



Community Resource Center



PANORAMA CITY OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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!	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	1 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Young Children and Oral Health 11:30 a.m. — 12:30 p.m. Eng./Spa. Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	2 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Healthy Lifestyle and Stress Management -NEVHC 10:30 — 11:30 a.m. Eng./Spa. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Mental Health and Stigma 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.	3 Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability. CPR First Aid & AED (14+ w/Adult) 8 — 11 a.m. Eng. *Space is Limited to 30 First come, first served. For more dates visit freecprla.com.	4 CENTER CLOSED
6 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Zumba Steps 5 — 6 p.m.	7 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)	8 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	9 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Health Screenings —EPDB 3 — 5 p.m. Depression and Building Resilience 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.	10 Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability. Support Group for Parents of Children with Special Needs 9:30 — 11:00 a.m. Spa. Breast & Cervical Health Education 12 — 1 p.m. Eng./Spa.	11 CPR First Aid & AED (14+ w/Adult) 8 — 11 a.m. Spa. *Space is Limited to 30 First come, first served. For more dates visit freecprla.com. CENTER OPEN FROM 8:00 — 11:30 AM
13 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Zumba Steps 5 — 6 p.m.	14 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Fraud Prevention 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)	15 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	16 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Anxiety and Building Resilience 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.	17 Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability. CPR First Aid & AED (14+ w/ Adult) 8 — 11 a.m. Spa. *Space is Limited to 30 First come, first served. For more dates visit freecprla.com.	18 CENTER CLOSED
20 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	21 Boot Camp 9 — 10 a.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Debt Management 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)	22 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0—5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	23 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Grief, Loss, and Resilience 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.	24 VACCINE CLINIC 1PM - 5PM FREE FLU, COVID-19 and Children Vaccine Event! (Free Gift Card w/your Vaccination) ONLY Vaccine Services Available	25 CENTER CLOSED
27 Costume Contest* Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Women's Health -EPDB 2 — 3 p.m. Eng./Spa. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	28 Costume Contest* Boot Camp 9 — 10 a.m. Health Screenings —EPDB 10 a.m. — 1 p.m. Low Impact Zumba 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)	29 Costume Contest* Boot Camp 10 — 11 a.m. Little One & Me 11:30a.m. — 12:30 p.m. (Ages 0—5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	30 Costume Contest* Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Effects of Addiction 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.	31 Costume Contest* Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability. *Winners will be selected November 3rd	 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



7868 Van Nuys Blvd.
Panorama City, CA. 91402



CENTER HOURS:

Monday & Wednesday: 10 a.m. - 6 p.m.
Tuesday & Thursday: 9 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday: CLOSED



213.438.5497
CommunityResourceCenterLA.org



Community Resource Center



PANORAMA CITY OCTUBRE 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
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!	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	1 Boot Camp 10 — 11 a.m. Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5) Niños Pequeños y la Salud Bucal 11:30 a.m. — 12:30 p.m. Esp./Ing. Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	2 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estilo de Vida Saludable y Manejo del Estrés -NEVHC 10:30 — 11:30 a.m. Esp./Ing. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental y Estigma 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.	3 Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Ing. *Espacio limitado a 30 personas Se atenderá por orden de llegada. Para ver más fechas, visite freecprla.com.	4 CENTRO CERRADO
6 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Pasos de Zumba 5 — 6 p.m.	7 Boot Camp 9 — 10 a.m. Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5—14)	8 Boot Camp 10 — 11 a.m. Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	9 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Exámenes de Salud—EPDB 3 — 5 p.m. Resiliencia y Depresion 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.	10 Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. Grupo de Apollo para Padres De Niños con Necesidades Especiales 9:30 — 11:00 a.m. Esp. Educacion Sobre la Salud Mamaria y Cervical 12 — 1 p.m. Esp./Ing.	11 RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Esp. *Espacio limitado a 30 personas Se atenderá por orden de llegada. Para ver más fechas, visite freecprla.com. CENTRO ABIERTO DE 8:00 — 11:30 AM
13 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Pasos de Zumba 5 — 6 p.m.	14 Boot Camp 9 — 10 a.m. Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Prevencion de Fraude 4 — 5 p.m. Esp./Ing. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5—14)	15 Boot Camp 10 — 11 a.m. Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	16 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Resiliencia y Ansiedad 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.	17 Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Esp. *Espacio limitado a 30 personas Se atenderá por orden de llegada. Para ver más fechas, visite freecprla.com.	18 CENTRO CERRADO
20 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	21 Boot Camp 9 — 10 a.m. Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Manejo De Deudas 4 — 5 p.m. Esp./Ing. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	22 Boot Camp 10 — 11 a.m. Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	23 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Duelo, Perdida y Resiliencia 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.	24 CLÍNICA DE VACUNAS 1PM - 5PM Evento Gratuito de Vacunación Contra la Gripe, COVID-19 y para Niños! (Tarjeta de Regalo GRATIS con su vacunación) SOLO Servicios de vacunación disponibles	25 CENTRO CERRADO
27 Concurso de Disfraces* Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Salud de la Mujer -EPDB 2 — 3 p.m. Eng./Spa. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	28 Concurso de Disfraces* Boot Camp 9 — 10 a.m. Exámenes de Salud—EPDB 10 a.m. — 1 p.m. Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	29 Concurso de Disfraces* Boot Camp 10 — 11 a.m. Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	30 Concurso de Disfraces* Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Impacto de las Adicciones 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.	31 Concurso de Disfraces* Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. *Ganadores seran seleccionados el 3 de Noviembre	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



7868 Van Nuys Blvd.
Panorama City, CA. 91402



HORARIO DEL CENTRO:

Lunes y Miércoles: 10 a.m. - 6 p.m.
Martes y Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado



213.438.5497
CommunityResourceCenterLA.org