



EAST L.A.

DECEMBER

2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cooking Matters 1 9 - 10:30 a.m. Spa. Life Skills: Personal Reflection & Growth 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Cal-Fresh Application Assistance 2 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Awareness, Treatment, & Recovery From Anxiety 10 - 11 a.m. Spa. Metabolic Health: Cholesterol and Triglyceride Control 11:30 a.m. - 1 p.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Lotería - Cards & Community 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 3 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [8 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL: Colors & Shapes 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Understanding High Blood Pressure 4 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 5 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	CENTER CLOSED
Cooking Matters 8 9 - 10:30 a.m. Spa. Life Skills: Highlights & Gratitude 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: Holiday Craft (Ages 5-12) 4 - 5 p.m. Holiday Toy Giveaway Registration Opens Today! Call us 213.438.5570	Cal-Fresh Application Assistance 9 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Pain, Loss, and Resilience 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Adult Art: Foam Block Printing Seasonal Cards 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 10 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [9 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL: Sight Words 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CPR & First Aid (English) 11 10 a.m. - 1 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 12 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	CENTER CLOSED
Cooking Matters 15 9 - 10:30 a.m. Spa. Life Skills: Looking Ahead 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Holiday Toy Giveaway *Pre-registration Required* (Restrictions Apply) 3:30-4:30 p.m.	Cal-Fresh Application Assistance 16 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Christmas Sadness for Older Adults 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Lotería - Cards & Community 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	The World of Juicing and Salads 17 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [10 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Holiday Toy Giveaway *Pre-registration Required* (Restrictions Apply) 3:30-4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Food Pantry 18 (limited to first 100 people) 10 - 11 a.m. CPR & First Aid (Spanish) 10 a.m. - 1 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Anger Management Virtual 19 9:30 - 11 a.m. Eng. Holiday Toy Giveaway *Pre-registration Required* (Restrictions Apply) 10 a.m. - 11 a.m. Center Closes at 12 p.m.	CENTER CLOSED
22	23	24	25	26	27
CENTER CLOSED					CENTER CLOSED
29	30	31			Follow us for center updates
CENTER CLOSED			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.	QR Code CRC East L.A. Instagram

Class space is limited (first come, first served). Child Supervision is provided while you attend a class. (Ages 4+). Classes and services are subject to change, rescheduling or cancellation without notice.

BE ACTIVE,
HEALTHY & INFORMED



4801 Whittier Blvd

Los Angeles, CA 90022



CENTER HOURS:

Monday - Thursday: 9 a.m. - 5 p.m.

Friday: 8 a.m. - 4 p.m.

Saturday: CLOSED



213.438.5570

CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Cocinado Saludable19 - 10:30 a.m. Esp. Habilidades Para la Vida: Reflexión y Crecimiento Personal10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m.	Aplicaciones de Cal-Fresh29 a.m. - 5 p.m. Mi Pequeño y Yo9:30 - 10:30 a.m. Ing. Concienciación, Tratamiento y Recuperación de la Ansiedad10 - 11 a.m. Esp. Salud Metabólica: Control de Colesterol y Triglicéridos11:30 a.m. - 1 p.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Lotería - Cartas y Comunidad1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas39 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [8 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Clase de Inglés: Colores y Formas3 - 5 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	Entendiendo la Presión Arterial Alta43 - 4 p.m. Esp. Adventura de Fitness Para Niños3 - 4 p.m. Boot Camp Para Adultos4 - 5 p.m.	Boot Camp Para Adultos58 - 9 a.m. Sunrise Yoga9 - 10 a.m. Clase de Manejo de la Ira Virtual9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5)10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes11 a.m. - 12 p.m. Esp. Nutrición y Tú12 - 1 p.m. Esp. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m.	CENTRO CERRADO
Cocinado Saludable89 - 10:30 a.m. Esp. Habilidades Para la Vida: Momentos Destacados y Gratitud10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m. Club de Arte Para Niños: Arte Festiva (Edades 5-12)4 - 5 p.m La Inscripción Para el Evento de Regalo de Juguetes abre hoy Llámenos 213.438.5570	Aplicaciones de Cal-Fresh99 a.m. - 5 p.m. Mi Pequeño y Yo9:30 - 10:30 a.m. Ing. Dolor, Pérdida y Resiliencia10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Taller de Arte Para Adultos: Tarjetas Estacionales de Impresión con Bloques de Espuma1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas109 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [9 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Clase de Inglés: Palabras a Vista3 - 5 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Inglés)1110 a.m. - 1 p.m. Entendiendo la Presión Arterial Alta3 - 4 p.m. Esp. Adventura de Fitness Para Niños3 - 4 p.m. Boot Camp Para Adultos4 - 5 p.m.	Boot Camp Para Adultos128 - 9 a.m. Sunrise Yoga9 - 10 a.m. Clase de Manejo de la Ira Virtual9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5)10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes11 a.m. - 12 p.m. Esp. Nutrición y Tú12 - 1 p.m. Esp. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m.	CENTRO CERRADO
Cocinado Saludable159 - 10:30 a.m. Esp. Habilidades Para la Vida: Mirando Hacia Adelante10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Evento de Regalo de Juguetes *Se requiere preinscripción* (Se Aplican Restricciones)3:30 - 4:30 p.m.	Aplicaciones de Cal-Fresh169 a.m. - 5 p.m. Mi Pequeño y Yo9:30 - 10:30 a.m. Ing. Tristeza Navideña- Para Adultos Mayores10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Lotería - Cartas y Comunidad1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas179 a.m. - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [10 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Evento de Regalo de Juguetes *Se requiere preinscripción* (Se Aplican Restricciones)3:30 - 4:30 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	Despensa de Alimentos18(limitado a las primeras 100 personas)10 - 11 a.m. RCP y Primeros Auxilios (Español)10 a.m. - 1 p.m. Entendiendo la Presión Arterial Alta3 - 4 p.m. Esp. Adventura de Fitness Para Niños3 - 4 p.m. Boot Camp Para Adultos4 - 5 p.m.	Clase de Manejo de la Ira - Virtual199:30 - 11 a.m. Ing. Evento de Regalo de Juguetes *Se requiere preinscripción* (Se Aplican Restricciones)10 a.m. - 11 a.m. Centro Cierra a las 12 p.m.	CENTRO CERRADO
22	23	24	25	26	27
CENTRO CERRADO					CENTRO CERRADO
29	30	31			Síguenos para anuncios del centro
CENTRO CERRADO			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.	QR Code CRC East L.A. Instagram

Espacio de las clases es limitado (Se le sirve en orden de llegada). Supervisión de niños está disponible durante las clases. (Edades 4+) Las clases y servicios están sujetas a cambio, reprogramación o cancelación sin previo aviso.

SEA ACTIVO,
SALUDABLE E INFORMADO



4801 Whittier Blvd
Los Angeles, CA 90022



HORARIO DEL CENTRO:
Lunes a Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado



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