



Community Resource Center



WEST L.A.
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!	Enrollment Services 9 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Enrollment Services 9 a.m. - 4 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4:30 - 6:30 p.m.	Enrollment Services 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m. Food Pantry 🍽️ (First come, first served) Starts at 1:30 p.m.	CENTER CLOSED
Enrollment Services 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Enrollment Services 10 a.m. - 4 p.m. Spanish Music Class *Ages 0 - 2* 10:30 - 11:15 a.m. Parent & Me Drum Circle *Ages 0 - 2* 11:30 a.m. - 12:15 p.m. Full Body Stretch 1 - 2 p.m. Ballet Folklórico 4 - 5 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Enrollment Services 9 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Healthy Cooking Class (Bilingual - Eng/Spa) 3:30 - 4:30 p.m. Arts and Crafts for Kids (K-8) 3:30 - 4:30 p.m.	Enrollment Services 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Enrollment Services 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m. Food Pantry 🍽️ (First come, first served) Starts at 1:30 p.m.	CENTER CLOSED
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Enrollment Services 9 a.m. - 4 p.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 5 - 7 p.m.	Enrollment Services 10 a.m. - 4 p.m. Spanish Music Class *Ages 0 - 2* 10:30 - 11:15 a.m. Parent & Me Drum Circle *Ages 0 - 2* 11:30 a.m. - 12:15 p.m. Full Body Stretch 1 - 2 p.m. Ballet Folklórico 4 - 5 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Enrollment Services 9 a.m. - 4 p.m. Halloween Dance Party for Kids 10:30 - 11:15 a.m. Sweat and Burn Fitness 1 - 2 p.m. Homework Help for Kids (K-8) 4 - 5 p.m.	Enrollment Services 9 a.m. - 4 p.m. Early Head Start Playgroup 10 a.m. - 12 p.m. Homework Help for Kids (K-8) 4 - 5 p.m. Breakthrough Parenting Virtually 4:30 - 6:30 p.m.	Enrollment Services 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m. Food Pantry 🍽️ (First come, first served) Starts at 1:30 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

11173 W. Pico Blvd.
Los Angeles, CA 90064



CENTER HOURS:
Monday, Wednesday - Friday: 9 a.m. - 5 p.m.
Tuesdays: 10 a.m. - 5 p.m.
Saturday: CLOSED



310.231.3854
CommunityResourceCenterLA.org



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WEST L.A.
OCTUBRE 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		Servicios de Inscripción 9 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4:30 - 6:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m. Despensa de Comida 🍽️ (Disponibles por orden de llegada) A partir de la 1:30 p.m.	CENTRO CERRADO
Servicios de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Servicios de Inscripción 10 a.m. - 4 p.m. Clase de Música en Español (Edades 0 - 2) 10:30 - 11:15 a.m. Círculo de Tambores entre Padres y Niños (Edades 0 - 2) 11:30 a.m. - 12:15 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Baile Folklórico 4 - 5 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Clase de Cocina Saludable (Bilingüe - Ing/Esp) 3:30 - 4:30 p.m. Artes y Manualidades para Niños (K-8) 3:30 - 4:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m. Despensa de Comida 🍽️ (Disponibles por orden de llegada) A partir de la 1:30 p.m.	CENTRO CERRADO
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Servicios de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Servicios de Inscripción 10 a.m. - 4 p.m. Clase de Música en Español (Edades 0 - 2) 10:30 - 11:15 a.m. Círculo de Tambores entre Padres y Niños (Edades 0 - 2) 11:30 a.m. - 12:15 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Baile Folklórico 4 - 5 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Clase de Cocina Saludable (Bilingüe - Ing/Esp) 3:30 - 4:30 p.m. Artes y Manualidades para Niños (K-8) 3:30 - 4:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4:30 - 6:30 p.m.	Distribución de Pañales 9 a.m. - 1 p.m. Taller para padres sobre Seguridad Contra Quemaduras 9:15 - 9:45 a.m. Servicios de Inscripción 9 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 10:30 - 11:20 a.m. Yoga 11:30 a.m. - 12:20 p.m. 🧘 Despensa de Comida (Disponibles por orden de llegada) A partir de la 1:30 p.m.	RCP Primeros Auxilios y DEA (Inglés) 9 a.m. - 12 p.m.
Servicios de Inscripción 9 a.m. - 4 p.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 5 - 7 p.m.	Servicios de Inscripción 10 a.m. - 4 p.m. Clase de Música en Español (Edades 0 - 2) 10:30 - 11:15 a.m. Círculo de Tambores entre Padres y Niños (Edades 0 - 2) 11:30 a.m. - 12:15 p.m. Estiramiento de Cuerpo Completo 1 - 2 p.m. Baile Folklórico 4 - 5 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Fiesta de baile de Halloween para Niños 10:30 - 11:15 a.m. Entrenamiento de Alta Intensidad 1 - 2 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Early Head Start Grupo de Juego 10 a.m. - 12 p.m. Ayuda de Tarea para Niños (K-8) 4 - 5 p.m. Cultivando Familias Virtual 4:30 - 6:30 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Zumba 10 - 10:50 a.m. Yoga 11 - 11:50 a.m. Despensa de Comida 🍽️ (Disponibles por orden de llegada) A partir de la 1:30 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



11173 W Pico Blvd.
Los Angeles, CA 90064



HORARIO DEL CENTRO:

Lunes, Miércoles - Viernes 9 a.m. - 5 p.m.
Martes: 10 a.m. - 5 p.m.
Sabados: CERRADO



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