



EAST L.A.
JANUARY
2026

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	2 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!	3 CRC East L.A. Instagram	4 HAPPY NEW YEAR CENTER CLOSED	5 CENTER CLOSED	6 CENTER CLOSED
7 CENTER CLOSED	8 CENTER CLOSED	9 Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. CENTER CLOSED Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	10 Center Opens at 2 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.	11 Boot Camp for Adults 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.	12 CENTER CLOSED
13 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Emotional Dependence 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.	14 Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Mental Health Class 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Eating Well to Live Better 11:30 a.m. - 1 p.m. Spa. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Adult Art Workshop: Hand Weaving Workshop 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	15 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [11 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: Basic Survival Vocabulary 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	16 CPR & First Aid (English) 10 a.m. - 1 p.m. Food Pantry (limited to first 100 people) 10 - 11 a.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.	17 Anger Management Virtual 9:30 - 11 a.m. Eng. RCAC Meeting 10 a.m. - 12:30 p.m. Warm Drinks & Community Links 10 - 11 a.m. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Gold 1:15 - 2:15 p.m.	18 CENTER CLOSED
19 CENTER CLOSED	20 Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Mental Health Class 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Eating Well to Live Better 11:30 a.m. - 1 p.m. Spa. 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.	21 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking Graduation [12 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: Personal Information 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	22 CPR & First Aid (Spanish) 10 a.m. - 1 p.m. Cervical Cancer Awareness 10:30 - 11:30 a.m. Spa. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	23 Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. In the Know, with my Gnomies 9:30 - 10:30 a.m. 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.	24 CENTER CLOSED
25 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Maternal Role 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.	26 Cal-Fresh Application Assistance 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Mental Health Class 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Eating Well to Live Better 11:30 a.m. - 1 p.m. Spa. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Oral Health and The Body 1:30 - 2:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	27 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [1 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: Family Tree 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	28 Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	29 Boot Camp for Adults 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.	30 CENTER CLOSED
31 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+)

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
AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	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!	 CRC East L.A. Instagram	FELIZ AÑO NUEVO  CENTRO CERRADO	 CENTRO CERRADO	 CENTRO CERRADO
 CENTRO CERRADO	 CENTRO CERRADO	 CENTRO CERRADO Cultivando Familias Virtual 4 - 6 p.m. Ing. 	El Centro abre a las 2 p.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing.  Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	 CENTRO CERRADO
Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Dependencia Emocional 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 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.	Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Clase de Salud Mental 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Alimentandonos Bien Para Vivir Mejor 11:30 a.m. - 1 p.m. Esp. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Taller de Arte Para Adultos: Taller de Tejido a Mano 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual  Cocinando Saludable [11 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Inglés: Vocabulario Básico de Supervivencia 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	RCP y Primeros Auxilios (Inglés) 10 a.m. - 1 p.m. Despensa de Alimentos (limitado a las primeras 100 personas) 10 - 11 a.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing.  Junta de RCAC 10 a.m. - 12:30 p.m. Cafecito y Conexiones 10 - 11 a.m. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Gold 1:15 - 2:15 p.m.	 CENTRO CERRADO
DÍA DE MARTIN LUTHER KING  CENTRO CERRADO	Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Clase de Salud Mental 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Alimentandonos Bien Para Vivir Mejor 11:30 a.m. - 1 p.m. Esp. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Lotería - Cartas y Comunidad 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual  Cocinando Saludable Graduación [12 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Inglés: Información Personal 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	RCP y Primeros Auxilios (Español) 10 a.m. - 1 p.m. Concienciación Sobre el Cáncer de Cuello Uterino 10:30 - 11:30 a.m. Esp. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing.  Gnomos Bien Informados 9:30 - 10:30 a.m. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	 CENTRO CERRADO
Cocinado Saludable 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Rol Materno 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 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.	Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Clase de Salud Mental 10 - 11 a.m. Esp. Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m. Alimentandonos Bien Para Vivir Mejor 11:30 a.m. - 1 p.m. Esp. Baile Aeróbico (Principiante) 12:15 - 1:15 p.m. Salud Bucal y el Cuerpo 1:30 - 2:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. Cultivando Familias Virtual  Cocinando Saludable [1 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Inglés: Árbol Genealógico 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing. 	Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing.  Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	 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+)

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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