



Community Resource Center



PANORAMA CITY NOVEMBER 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.	CRC Website		*Attend an Alzheimer's Class on the 5th or 17th to receive a \$20 Grocery Gift Card	CENTER CLOSED
Boot Camp 10 — 11 a.m. 3 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.	Boot Camp 9 — 10 a.m. 4 The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Managing your Credit 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14)	Boot Camp 10 — 11 a.m. 5 Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0 — 5) *Oral Health- Alzheimer's & Dementia Eng./Spa. 11:30 a.m. — 12:30 p.m. 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+)	Boot Camp 9 — 10 a.m. 6 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. Family Violence Prevention 2:45 — 4:15 p.m. Spa.	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	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. CENTER OPEN FROM 8:00 — 11:30 AM
Virtual Boot Camp 10 Virtual Breakthrough Parenting 2 — 4 p.m. Eng. CENTER CLOSED	Virtual Boot Camp 10 — 11 a.m. 11 VETERAN'S DAY CENTER CLOSED	Boot Camp 10 — 11 a.m. 12 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+)	Boot Camp 9 — 10 a.m. 13 Health Screenings —EPDB 10 a.m. — 1 p.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. Child Abuse Prevention 2:45 — 4:15 p.m. Spa.	Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability. Community Baby Shower* & Resource Fair 10 a.m. — 12 p.m. Resource fair open to all families with children (Ages 0-5). *Pre-registration required	CENTER CLOSED
Virtual Boot Camp 17 L.A. Care Consumer Advisory Committee 11:00 a.m. — 1:30 p.m. Eng./Spa./Khmer. *Healthy living for the Brain and Body 2 — 3 p.m. Spa. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 18 The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14)	Boot Camp 10 — 11 a.m. 19 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. Fraud Awareness 3:30 — 4:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	Boot Camp 9 — 10 a.m. 20 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. Suicide Prevention 2:45 — 4:15 p.m. Spa.	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. Support Group for Parents of Children with Special Needs 9:30 — 11:00 a.m. Spa.	CENTER CLOSED
Boot Camp 10 — 11 a.m. 24 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Turkey & Trimmings Resource Fair 3 — 6 p.m. In Person pre-registration required, starts 11/3. Call for more information.	Boot Camp 9 — 10 a.m. 25 Health Screenings — EPDB 10 a.m. — 1 p.m. The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14)	Boot Camp 10 — 11 a.m. 26 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+)	27	28	29
			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 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

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.	 CRC Sitio de Web		*Venga a una clase de Alzheimers el 5 o 17 y reciba una tarjeta de regalo de \$20 para comida 	 CENTRO CERRADO
Boot Camp 10 — 11 a.m. 3 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.	Boot Camp 9 — 10 a.m. 4 El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Administrando su Crédito 4 — 5 p.m. Esp. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. 5 Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0 — 5) *Salud Oral- Alzheimers y Demencia Esp./Ing. 11:30 a.m. — 12:30 p.m. 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+)	Boot Camp 9 — 10 a.m. 6 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. Prevención de Violencia Familiar 2:45 — 4:15 p.m. Esp.	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. CENTRO ABIERTO DE 8:00 — 11:30 AM	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.
Boot Camp Virtual 10 — 11 a.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. CENTRO CERRADO	Boot Camp Virtual 10 — 11 a.m. DÍA DE LOS VETERANOS CENTRO CERRADO	Boot Camp 10 — 11 a.m. 12 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+)	Boot Camp 9 — 10 a.m. 13 Exámenes de Salud—EPDB 10 a.m. — 1p.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. Prevención del Abuso Infantil 2:45 — 4:15 p.m. Esp.	Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. Baby Shower Comunitario* y Feria de Recursos 10 a.m. — 12 p.m. Feria de recursos para families con niños (Edades 0 - 5). *Se requiere pre-inscripción	CENTRO CERRADO
Boot Camp Virtual 9 — 10 a.m. Comité Asesor de Consumidores de L.A. Care 11:00 a.m. — 1:30 p.m. Esp./Ing./ Khm. Un Cerebro y Cuerpo Sano* 2 — 3 p.m. Spa. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 18 El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. 19 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. Conocimiento Sobre el Fraude 3:30 — 4:30 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+)	Boot Camp 9 — 10 a.m. 20 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. Prevención del Suicidio 2:45 — 4:15 p.m. Esp.	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. Grupo de Apollo para Padres De Niños con Necesidades Especiales 9:30 — 11:00 a.m. Esp.	CENTRO CERRADO
Boot Camp 10 — 11 a.m. 24 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. Distribución de Pavos y Feria de Recursos 3 — 6 p.m. Se requiere pre-inscripción en persona, empezando el 11/3. Llame para mas información.	Boot Camp 9 — 10 a.m. 25 Exámenes de Salud—EPDB 10 a.m. — 1 p.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. 26 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+)	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 durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO,
SALUDABLE E INFORMADO