



Community Resource Center



PALMDALE
NOVEMBER 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!	CRC Website	Child Supervision for classes from 4 - 5 p.m. only.		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 ¿Necesita Dinero Para Colegio Para Sus Hijos? 12:00 - 1:00 p.m. Spa. 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 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. CPR & First Aid (Ages 14+) Eng. Register at freecprla.com 10:15 —1:15 p.m. Workshop: Intro to Parents Anonymous 10:30 - 11:30 a.m. Eng. .	CENTER CLOSED
Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9—10 a.m. Parent Cafe 10:15 - 11:45 a.m. Spa. Opening Doors 10:15 - 11:45 a.m. Eng/Spa. FREE Vision Clinic In-Person Registration Required 12 - 6 p.m	VETERAN'S DAY CENTER CLOSED	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 Concientización sobre la Violencia Domestica 11:30 - 12:30 p.m. Spa. 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.	Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. CPR & First Aid (Ages 14+) Spa. Register at freecprla.com 10:15 —1:15 p.m.	CENTER CLOSED
Medi-Cal and CalFresh Enrollments 9 - 1 p.m. Zumba 9—10 a.m. Opening Doors 10:15 - 12:30 p.m. Eng/Spa. CENTER CLOSED For Staff Development 1 - 3 pm Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Medi-Cal and CalFresh Enrollments 9 - 5 p.m. 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 Este Listo para La Cruz Roja 10:15 - 11:15 a.m. Spa. Be Red Cross Ready 12:30 - 1:30 p.m. Eng. Introducción a Parents Anonymous 12:30 - 1:30 p.m. Spa 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.	For Staff Development CENTER CLOSED	CENTER CLOSED
Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 9—10 a.m. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Zumba 9 - 10 a.m. Salvation Army: Programas de Asistencia para Vivienda y Servicios Públicos 10:15 - 11:15 p.m. 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	CENTER CLOSED		

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 classes ONLY from 4 p.m. - 5 p.m. (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 solamanete.	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!	CRC Sitio de Web	Supervisión Infantil durante las clases de 4 -5 p.m solamente.		CENTRO CERRADO
3 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 ¿Necesita Dinero Para Colegio Para Sus Hijos? 12:00 - 1:00 p.m. Esp. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m	4 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.	5 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. Boot Camp 4 - 5 p.m.	6 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	7 Zumba 8 - 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m RCP/Primeros Auxilios (Edades14+) Ing. Registrarse en freecprla.com 10:15 - 1:15 p.m. Taller: Intro to Parents Anonymous 10:30 -11:30 a.m. Ing.	8 CENTRO CERRADO
10 Inscripciones de Medi-Cal y CalFresh 9 - 5 p.m. 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. Clínica de Visión GRATIS Se Requiere Registrar en Persona 12 - 6 p.m	11 DÍA DE LOS VETERANOS CENTRO CERRADO	12 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 Concientización sobre la Violencia Domestica 11:30 - 12:30 p.m. Esp Boot Camp 4 - 5 p.m.	13 Inscripciones de CalFresh 9 - 5 p.m. Zumba Drum Sticks 9 -10 a.m. Cardio 10 - 11 a.m. Clases de Danza Folklorico Para Adultos 11 - 12 p.m. Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	14 Inscripciones Medi-Cal y CalFresh 9 - 3 p.m. Zumba 8 —9 a.m. Flexibilidad del Cuerpo 9 — 10 a.m. RCP/Primeros Auxilios (Edades14+) Esp. Registrarse en freecprla.com 10:15 - 1:15 p.m	15 CENTRO CERRADO
17 Inscripciones de Medi-Cal y CalFresh 9 - 1 p.m. Zumba 9 - 10 a.m. Abriendo Puertas 10:15 - 12:30 p.m. Ing/Esp. CENTRO CERRADO Para Desarrollo del Personal 1 - 3 pm Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	18 Inscripciones de Medi-Cal y CalFresh 9 - 5 p.m. Zumba Step 3 - 4 p.m. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	19 Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Taller: Salud Mental 10:15 - 11:45 a.m. Esp. Este Listo para La Cruz Roja 10:15 - 11:15 a.m. Esp. Be Red Cross Ready 12:30 - 1:30 p.m. Ing. Introducción a Parents Anonymous 12:30 - 1:30 p.m. Esp. Boot Camp 4 - 5 p.m.	20 Inscripciones de CalFresh 9 - 5 p.m. Zumba Drum Sticks 9 -10 a.m. Cardio 10 - 11 a.m. Clases de 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	21 Para Desarrollo del Personal CENTRO CERRADO	22 CENTRO CERRADO
24 Inscripciones de Medi-Cal y CalFresh 9 - 3 p.m. Zumba 9 - 10 a.m. Jugos Saludables 12 - 12:45 p.m. Ing/Esp Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	25 Zumba 9 - 10 a.m. Salvation Army: Programas de Asistencia para Vivienda y Servicios Públicos 10:15 - 11:15 p.m. Esp. Zumba Step 3 - 4 p.m. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m	26 Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Taller: Salud Mental 10:15 - 11:45 a.m. Esp.	27	28	29 CENTRO CERRADO

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 a clases, SOLO de 4 p. m. a 5 p. m. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO,
SALUDABLE E INFORMADO



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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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