

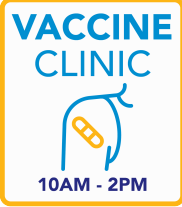


L.A. Care

Community Resource Center



WILMINGTON OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. Calfresh Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. L.A. Care Member Services (Mon- Fri) 9 a.m. - 4 p.m. Housing, DPSS, & Utility Support (Mon.-Wed.) 9 a.m. - 4 p.m. L.A. Care New Member Orientations Walk Ins (Thursdays) 1 - 3 p.m.	 CRC Website	Series Chronic Disease Self-Management (Spa.) 10 a.m. - 12:30 p.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Lunch & Learn to Budget (Eng.) 2:15- 3:15 p.m. Family Fitness Class 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	Cardio Mix 9 - 10 a.m. Diverse Families (LGBTQ Family Acceptance) (Spa.) 10 - 11 a.m. Glow Goo Lab with Rex (Ages 4+) 10:30- 11:30 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Spooky Movie & Popcorn 1 - 3 p.m. Wilmington Walks (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.)(ages 5+) 4 - 5 p.m.	Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	 CENTER CLOSED
Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack!(Eng.) (ages 4-18) 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Emotional Well-being & Stress (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m. Wear Pink for a Prize	Series Chronic Disease Self-Management (Spa.) 10 a.m. - 12:30 p.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Child Birthing Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Family Fitness Class 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	Cardio Mix 9 - 10 a.m. Cervical Cancer Prevention (Spa.) 10 - 11 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.)(ages 5+) 4 - 5 p.m.	Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	Vaccine Clinic & Pumpkin Giveaway (GC) 10 a.m. - 2 p.m.  VACCINE CLINIC 10AM - 2PM *Must Have Insurance* *Must get vaccination to get a pumpkin/Limited quantities available*
Kickboxing 9 - 10 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Warm Drinks & Community Links 11 am - 1 p.m. Metro TAP Enrollment 11 a.m. - 1 p.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack! (Eng.) (ages 4-18) 4 - 5 p.m.	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (ages 0-5) (Spa.)(GC) 10:30 - 11:30 a.m. Mental Health & Stigma (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Type 1 Diabetes (Spa.) 1:30 - 2:30 p.m Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	Series Chronic Disease Self-Management (Spa.) 10 a.m. - 12:30 p.m. New Member Orientation 10 - 11a.m. Google Tech (Spa.) 10:30 a.m. - 12:30 p.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Family Fitness Class 4 - 5 p.m.	Cardio Mix 9 - 10 a.m. Birth Control (Spa.) 10 - 11 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Spa.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.)(ages 5+) 4 - 5 p.m.	Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Community Baby Shower 3 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	 CENTER CLOSED
Kickboxing 9 - 10 a.m. Regional Community Advisory Committee Meeting 10 a.m. - 1 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack! (Eng.) (ages 4-18) 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Depression & Resilience (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Kids Healthy Cooking (Biling.) (Biling.) 3:45 - 5 p.m.	Breast/Chest Feeding Basics 9 - 10 a.m. Series Chronic Disease Self-Management (Spa.) 10 a.m. - 12:30 p.m. Child Birthing Class (Free Gift) (Eng.) 11 a.m. - 12 p.m. Family Fitness Class 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	Cardio Mix 9 - 10 a.m. Sexually Transmitted Infections (Spa.) 10 - 11 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2- 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.) (ages 5+) 4 - 5 p.m. Wear Pink for a Prize	Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m. Site Closed from 1:30 - 3 p.m.	 CENTER CLOSED
Kickboxing 9 - 10 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Understanding Menopause (Biling.) 11 a.m. - 12:30 p.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Paint! Sip! Snack! Halloween Edition (Eng.) (ages 4-18) 4 - 5 p.m.	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Grief Loss & Resilience (Spa.) 11 a.m. - 12:30 p.m. Lap Read (ages 0-5) (Spa.) 10:30 - 11:30 a.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Type 2 Diabetes (Spa.) 1:30 - 2:30 p.m. Kids Healthy Cooking (Biling.) 3:45 - 5 p.m.	Series Chronic Disease Self-Management (Spa.) 10 a.m. - 12:30 p.m. Lactation Class (Free Gift) (Eng.) 11 a.m. - 12 p.m. Family Fitness Class 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	Cardio Mix 9 - 10 a.m. Breast Cancer and Toxic Substances (Spa.) (GC) 10 - 11 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2- 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Lego Builders (Eng.) (ages 5+) 4 - 5 p.m.	Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 a.m. Stretch Class 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	 BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.

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



911 North Avalon Blvd
Wilmington, CA 90744



CENTER HOURS:
Monday-Friday:8 a.m. - 5 p.m.
Saturday: CLOSED



213.428.1490
CommunityResourceCenterLA.org



Community Resource Center



WILMINGTON OCTUBRE 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripciones de Medical (Lun - Vie) 8:30 a.m. - 3:30 p.m. Inscripciones de CalFresh (Lun - Vie) 8:30 a.m. - 3:30 p.m. L.A. Care Servicio al Miembro (Lun- Vie) 9 a.m. - 4 p.m. Apoyo de Desalojo, Vivienda, de Servicios Publicos, y DPSS (Lun.-Mie.) 9 a.m. - 4 p.m. L.A. Care Orientaciones para Nuevos Miembros (Jueves) 1 - 3 p.m.	 CRC Sitio de Web	Series Autocontrol de Enfermedades Crónicas(Spa.) 1 10 a.m. - 12:30 p.m. Tecnologia Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Almuerza y Aprende Hacer un Presupuesto (Eng.) 2:15- 3:15 p.m. Fitness en Familia 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	Cardio Mix 9 - 10 a.m. Familias Diversas (LGBTQ) Aceptación Familiar (Spa.) 10 - 11 a.m. Laboratorio de Brillo Pegajoso con Rex (edades 4+) 10:30 - 11:30 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Pelicula de Miedo y Palomitas (Biling.) 1 - 3 p.m. Paseo por Wilmington (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de lego(Eng.)(edades 5+) 4 - 5 p.m.	Viernes de Miembros 3 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaldas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	
Kickboxing 9 - 10 a.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! (Eng.) (ages 4-18) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Bienestar Emocional y Estres (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores(Biling.) 11:30 a.m. - 12:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m. Vestirse de Rosa Para un Premio	Series Autocontrol de Enfermedades Crónicas(Spa.) 8 10 a.m. - 12:30 p.m. Tecnologia Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Parto (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Fitness en Familia 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	Cardio Mix 9 - 10 a.m. Prevención del Cáncer de Cuello Uterino (Spa.) 10 - 11 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de Legos (Eng.)(edades 5+) 4 - 5 p.m.	Viernes de Miembros 10 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaldas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	Clínica de Vacunas y Sorteo de Calabazas (TC) 11 10 a.m.- 2 p.m.  *Debe tener Seguro Medico* *Debe vacunarse para obtener una calabaza/cantidades limitadas disponibles*
Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Bebidas Calientitas y Conexiones Comunitarias (Biling.) 11a.m. - 1 p.m. Inscripciones de Metro TAP 11 a.m. - 1 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! (Eng.) (ages 4-18) 4 - 5 p.m.	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (edades 0-5) (TC) (Spa.) 10:30 - 11:30 a.m. Salud Mental y Estigma (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Diabetes Tipo 1 (Spa.) 1:30 - 2:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m.	Series Autocontrol de Enfermedades Crónicas (Spa.) 15 10 a.m. - 12:30 p.m. Orientaciones de Nuevos Miembros 10 - 11 a.m. Tecnologia Google (Spa.) 10:30 a.m. - 12:30 p.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Fitness en Familia 4 - 5 p.m.	Cardio Mix 9 - 10 a.m. Anticonceptivos (Spa.) 10 - 11 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Spa.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de Legos (Eng.)(edades 5+) 4 - 5 p.m.	Viernes de Miembros 17 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Baby Shower Comunitario 3 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	
Kickboxing 9 - 10 a.m. Reunion del Comite Asesor Comunitario Regional 10 a.m. - 1 p.m. Pequeño y yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! (Eng.) (edades 4-18) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness(Spa.) 10 - 11 a.m. La Depresion y Resiliencia (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m.	Conceptos Basicos de Lactancia Materna 22 9 - 10 a.m. Series Autocontrol de Enfermedades Crónicas (Spa.) 10 a.m. - 12:30 p.m. Clase de Parto (Premio Gratis) (Eng.) 11 a.m. - 12 p.m. Fitness en Familia 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	Cardio Mix 9 - 10 a.m. Infecciones de Transmision Sexual 10 - 11 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2- 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de Legos (Eng.) (edades 5+) 4 - 5 p.m. Vestirse de Rosa Para un Premio	Viernes de Miembros 24 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaldas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. Sitio Cerrado de 1:30 - 3 p.m.	
Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entender la Menopausia (Spa.) 11 a.m. - 12:30 p.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. ¡Pintar! ¡Sorbo! ¡Bocadillo! Edicion Halloween (Eng.) (edades 4-18) 4 - 5 p.m.	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Duelo Perdida y Resiliencia (Spa.) 11 a.m. - 12:30 p.m. Clase de Lectura para Niños (edades 0-5) (Spa.) 10:30 - 11:30 a.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Diabetes Tipo 2 (Spa.) 1:30 - 2:30 p.m. Niños Cocina Saludable (Biling.) 3:45 - 5 p.m.	Series Autocontrol de Enfermedades Crónicas (Spa.) 29 10 a.m. - 12:30 p.m. Clase de Lactancia (Premio Gratis) (Eng.) 11 a.m. - 12 p.m. Fitness en Familia 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	Cardio Mix 9 - 10 a.m. Cáncer de Mama y Sustancias Tóxicas (Spa.) (TC) 10 - 11 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2- 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Constructores de Legos (Eng.) (edades 5+) 4 - 5 p.m.	Viernes de Miembros 31 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	

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



911 North Avalon Blvd
Wilmington, CA 90744



HORARIO
Lunes a Viernes:8 a.m. - 5 p.m.
Sabado: CERRADO



213.428.1490
CommunityResourceCenterLA.org