of Fruits & Vegetables 1 - 2 p.m. Milo's Spooktacular Trunk or Treat Community Resource Connection 4 - 7 p.m.	Adult Weight Management 7 of 8 (SPANISH) 10 a.m. - 12 p.m. Milo's Free Food Market (while supplies last) 10 a.m. - 12 p.m. Adult Weight Management 7 of 8 (ENGLISH) 12 - 1:30 p.m. Adult Cooking Club 1 - 2 p.m.	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



2430 N. BROADWAY
LOS ANGELES, CA
90031



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: CLOSED



213.294.2840
CommunityResourceCenterLA.org



Community Resource Center



LINCOLN HEIGHTS OCTUBRE 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripciones de Medi-Cal Martes y Jueves 9 a.m. - 4 p.m. Inscripciones de CalFresh Martes, Miercoles y Jueves 9 a.m. - 4 p.m. Servicio al Miembro Lunes - Viernes 9 a.m. - 4 p.m. Despensa de Alimentos Para Llevar Lunes - Viernes 9 a.m. - 4 p.m.	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	Yoga Suave 1 9 - 10 a.m. Yoga Activo 10:30 - 11:30 a.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila Ligero y Alegre 2 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m.	Control de Peso para Adultos 4 de 8 (ESPAÑOL) 3 10 -11:30 a.m. Control de Peso para Adultos 4 de 8 (INGLES) 12 -1:30 p.m. Diabetes Self-Management 2 de 4 (MANDARIN) 1:30 - 3 p.m.	CENTRO CERRADO
Cocinando Saludable para Adultos 6 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Distribución de pañales 1 - 3 p.m. Siéntate y Baila 3 - 4 p.m.	El Mundo de Jugos y Ensaladas 7 9 - 10 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. Artes y Manualidades para Familias: Creaciones Encantadas de Otoño 3:30 - 4:30 p.m.	Yoga Suave 8 9 - 10 a.m. Yoga Activo 10:30 - 11:30 a.m. Autoestima 11 a.m. - 12 p.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila Ligero y Alegre 9 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. PARTE 1: Come saludable con MiPlato (Edades 6-13) 3:45 - 4:15 p.m. PARTE 2: Hora de la Merienda para Niños: Bocadillos Espeluznantes (Edades 4 a 13) 4:15 - 4:45 p.m.	EVENTO DE EXAMEN DE SALUD GRATUITO 9AM - 5PM	CENTRO CERRADO
Cocinando Saludable para Adultos 13 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Distribución de pañales 1 - 3 p.m. Conciencia sobre el Cáncer de Seno: Aprende y Detecta 2 - 4 p.m.	El Mundo de Jugos y Ensaladas 14 9 - 10 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. RCP y Primeros Auxilios (INGLES) (Edad 14 años y mas) Registrarse en freecprla.org 1 - 4 p.m. Clase de Padres: Manejando las emociones de sus niños (ESPAÑOL) 3 - 5 p.m.	Yoga Suave 15 9 - 10 a.m. Yoga Activo 10:30 - 11:30 a.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila Ligero y Alegre 16 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. PARTE 1: Exploradores de Alimentos: ¿Qué hay dentro? 3:45 - 4:15 p.m. PARTE 2: Hora de la Merienda para Niños: Hormiguitas en un Tronco (Edades 4 a 13) 4:15 - 4:45 p.m.	Control de Peso para Adultos 5 de 8 (ESPAÑOL) 17 10 -11:30 a.m. Diabetes 11 - 12 p.m. Control de Peso para Adultos 5 de 8 (INGLES) 12 -1:30 p.m. Diabetes Self-Management 3 de 4 (MANDARIN) 1:30 - 3 p.m. Actividad Familiar: Juntos Explorando las Emociones (ESPAÑOL) 3:30 - 4:30 p.m.	CENTRO CERRADO
Cocinando Saludable para Adultos 20 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Cafésito con Sabor Comunitario 12:30 - 2 p.m. Siéntate y Baila 3 - 4 p.m.	El Mundo de Jugos y Ensaladas 21 9 - 10 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. RCP y Primeros Auxilios (ESPAÑOL) (Edad 14 años y mas) Registrarse en freecprla.org 1 - 4 p.m. Clase de Padres: Manejando las emociones de sus niños (ESPAÑOL) 3 - 5 p.m.	Yoga Suave 22 9 - 10 a.m. Yoga Activo 10:30 - 11:30 a.m. Artes y Manualidades: Decorando Calabazas con Estilo (Edades 17+) 2 - 3 p.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila Ligero y Alegre 23 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. PARTE 1: Comida saludable vs. no saludable (Edades 6-13) 3:45 - 4:15 p.m. PARTE 2: Merienda para niños: Agua fresca (Edades 4-13) 4:15 - 4:45 p.m.	Control de Peso para Adultos 6 de 8 (ESPAÑOL) 24 10 -11:30 a.m. Menopause 11 - 12 p.m. Control de Peso para Adultos 6 de 8 (INGLES) 12 -1:30 p.m. Diabetes Self-Management 4 de 4 (MANDARIN) 1:30 - 3 p.m. Actividad Familiar: Juntos Explorando las Emociones (ESPAÑOL) 3:30 - 4:30 p.m.	CENTRO CERRADO
Cocinando Saludable para Adultos 27 9 - 10:30 a.m. Zumba 11 a.m. - 12 p.m. Distribución de pañales 1 - 3 p.m. Siéntate y Baila 3 - 4 p.m.	El Mundo de Jugos y Ensaladas 28 9 - 10 a.m. Baila y Siente el Ritmo 10:30 - 11:30 a.m. Conciencia sobre la Violencia Domestica: Conoce las Señales 2 - 4 p.m.	Yoga Suave 29 9 - 10 a.m. Boo y Risas: Hora de Cuentos y Manualidades (Edades 4 - 7) 10 - 11 a.m. Yoga Activo 10:30 - 11:30 a.m. Ejercicio de Baile en Silla 3 - 4 p.m. Baila y Goza 4 - 5 p.m.	Baila Ligero y Alegre 30 10 - 11 a.m. El Arte de Frutas y Vegetales 1 - 2 p.m. Conexión Comunitaria de Recursos: El Trunk or Treat Espeluznante de Milo 4 - 7 p.m.	Control de Peso para Adultos 7 de 8 (ESPAÑOL) 31 10 -11:30 a.m. El Mercadito de Alimentos Gratuitos de Milo (hasta agotar existencias) 10 a.m. - 12 p.m. Control de Peso para Adultos 7 de 8 (INGLES) 12 -1:30 p.m. Club de Cocina para Adultos 1 - 2 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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO,
SALUDABLE E INFORMADO



2430 N. BROADWAY
LOS ANGELES, CA
90031



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sabado: CERRADO



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