



Community Resource Center



WILMINGTON DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing 9 - 10 a.m. New Member Orientation 10:15 - 10:45 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking: Soup Series (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) (ages 4-18) 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m. 1	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. DMH: Suicide Awareness (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Little Chefs (Biling.) 3:45 - 5 p.m. 2	Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Smart Snacks, Smart Money (Eng.) 2:15- 3:15 p.m. Family Fitness Class (all ages) 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m. 3	Cardio Mix 9 - 10 a.m. Planned Parenthood: Mental Health in Youth (Spa.) 10 - 11 a.m. Family Play Date/ Open Play (all ages) 11 - 11:30 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Wilmington Walks(Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.)(ages 5+) 4 - 5 p.m. 4	Member Friday's 9 a.m. - 3 p.m. Cardio Dance Class 9 - 10 a.m. Mind Matters (Spa.) 9 - 11 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Site closed from 3-5 p.m. Join us for the Tree Lighting at the Wilmington Towne Square 4-7 p.m. 5	Pancakes & Winter Crafts 9 - 10 a.m. 11 a.m. - 12 p.m. (under age of 12) *Registration Required!* Metro TAP Enrollment 11 a.m. - 1 p.m. 6
Kickboxing 9 - 10 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking: Soup Series (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) (ages 4-18) 4 - 5 p.m. 8	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (ages 0-5) (Spa.) 10:30 - 11:30 a.m. DMH: Child Abuse Prevention & Resilience (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Osteoarthritis Basics (Spa.) 1:30 - 2:30 p.m. Little Chefs (Biling.) 3:45 - 5 p.m. 9	H.E.L.P.: Stress Free Zone (Eng.) 9 - 10 a.m. BSP: Living with Heart Failure (Biling.) 11 a.m. - 12:30 p.m. Child Birthing Class (Free Gift)(Biling.) 11 a.m. - 12 p.m. Family Fitness Class (all ages) 4 - 5 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m. 10	Cardio Mix 9 - 10 a.m. Planned Parenthood: Values & Sexuality (Spa.) 10 - 11 a.m. Family Play Date/ Open Play (all ages) 11 - 11:30 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.)(ages 5+) 4 - 5 p.m. 11	Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m. 12	CENTER CLOSED 13
Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Site closed at 12 p.m. Holiday Spirit Week Wear red or green top 15	Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. DMH: Neurodevelopmental Disorders (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Bright Smiles, Healthy Habits 1- 2 p.m. Adult Dental Screenings 1 - 3 p.m. Health & Hot Cocoa Resource Fair 1 - 3 p.m. Metro TAP Enrollment 1 - 3 p.m. Little Healthy Bites and Hot Cocoa 3:45 - 5 p.m. (Biling.) Holiday Spirit Week Wear holiday sweater 16	Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Potluck Loteria with the CRC Team 1 - 3 p.m. Family Fitness Class (all ages) 4 - 5 p.m. Holiday Spirit Week Wear a Holiday Headband 17	Cardio Mix 9 - 10 a.m. Planned Parenthood: Family Communication about Sexual Health 10 - 11 a.m. (Spa.) Family Sing (Eng.) 11 - 11:45 a.m. Family Play Date/ Open Play (all ages) 11:45 a.m.- 12:15 p.m. Sound Bath (Spa.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Gingerbread House Workshop (Eng.)(ages 5+) 4 - 5 p.m. Holiday Spirit Week Wear your favorite Loteria Card 18	Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Parenting Classes (Eng.) 12:15 - 1:45 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m. Holiday Spirit Week Wear your Holiday Hat 19	CENTER CLOSED 20
22	23	24	25	26	27
CENTER CLOSED					CENTER CLOSED
29	30	31	Medi-Cal Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. Calfresh Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. L.A. Care Member Services (Mon- Fri) 9 a.m. - 4 p.m. Housing, DPSS, & Utility Support (Mon.-Wed.) 9 a.m. - 4 p.m. L.A. Care New Member Orientations Walk Ins (Thursdays) 1 - 3 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



911 North Avalon Blvd
Wilmington, CA 90744



CENTER HOURS:
Monday-Friday: 8 a.m. - 5 p.m.
Saturday: CLOSED



213.428.1490
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Kickboxing 9 - 10 a.m. Orientaciones para Nuevos Miembros 10:15 - 10:45 a.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable: Serie de Sopa (Biling.) 3:15 - 4:30 p.m. Estudio de Pintura Picasso Para Niños (Eng.) (ages 4-18) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. 1	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. DMH: Conciencia del Suicidio (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores(Biling.) 11:30 a.m. - 12:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m. 2	Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Snacks Inteligentes, Dinero Inteligente (Eng.) 2:15- 3:15 p.m. Fitness en Familia (todas las edades) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. 3	Cardio Mix 9 - 10 a.m. Planned Parenthood: Salud Mental en la Juventud (Spa.) 10 - 11 a.m. Cita de Juego Familiar (toda las edades) 11 - 11:30 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Paseo por Wilmington (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.)(edades 5+) 4 - 5 p.m. 4	Viernes de Miembros 9 a.m. - 3 p.m. Baile de Cardio 9 - 10 a.m. La Mente Importa (Spa.) 9 - 11 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Sitio cerrado de 3-5 p.m. Acompañenos para la iluminacion de arbol navideño en el Wilmington Towne Square 4-7 p.m. 5	Hot Cakes y Manualidades de Invierno! 9 - 10 a.m. 11 a.m. - 12 p.m. (para edades menor de 12) *¡Se requiere registrar!* Inscripciones de Metro TAP 11 a.m. - 1 p.m. 6
Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable: Serie de Sopa (Biling.) 3:15 - 4:30 p.m. Estudio de Pintura Picasso Para Niños (Eng.) (ages 4-18) 4 - 5 p.m. 8	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (edades 0-5) (Spa.) 10:30 - 11:30 a.m. DMH: Prevención y Resiliencia del Abuso Infantil. (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Conceptos Básicos de la Osteoartritis(Spa.) 1:30 - 2:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m. 9	H.E.L.P- Zona Libre de Estrés(Eng.) 9 - 10 a.m. BSP: Vivir con Insuficiencia Cardiaca (Biling.) 11 a.m. - 12:30 p.m. Clase de Parto (Premio Gratis)(Biling.) 11 a.m. - 12 p.m. Fitness en Familia (toda las edades) 4 - 5 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. 10	Cardio Mix 9 - 10 a.m. Planned Parenthood: Valores y Sexualidad(Spa.) 10 - 11 a.m. Cita de Juego Familiar (toda las edades) 11 - 11:30 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.)(edades 5+) 4 - 5 p.m. 11	Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. 12	13
Kickboxing 9 - 10 a.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Sitio cerrado a las 12 p.m. Semana del Espiritu Navideño Vestimenta rojo o verde 15	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. DMH: Trastornos del neurodesarrollo(Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores 11:30 a.m. - 12:30 p.m. (Biling.) Sonrisas Brillantes, Hábitos Saludables 1- 2 p.m. Exámenes Dental para Adultos 1 - 3 p.m. Feria de Recursos de Salud y Chocolate Caliente 1 - 3 p.m. Inscripciones de Metro TAP 1 - 3 p.m. Pequeños Bocados Saludables y Chocolate Caliente (Biling.) 3:45 - 5 p.m. Semana del Espiritu Navideño Use un sueter Navideño 16	Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Convivio de Loteria con el Equipo del CRC 1 - 3 p.m. Fitness en Familia (toda las edades) 4 - 5 p.m. Semana del Espiritu Navideño Use una Diadema Navideña 17	Cardio Mix 9 - 10 a.m. Planned Parenthood: Comunicación Familiar Sobre Salud Sexual (Spa.) 10 - 11 a.m. Cantar en Familia (Eng.) 11 - 11:45 a.m. Cita de Juego Familiar (toda las edades) 11:45 a.m. - 12:15 p.m. Baño de Sonido (Spa.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Taller de Casas de Jengibre(Eng.)(edades 5+) 4 - 5 p.m. Semana del Espiritu Navideño ¡Viste como tu carta de la Loteria favorita! 18	Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Clase de Padres (Eng.) 12:15 - 1:45 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. Semana del Espiritu Navideño ¡Usa tu gorro navideño! 19	20
22	23	24	25	26	27
CENTRO CERRADO					CENTRO CERRADO
29	30	31	Inscripciones de Medical (Lun - Vie) 8:30 a.m. - 3:30 p.m. Inscripciones de CalFresh (Lun - Vie) 8:30 a.m. - 3:30 p.m. L.A. Care Servicio al Miembro (Lun- Vie) 9 a.m. - 4 p.m. Apoyo de Desalojo, Vivienda, de Servicios Publicos, y DPSS (Lun.-Mie.) 9 a.m. - 4 p.m. L.A. Care Orientaciones para Nuevos Miembros (Jueves) 1 - 3 p.m.	CRC Sitio de Web	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.

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



911 North Avalon Blvd
Wilmington, CA 90744



HORARIO
Lunes a Viernes:8 a.m. - 5 p.m.
Sabado: CERRADO



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