



Community Resource Center



PALMDALE DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Zumba 9—10 a.m. Alzheimer's 101 10:15 - 11:15 a.m. Spa Oral Health: Alzheimer's & Dementia 10:15 - 11:15 a.m. Eng. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	2 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. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	3 Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Workshop: Mental Health (Graduation) 10:15 - 12:30 p.m. Spa. Diaper Giveaway 1:30 - 4:30 p.m. Boot Camp 4 - 5 p.m.	4 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) 12:30 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.	5 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+) Eng. Register at freecprla.com 10:15—1:15 p.m. Learn about Bartz Altadonna 10:30 - 11:30 a.m. Spa Family LEGO 3 - 4:30 pm	6 CENTER CLOSED
8 Zumba 9—10 a.m. Oral Health: Alzheimer's & Dementia 10:15 - 11:15 a.m. Spa. Learn about Bartz Altadonna 10:15 - 11:15 a.m. Eng. Healthy Smoothies 12 - 12:45 p.m. Eng/Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	9 Medi-Cal and CalFresh Enrollments 9 - 5 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. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	10 Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Coffee with Sheriff Holiday Safety 10:15 - 11:15 a.m. Spa. Boot Camp 4 - 5 p.m.	11 CalFresh Enrollments 9 - 5 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.	12 Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 8—9 a.m. Body Flexibility 9—10 a.m. Diaper Giveaway 10:30 - 12:30 p.m.	13 CENTER CLOSED
15 Zumba 9—10 a.m. Salvation Army (Rental Assistance) 10:15 - 12 p.m. Eng Healthy Smoothies 12 - 12:45 p.m. Eng/Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	16 Medi-Cal and CalFresh Enrollments 9 - 5 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. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.	17 Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Boot Camp 4 - 5 p.m.	18 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) 12:30 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.	19 Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 8 - 9 a.m. Body Flexibility 9 - 10 a.m. Holiday Event (More info to come!)	20 CENTER CLOSED
22	23	24	25	26	27
CENTER CLOSED					CENTER CLOSED
29	30	31			
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.	 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 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 - Friday: 9 a.m. - 5 p.m.
Friday: 8 A.M. - 5 P.M.



213.438.5580
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1 Zumba 9 - 10 a.m. Alzheimer's 101 10:15 - 11:15 a.m. Esp. Salud Oral: Alzheimer's y la demencia 10:15 - 11:15 a.m. Ing. Jugos Saludables 12 - 12:45 p.m. Ing/Esp Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m	2 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. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	3 Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Taller: Salud Mental (Graduacion) 10:15 - 12:30 p.m. Esp. Distribución de Pañales 1:30 - 4:30 p.m. Boot Camp 4 - 5 p.m.	4 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 primeras 130 personas) 12:30 p.m Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	5 Inscripciones de Medi-Cal y CalFresh 9 - 3 p.m. 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. Aprenda sobre Bartz Altadonna 10:30 - 11:30 a.m. Esp. LEGO Familiar 3 - 4:30 p.m	6
8 Zumba 9 - 10 a.m. Salud Oral: Alzheimer's y la demencia 10:15 - 11:15 am. Esp. Aprenda sobre Bartz Altadonna 10:15 - 11:15 a.m. Ing Jugos Saludables 12 - 12:45 p.m. Ing/Esp Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m	9 Inscripciones de Medi-Cal y CalFresh 9 - 5 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. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	10 Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Café con el Sheriff Seguridad durante los Holidays 10:15 - 11:15 a.m. Esp. Boot Camp 4 - 5 p.m.	11 Inscripciones de CalFresh 9 - 5 p.m. Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	12 Inscripciones Medi-Cal y CalFresh 9 - 3 p.m. Zumba 8 —9 a.m. Flexibilidad del Cuerpo 9 — 10 a.m. Distribución de Pañales 10:30 - 12:30 p.m.	13
15 Zumba 9 - 10 a.m. The Salvation Army (Asistencia para la renta) 10:15 - 12 p.m. Ing Jugos Saludables 12 - 12:45 p.m. Ing/Esp Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	16 Inscripciones de Medi-Cal y CalFresh 9 - 5 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. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	17 Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Boot Camp 4 - 5 p.m.	18 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 primeras 130 personas) 12:30 p.m Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m	19 Inscripciones Medi-Cal y CalFresh 9 - 3 p.m. Zumba 8 —9 a.m. Flexibilidad del Cuerpo 9 — 10 a.m. Evento Festivo (¡Mas información próximadamente!)	20
22	23	24	25	26	27
CENTRO CERRADO					
29	30	31	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

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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