



LONG BEACH
JANUARY
2026

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medical Enrollment Services *Call to Make Appointment* Monday- Friday 9 a.m. - 4 p.m.		BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	1 CENTER CLOSED	2 CENTER CLOSED	3 CENTER CLOSED
5 CENTER CLOSED	6 CENTER CLOSED	7 CENTER CLOSED	8Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Social Isolation (SPA & ENG) 11:30- 1 p.m.	9Zumba 9-10 a.m. Cardio Step 10- 11 a.m. Dancing for all Abilities 11 a.m.- 12 p.m. Healthcare Navigation 11 a.m. - 12 p.m. Cardio Dance 12 - 1 p.m. Stretch and Agility 1- 2 p.m. Family Cooking 3- 4 p.m.	10 CENTER CLOSED
12CPR (ENG) Register at freecprla.com 9:30- 12:30 p.m. Health Advocates SSI/ SSDI Disability Assistance 1:15- 3 p.m. Cooking for All Abilities 12- 1 p.m. Chair Yoga 2- 3 p.m.	13Cal Fresh Enrollment Services 9 a.m.- 5 p.m. Zumba 9- 10 a.m. Substance Abuse in Youth (ENG) 10 - 11 am Strength Training 12- 1 p.m. 1:15- 2:15 p.m. Preparing for Birth & Beyond *Call to Register* 2:15 -3:45 p.m. Cooking Matters 3:00- 4:00 p.m.	14Anger Management (Virtual) 10- 11:30 a.m. Reading with Libby 10:15 - 11 a.m. Google Technology Series 10:30 a.m.- 12:30 p.m S.O.U.L Circle *Call to register* 11:30 a.m. - 12:30 p.m Vinyasa Yoga 1:30 - 2:30 p.m. Zumba 4- 5 p.m.	15Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Know the Scams, Don't Be a Victim (SPA & ENG) 11:30- 1 p.m. Brain Fog & Brain Health 3- 4 p.m.	16Cardio Step 10- 11 a.m. Pre-School Cooking Class 10- 11 a.m Dancing for all Abilities 11 a.m.- 12 p.m. Healthcare Navigation 11 a.m. - 12 p.m. Cardio Dance 12 - 1 p.m. Stretch and Agility 1- 2 p.m. Family Cooking 3- 4 p.m.	17 CENTER CLOSED
19 CENTER CLOSED	20Cal Fresh Enrollment Services 9 a.m. - 5 p.m. Zumba 9-10 a.m. Substance Abuse in Youth (SPA) 10 - 11 am Strength Training 12- 1 p.m. 1:15- 2:15 p.m. Infant Safety & Thriving Together *Call to Register* 2:15 -3:45 p.m. Cooking Matters 3- 4 p.m.	21Anger Management (Virtual) 10- 11:30 a.m. Google Technology Series 10:30 a.m.- 12:30 p.m. Vinyasa Yoga 1:30- 2:30 p.m. Art for Adults 3- 4:30 p.m.	22Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Emotional Intelligence (SPA & ENG) 11:30- 1 p.m. Oral Health Workshop 1- 2 p.m.	23Metro Life Program Enrollment 10 a.m. - 4:30 p.m. Zumba 9- 10 a.m. Cardio Step 10- 11 a.m. Dancing for all Abilities 11 a.m.- 12 p.m. Healthcare Navigation 11 a.m.- 12 p.m. Cardio Dance 12- 1 p.m. Stretch and Agility 1- 2 p.m. Family Cooking 3- 4 p.m.	24 CENTER CLOSED
26CPR (SPA) Register at freecprla.com 9:30 a.m. - 12:30 p.m. Blood Pressure Education (SPA) 10 a.m. - 12 p.m. Chair Yoga 2- 3 p.m. CHASE Money Skills 3:00- 4:00 p.m.	27Cal Fresh Enrollment Services 9 a.m.- 5 p.m. Zumba 9- 10 a.m. 10-11 a.m. Blood Pressure Education (ENG) 11 a.m. - 1 p.m. Strength Training 12- 1 p.m. 1:15- 2:15 p.m. Cooking Matters 3:00- 4:00 p.m.	28Diaper Distribution **First 50 Participants** 9 a.m.- 5 p.m. Anger Management (Virtual) 10- 11:30 a.m. Google Technology Series 10:30 a.m.- 12:30 p.m Vinyasa Yoga 1:30- 2:30 p.m.	29Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Stress Management (SPA & ENG) 11:30- 1 p.m. Cervical Cancer Awareness *Call to Register* 1 p.m.- 2 p.m.	30Metro Life Program Enrollment 10 a.m. - 4:30 p.m. Cardio Step 10- 11 a.m. Dancing for all Abilities 11 a.m.- 12 p.m. Healthcare Navigation 11 a.m.- 12 p.m. Cardio Dance 12- 1 p.m. Stretch and Agility 1- 2 p.m. Family Cooking 3- 4 p.m.	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+). Must wear appropriate shoes for fitness classes.

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5599 ATLANTIC
AVENUE, LONG BEACH,
CA 90805



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



562.256.9810
CommunityResourceCenterLA.org



LONG BEACH
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2026

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Servicios de Inscripción Médical *Llame para hacer una cita* Lunes - Viernes 9 a.m. - 4 p.m.	CRC Sitio de Web	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO
CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Aislamiento Social (ING & ESP) 11:30- 1 p.m.	Zumba 9- 10 a.m. Cardio Step 10- 11 a.m. Bailando para Todas Capacidades 11 a.m.- 12 p.m. Como Navegar el Sistema Medico 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.	CENTRO CERRADO
RCP y Primeros Auxilios (ENG) Registrarse en freecprrla.com 9:30 a.m.- 12:30 p.m. Asistencia para Discapacidad con SSI/SSDI 1:15- 3 p.m. Cocinar para Todas Capacidades 12- 1 p.m. Yoga en Silla 2- 3 p.m.	Servicios de Inscripción para CalFresh 9 a.m.- 5 p.m. Zumba 9- 10 a.m. Abuso de Sustancias en Jóvenes (ING) 10- 11 am Entrenamiento de Fuerza 12- 1 p.m. 1:15- 2:15 p.m. Preparación para el Nacimiento y Más *Llamen para registrarse* 2:15 -3:45 p.m. Cocinando Saludable 3- 4 p.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. Círculo de S.O.U.L *Llamen para registrarse* 11:30- 12:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Zumba 4- 5 p.m.	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Conozca las Estafas, No sea una Víctima (ING & ESP) 11:30- 1 p.m. Niebla Mental y Salud Cerebral 3- 4 p.m.	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. Como Navegar el Sistema Medico 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.	CENTRO CERRADO
CENTRO CERRADO	Servicios de Inscripción para CalFresh 9 a.m.- 5 p.m. Zumba 9- 10 a.m. Abuso de Sustancias en Jóvenes (ESP) 10- 11 am Entrenamiento de Fuerza 12- 1 p.m. 1:15- 2:15 p.m. Preparación para el Bebé y Creciendo Juntos *Llamen para registrarse* 2:15 -3:45 p.m. Cocinando Saludable 3:00- 4:00 p.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. Arte para Adultos 3- 4:30 p.m.	Zumba 9- 10 a.m. Clase para Padres 9:30-11 a.m. Yoga en Silla 10:30- 11:30 a.m. Inteligencia Emocional (ING & ESP) 11:30- 1 p.m. Taller de Salud Dental 1- 2 p.m.	Servicios de Inscripción para Metro Life 10 a.m. - 4:30 p.m. Zumba 9- 10 a.m. Cardio Step 10- 11 a.m. Bailando para Todas Capacidades 11 a.m.- 12 p.m. Como Navegar el Sistema Medico 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.	CENTRO CERRADO
RCP y Primeros Auxilios (SPA) Registrarse en freecprrla.com 9:30- 12:30 p.m. Clase de Educación Sobre la Presión Arterial (ESP) 10 a.m.- 12 p.m. Yoga en Silla 2- 3 p.m. Clase Financiera de CHASE 3:00- 4:00 p.m	Servicios de Inscripción para CalFresh 9 a.m.- 5 p.m. Zumba 9- 10 a.m. 10-11 a.m. Clase de Educación Sobre la Presión Arterial (ING) 11 a.m.- 1 p.m. Entrenamiento de Fuerza 12- 1 p.m. 1:15- 2:15 p.m. Cocinando Saludable 3:00- 4:00 p.m.	Distribución de Pañales *Primeros 50 participantes* 9 a.m.- 5 p.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. Zumba 4- 5 p.m.	Zumba 9- 10 a.m. Clase para Padres 9:30- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Manejo del Estrés (ING & ESP) 11:30- 1 p.m. Educación sobre el Cáncer de Cuello Uterino *Llamen para registrarse* 1 p.m.- 2 p.m.	Servicios de Inscripción para Metro Life 10 a.m. - 4:30 p.m. Cardio Step 10- 11 a.m. Bailando para Todas Capacidades 11 a.m.- 12 p.m. Como Navegar el Sistema Medico 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.	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+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO,
SALUDABLE E INFORMADO



5599 ATLANTIC
AVENUE, LONG
BEACH, CA 90805



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



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ខែមករា

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Community Resource Center

Table with 6 columns: Day of the week (e.g., ថ្ងៃចន្ទ, ថ្ងៃអង្គារ), Date (1-31), and Event details (e.g., CPR, Zumba, Cal Fresh, MLK, Metro Life). Each event entry includes a title, time, and location.

ថ្នាក់រៀនមានកំណត់ (អ្នកដែលមកមុនបានមុន)។ ថ្នាក់រៀនអាចផ្លាស់ប្តូរ កំណត់ពេលវេលាឡើងវិញ ឬ លុបចោលដោយមិនមានការជូនដំណឹងជាមុន។ មានសេវាមើលថែទាំកុមារនៅពេលអ្នកចូលរួមថ្នាក់រៀន។ (អាយុ 4+)។ ត្រូវតែពាក់ស្បែកជើងដែលសមរម្យសម្រាប់ថ្នាក់ហាត់ប្រាណ។

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ម៉ោងធ្វើ ការរបស់មជ្ឈមណ្ឌលៈ ថ្ងៃចន្ទ - ថ្ងៃសុក្រៈ ម៉ោង 9 ព្រឹក - 5 ល្ងាច សៅរៈ ថ្ងៃ ម



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LUNES	MARTES	MIYERKULES	HUWEBES	BIYERNES	SABADO
Medikal na mga Enrollment Services *Tumawag para Makagawa ng Appointment* Lunes - Biyernes 9 - 12 p.m.	ASUL Maging kuwalipikado para sa My Rewards for a Healthy Life Program. BERDE Kinakailangan ng Appointment at Pagpaparehistro.	 Website ng CRC	MANIGONG Bagong Taon SARADO ANG CENTER	 SARADO ANG CENTER	 SARADO ANG CENTER
5	6	7	8	9	10
 SARADO ANG CENTER	 SARADO ANG CENTER	 SARADO ANG CENTER	Zumba 9 - 10 a.m. Klase para sa Magulang 9:30 - 11:00 a.m. Chair Yoga 10:30 - 11:30 a.m. Pagiging Mag-isa sa Lipunan (Ingles at Kastila) 11:30 - 1 p.m.	Hakbang para sa Cardio 10 - 11 a.m. Pagsasayaw para sa Lahat ng Abilidad 11a.m. - 12 p.m. Pamamaraan ng Paglalakbay sa Pangangalagang Pangkalusugan 11 a.m. - 12 p.m. Cardio na Pagsasayaw 12 - 1 p.m. Pag-uunat at Kaliksihan 1 - 2 p.m. Klase sa Pagluluto para sa Pamilya 3 - 4 p.m.	 SARADO ANG CENTER
12	13	14	15	16	17
CPR (Ingles) Magpaparehistro sa freecprla.com 9:30 a.m. - 12:30 p.m. Mga Tagapagtaguyod sa Kalusugan: Tulong ng SSI/SSDI para sa May Kapansanan 1:15 - 3 p.m. Chair Yoga 2 - 3 p.m.	Cal Fresh Enrollment Services 9 - 5 p.m. Zumba 9 - 10 a.m. Pag-abuso sa Droga o Alak sa mga Kabataan (Ingles) 10 a.m. - 11 a.m. Pagsasanay ng Lakas 12 - 1 p.m. 1:15 - 2:15 p.m. Paghahanda para sa Kapanganakan at Higit pa Tumawag upang Magpaparehistro 12:15 p.m. - 3:45 p.m.. Mahalaga ang Pagluluto 3 - 4 p.m.	Zumba 9 - 10 a.m. Pagkontrol ng Galit (Virtual) 10 - 11:30 a.m. Pagbabasa Kasama ni Libby 10:15 -11 a.m. Teknolohiya ng Google 10:30 a.m. - 12:30 p.m. S.O.U.L Circle 11:30 a.m. - 12:30 p.m Vinyasa Yoga 1:30 - 2:30 p.m.	Zumba 9 - 10 a.m. Klase para sa Magulang 9:30 - 11:00 a.m. Chair Yoga 10:30 - 11:30 a.m. Alamin ang mga Panloloko, Huwag Maging Isang Biktima (Ingles at Kastila) 11:30 a.m. - 1 p.m. Kaguluhan ng Isip at Kalusugan ng Isip 3 p.m. - 4 p.m.	Hakbang para sa Cardio 10 - 11 a.m. Klase ng Pagluluto para sa mga nasa Pre-School 10 a.m. - 11 a.m. Pagsasayaw para sa Lahat ng Abilidad 11a.m. - 12 p.m. Pamamaraan ng Paglalakbay sa Pangangalagang Pangkalusugan 11 a.m. - 12 p.m. Cardio na Pagsasayaw 12 - 1 p.m. Pag-uunat at Kaliksihan 1 - 2 p.m. Klase sa Pagluluto para sa Pamilya 3- 4 p.m.	 SARADO ANG CENTER
19	20	21	22	23	24
 SARADO ANG CENTER	Cal Fresh Enrollment Services 9 - 5 p.m. Zumba 9 - 10 a.m. Pag-abuso sa Droga o Alak sa mga Kabataan (Kastila) 10 a.m. - 11 a.m. Pagsasanay ng Lakas 12 - 1 p.m. 1:15 - 2:15 p.m. Kaligtasan ng Sanggol at Magkakasamang Umuunlad Tumawag upang Magpaparehistro 12:15 p.m. - 3:45 p.m. Mahalaga ang Pagluluto 3 - 4 p.m.	Zumba 9 - 10 a.m. Pagkontrol ng Galit (Virtual) 10 - 11:30 a.m. Teknolohiya ng Google 10:30 a.m. - 12:30 p.m. Vinyasa Yoga 1:30 - 2:30 p.m. Sining para sa mga Nasa Hustong Gulang 3 - 4:30 p.m.	Zumba 9 - 10 a.m. Klase para sa Magulang 9:30 - 11:00 a.m. Chair Yoga 10:30 - 11:30 a.m. Emosyonal na Katalinuhan (Ingles at Kastila) 11:30 a.m. - 1 p.m. Workshop sa Kalusugan ng Bibig 1 - 2 p.m.	Pagpapatala para sa Metro Life na Programa 10 a.m. - 4:30 p.m. Hakbang para sa Cardio 10 - 11 a.m. Pagsasayaw para sa Lahat ng Abilidad 11a.m. - 12 p.m. Pamamaraan ng Paglalakbay sa Pangangalagang Pangkalusugan 11 a.m. - 12 p.m. Cardio na Pagsasayaw 12 - 1 p.m. Pag-uunat at Kaliksihan 1 - 2 p.m. Klase sa Pagluluto para sa Pamilya 3- 4 p.m.	 SARADO ANG CENTER
26	27	28	29	30	31
CPR (Ingles) Magpaparehistro sa freecprla.com 9:30 a.m. - 12:30 p.m. Edukasyon sa Presyon ng Dugo (Kastila) 10:00 a.m. - 12 p.m. Chair Yoga 2 - 3 p.m. Mga Kasanayan sa Pera na Inihahandog ng CHASE 3 - 4 p.m.	Cal Fresh Enrollment Services 9 - 5 p.m. Zumba 9 - 10 a.m. Edukasyon sa Presyon ng Dugo (Ingles) 11 a.m. - 1 p.m. Pagsasanay ng Lakas 12 - 1 p.m. 1:15 - 2:15 p.m. Mahalaga ang Pagluluto 3 - 4 p.m.	Pamamahagi ng Lampin **Unang 50 mga Kalahok** Zumba 9 - 10 a.m. Pagkontrol ng Galit (Virtual) 10 - 11:30 a.m. Teknolohiya ng Google 10:30 a.m. - 12:30 p.m. Vinyasa Yoga 1:30 - 2:30 p.m.	Zumba 9 - 10 a.m. Klase para sa Magulang 9:30 - 11:00 a.m. Chair Yoga 10:30 - 11:30 a.m. Pangangasiwa ng Stress (Ingles at Kastila) 11:30 a.m. - 1 p.m. Kamalayan sa Cervical Cancer *Tumawag upang Magpaparehistro* 1 p.m. - 2 p.m.	Pagpapatala para sa Metro Life na Programa 10 a.m. - 4:30 p.m. Hakbang para sa Cardio 10 - 11 a.m. Pagsasayaw para sa Lahat ng Abilidad 11 a.m. - 12 p.m. Pamamaraan ng Paglalakbay sa Pangangalagang Pangkalusugan 11 a.m. - 12 p.m. Cardio na Pagsasayaw 12 - 1 p.m. Pag-uunat at Kaliksihan 1 - 2 p.m. Klase sa Pagluluto para sa Pamilya 3 - 4 p.m.	 SARADO ANG CENTER

Limitado ang espasyo sa klase (first come, first served). Ang mga klase ay maaaring magbago, ma-reschedule o ikansela nang walang abiso. Ibinibigay ang pangangalaga sa bata habang nasa klase ka. (Para sa mga edad na 4+) Dapat magsuot ng mga naaangkop na sapatos para sa mga klase sa fitness.

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5599 Atlantic Ave.
Long Beach, CA 90805



MGA ORAS NA BUKAS
ANG CENTER:
Lunes - Biyernes: 9 a.m. - 5 p.m.
Sabado: Sarado



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