



LONG BEACH
DECEMBER
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CPR (ENG) Register at freecprla.com 9:30 - 12:30 p.m. Blood Pressure Education Class (SPA) 10 a.m.- 12 p.m. Chair Yoga 2- 3 p.m. Winter Wonder Sing 4-5 p.m.	2 Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Stress Management (ENG) 10- 11 a.m. Strength Training 12-1 p.m. 1:15 - 2:15 p.m. Cooking Matters 3:00- 4:00 p.m.	3 Diaper Distribution **First 50 Participants** 9- 5 p.m. Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Google Technology 10:30 am- 12:30 p.m. Vinyasa Yoga 1:30- 2:30 p.m.	4 Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Late Life Transitions (SPA & ENG) 11:30- 1 p.m.	5 Cardio Step 10-11 a.m. Pre-School Cooking Class 10-11 a.m. Dancing for all Abilities 11 a.m.- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m. Winter Wonder Sing 4-5 p.m.	6 CENTER CLOSED
8 CPR (SPA) Register at freecprla.com 9:30- 12:30 p.m Blood Pressure Education Class (SPA) 10 a.m.- 12 p.m Health Advocates SSI/ SSDI Disability Assistance 1- 3 p.m. Chair Yoga 2- 3 p.m Winter Wonder Sing 4-5 p.m. Tobacco Use Prevention *Call to Register* 4 -5 p.m.	9 Cal Fresh Enrollment Services 9-5 p.m. Zumba 9-10 a.m. Stress Management (SPA) 10- 11 a.m. Strength Training 12-1 p.m. 1:15 - 2:15 p.m. Cooking Matters 3:00- 4:00 p.m. Tenant Rights Workshop *Call to Register* 5:30 -7 p.m.	10 Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m. Google Technology 10:30 a.m.- 12:30 p.m. S.O.U.L Circle *Call to Register* 11:30- 12:30 p.m. Vinyasa Yoga 1:30- 2:30 p.m CHASE Money Skills 3-4 p.m.	11 Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Grief and Loss (SPA & ENG) 11:30- 1 p.m. Strength Training 1:30- 2:30 p.m. 2:30 - 3:30 p.m. Helping Elders Live Productively 3- 4 p.m.	12 Cardio Step 10-11 a.m. Dancing for all Abilities 11 a.m.- 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m. Winter Wonderland Showcase 4-5 p.m.	13 CENTER CLOSED
15 L.A. Care New Member Orientation 9 a.m. - 12 p.m. Zumba 9-10 a.m. 10-11 a.m. Oral Health Workshop 11 a.m -12 p.m CENTER CLOSED 12 p.m. - 5 p.m.	16 Cal Fresh Enrollment Services 9-5 p.m. Cooking Matters 3:00- 4:00 p.m.	17 Zumba 9- 10 a.m. Anger Management (Virtual) 10- 11:30 a.m Read with Libby 10:15 -11 a.m. Google Technology 10:30 a.m.- 12:30 p.m. Art for Adults 3 - 4:30 p.m. Stop the Bleed *Call to Register* 5:30 -7 p.m.	18 Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Holiday Blues (SPA & ENG) 11:30- 1 p.m.	19 Cardio Step 10-11 a.m. Dancing for all Abilities 11 a.m. - 12 p.m. Cardio Dance 12 -1 p.m. Stretch & Agility 1-2 p.m. Family Cooking Class 3- 4 p.m.	20 CENTER CLOSED
22	23	24	25	26	27
CENTER CLOSED					CENTER CLOSED
29	30	31	Medical Enrollment Services *Call to Make Appointment* Monday- Friday 9- 4 p.m.	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 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



5599 ATLANTIC AVE.,
LONG BEACH, CA
90805



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: CLOSED



562.256.9810
CommunityResourceCenterLA.org



LONG BEACH
DICIEMBRE
2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
RCP y Primeros Auxilios (ENG) Registrarse en freecprla.com 9:30- 12:30 p.m. Clase de Educación Sobre la Presión Arterial (SPA) 10 a.m.- 12 p.m. Yoga en Silla 2- 3 p.m. Canto de Maravilla 4-5 p.m. 1	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9- 10 a.m. Manejo del Estrés (ING) 10- 11 a.m. Entrenamiento de Fuerza 12- 1 p.m. 1:15- 2:15 p.m. Cocinando Saludable 3- 4 p.m. 2	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Serie de Tecnología de Google 10:30 a.m. -12:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. 3	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Transiciones en la Vejez (ING & ESP) 11:30- 1 p.m. 4	Cardio Step 10- 11 a.m. Clase de Cocina para Preescolares 10- 11 a.m. Bailando para Todas Capacidades 11 a.m.- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m. Canto de Maravilla 4- 5 p.m. 5	CENTRO CERRADO 6
RCP y Primeros Auxilios (ESP) Registrarse en freecprla.com 9:30- 12:30 p.m. Clase de Educación Eobre la Presión Arterial (SPA) 10 a.m. -12 p.m. Asistencia para Discapacidad con SSI/SSDI 1-3 p.m. Yoga en Silla 2- 3 p.m. Canto de Maravilla 4-5 p.m. Prevención del Consumo de Tabaco *Llamen para Registrarse* 4-5 p.m. 8	Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Manejo del Estrés (ESP) 10- 11 a.m. Entrenamiento de Fuerza 12-1 p.m. 1:15 -2:15 p.m. Cocinando Saludable 3- 4 p.m. Taller de Derecho como Inquilino *Llamen para Registrarse* 5:30 -7 p.m. 9	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Serie de Tecnología de Google 10:30 a.m. -12:30 p.m. S.O.U.L Circle *Llame para Registrarse* 11:30- 12:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Clase Financiera de CHASE 3- 4 p.m. 10	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Duelo y Pérdida (ING & SPA) 11:30- 1 p.m. Entrenamiento de Fuerza 1:30- 2:30 p.m. 2:30 - 3:30 p.m. Ayudar a las Personas Mayores a Vivir de Forma Productiva 3- 4 p.m. 11	Cardio Step 10- 11 a.m. Bailando para Todas Capacidades 11 a.m.- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m. Espectáculo del Invierno 4-5 p.m. 12	CENTRO CERRADO 13
Orientación para nuevos miembros de L.A. Care 9 a.m. - 12 p.m. Zumba 9-10 a.m. 10- 11 a.m. Taller de Salud Dental *Llamen para Registrarse* 11 a.m -12 p.m. CENTRO CERRADO 12 p.m. - 5 p.m. 15	Servicios de inscripción para CalFresh 9- 5 p.m. Cocinando Saludable 3- 4 p.m. 16	Zumba 9-10 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Leyendo con Libby 10:15 -11 a.m. Serie de Tecnología de Google 10:30 a.m. -12:30 p.m Arte para Adultos 3 - 4:30 p.m. Detener el Sangrado *Llamen para Registrarse* 5:30 -7 p.m. 17	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Tristeza Navideña (ING & SPA) 11:30 a.m. - 1 p.m. 18	Cardio Step 10- 11 a.m. Bailando para Todas Capacidades 11 a.m.- 12 p.m. Baile de Salsa Aerobico 12- 1 p.m. Estiramiento y Agilidad 1- 2 p.m. Clase de Cocina Para la Familia 3- 4 p.m. 19	CENTRO CERRADO 20
22	23	24	25	26	27
CENTRO CERRADO					CENTRO CERRADO 27
29	30	31	Servicios de Inscripción Médical *Llame para hacer una cita* Lunes a Viernes 9- 4 p.m.	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	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



5599 ATLANTIC AVE.,
LONG BEACH, CA
90805



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



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