



Community Resource Center



PALMDALE OCTOBER 2025

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!	Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Spa. Conceptos Basicos para el Manejo de la Ira 10:15 - 11:15 a.m. Spa Adult Fall Art Class (18+) 11:30 -12:30 p.m. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.	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	Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. CPR & First Aid (Ages 14+) Register at freecprla.com 10:15 - 1:15 p.m. Eng. Intro to In Home Support Services (IHSS) 10:30 - 11:30 a.m. Spa Coffee and Coloring 12 - 1 p.m. Family Lego Class 3 p.m. - 4 p.m.	CENTER CLOSED
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 Adult LEGO Class 12:10 - 1:10 p.m. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	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.	Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Mental Health 10:15 - 11:45 a.m. Spa. Conceptos Basicos para el Manejo de la Ira 10:15 - 11:15 a.m. Spa Workshop: Utility Assistance 12:30 - 1:30 p.m. Eng Anger Management Essentials 12:30 - 1:30 p.m. Eng. Boot Camp 4 - 5 p.m.	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	Zumba 8 —9 a.m. Body Flexibility 9 — 10 a.m. Social Media & Mental Health by Pueblo y Salud 10:30 -11:30 a.m. Spa. CPR & First Aid (Ages 14+) Spa. Register at freecprla.com 10:15 —1:15 p.m. Family LEGO Class 3:30 - 4:30 p.m.	CENTER CLOSED
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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 - Thursday: 9 A.M. - 5 P.M.
Friday: 8 A.M. - 5 P.M.



213.438.5580
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamane.	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!	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. Clase de Arte de Otoño para Adultos 12:10 - 1:10 p.m. Anger Management Essentials 12:30 - 1:30 p.m Ing. Boot Camp 4 - 5 p.m.	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.	Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. RCP/Primeros Auxilios (Edades14+) Registrarse en freecprla.com 10:15 - 1:15 p.m. Ing. Intro to In Home Support Services (IHSS) 10:30 - 11:30 a.m. Spa Coffee and Coloring 12 - 1 p.m. Clase Familiar de Legos 3:00 p.m. - 4:00 p.m.	CENTER CLOSED
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 Clase para Adultos de LEGOS 12:10 - 1:10 p.m. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m	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. Zumba Step 3 - 4 p.m. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	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. Taller:Asistencia de Servicios Publicos 12:30 - 1:30 p.m. Ing. Anger Management Essentials 12:30 - 1:30 p.m Ing. Boot Camp 4 - 5 p.m.	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 a las primeras 130 personas) 1:30 p.m Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m Redes Sociales y Salud Mental 10:30 -11:30 a.m. Spa. RCP/Primeros Auxilios (Edades14+) Esp. Registrarse en freecprla.com 10:15 - 1:15 p.m. Clase Familiar de LEGOS 3:30 p.m. - 4:30 p.m.	CENTER CLOSED
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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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



HORARIO DEL CENTRO:
Lunes a Jueves: 9 A.M. - 5 P.M.
Viernes: 8 A.M. - 5 P.M.



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