



L.A. Care.

Community Resource Center



EAST L.A. FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills 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: Valentine's Day Craft 4 - 5 p.m. 2	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 (Int.) 11 a.m. - 12 p.m. Understanding the Link Between Chronic Diseases and Mental Health 11:30 a.m. - 1 p.m. Spa. Dance Aerobics (Beg.) 12:15 - 1:15 p.m. Lotería 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m. 3	The World of Juicing & Salads 9 - 10 a.m. Spa. Breakthrough Parenting 10 - 12 p.m. Spa. Healthy Cooking [2 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: Household Items 3 - 5 p.m. Breakthrough Parenting 4 - 6 p.m. Eng. 4	Community Baby Shower 10 a.m. - 12 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. 5	Boot Camp for Adults 8 - 9 a.m. 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. 6	CENTER CLOSED 7
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills 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. 9	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 (Int.) 11 a.m. - 12 p.m. Weight Management Education 11:30 a.m. - 1 p.m. Spa. Dance Aerobics (Beg.) 12:15 - 1:15 p.m. Adult Art Workshop: Paper Flower Bouquet 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m. 10	The World of Juicing & Salads 9 - 10 a.m. Spa. Breakthrough Parenting 10 - 12 p.m. Spa. Healthy Cooking [3 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: Identifying Money 3 - 5 p.m. Breakthrough Parenting 4 - 6 p.m. Eng. 11	CPR & First Aid (English) 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. 12	Boot Camp for Adults 8 - 9 a.m. 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. 13	CENTER CLOSED 14
PRESIDENT'S DAY CENTER CLOSED 16	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 (Int.) 11 a.m. - 12 p.m. Diabetes Basics 11:30 a.m. - 1 p.m. Spa. Dance Aerobics (Beg.) 12:15 - 1:15 p.m. Lotería 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m. 17	The World of Juicing & Salads 9 - 10 a.m. Spa. Breakthrough Parenting 10 - 12 p.m. Spa. Healthy Cooking [4 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. Breakthrough Parenting 4 - 6 p.m. Eng. 18	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. 19	Boot Camp for Adults 8 - 9 a.m. Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Warm Drinks & Community Links 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. 20	CENTER CLOSED 21
Cooking Matters 9 - 10:30 a.m. Spa. Life Skills 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. 23	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 (Int.) 11 a.m. - 12 p.m. Liver Health 101 11:30 a.m. - 1 p.m. Spa. Dance Aerobics (Beg.) 12:15 - 1:15 p.m. Medi-cal Dental Benefits 1:30 - 2:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m. 24	The World of Juicing & Salads 9 - 10 a.m. Spa. Breakthrough Parenting 10 - 12 p.m. Spa. Healthy Cooking [5 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. Breakthrough Parenting 4 - 6 p.m. Eng. 25	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. 26	Boot Camp for Adults 8 - 9 a.m. 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. 27	CENTER CLOSED 28
CENTER SERVICES Member Services and Enrollment Services Medi-Cal, Medicare, Covered California, & CalFresh L.A. Care New Member Orientation ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	CRC East L.A. Instagram	Join us for a Week-Long Celebration of our 7th Anniversary! We'll have special activities, snacks & prizes! February 9-13		

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 Whitter 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



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EAST L.A. FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Cocinado Saludable 2 9 - 10:30 a.m. Esp. Habilidades Para la Vida 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. Club de Arte para Niños: Manualidad de San Valentín 4 - 5 p.m.	Aplicaciones de Cal-Fresh 3 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 (Int.) 11 a.m. - 12 p.m. Comprendiendo el Vínculo Entre las Enfermedades Crónicas y la Salud Mental 11:30 a.m. - 1 p.m. Esp. Baile Aeróbico (Prin.) 12:15 - 1:15 p.m. Lotería 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 4 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 - 12 p.m. Esp. Cocinando Saludable [2 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: Artículos del Hogar 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Baby Shower 5 Comunitario 10 a.m. - 12 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 6 8 - 9 a.m. 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 9 - 10:30 a.m. Esp. Habilidades Para la Vida 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 10 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 (Int.) 11 a.m. - 12 p.m. Educación Sobre el Manejo del Peso 11:30 a.m. - 1 p.m. Esp. Baile Aeróbico (Prin.) 12:15 - 1:15 p.m. Taller de Arte Para Adultos: Ramo de Flores de Papel 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 11 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 - 12 p.m. Esp. Cocinando Saludable [3 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: Identificación del Dinero 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios 12 (Inglés) 10 a.m. - 1 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 13 8 - 9 a.m. 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
DÍA DE LOS PRESIDENTES CENTRO CERRADO	Aplicaciones de Cal-Fresh 17 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 (Int.) 11 a.m. - 12 p.m. Conceptos Básicos Sobre la Diabetes 11:30 a.m. - 1 p.m. Esp. Baile Aeróbico (Prin.) 12:15 - 1:15 p.m. Lotería 1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 18 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 - 12 p.m. Esp. Cocinando Saludable [4 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. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Despensa de Alimentos 19 (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.	Boot Camp Para Adultos 20 8 - 9 a.m. Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Cafecito y Conexiones 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 23 9 - 10:30 a.m. Esp. Habilidades Para la Vida 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 24 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 (Int.) 11 a.m. - 12 p.m. Salud del Hígado 101 11:30 a.m. - 1 p.m. Esp. Baile Aeróbico (Prin.) 12:15 - 1:15 p.m. Beneficios Dentales de Medi-Cal 1:30 - 2:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 25 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 - 12 p.m. Esp. Cocinando Saludable [5 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. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios 26 (Español) 10 a.m. - 1 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 27 8 - 9 a.m. 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
SERVICIOS DIARIOS Servicios para Miembros y Servicios de Inscripción • Medi-Cal, Medicare, Covered California, y CalFresh • Orientación para nuevos miembros de L.A. Care 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 East L.A. Instagram	¡Acompáñenos a celebrar nuestro Séptimo Aniversario durante toda una semana! ¡Tendremos actividades especiales, snacks y premios! Del 9 al 13 de febrero		

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 Whitter Blvd.
Los Angeles CA, 90022



HORARIO
Lunes a Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m
Sábado: CERRADO



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