



Community Resource Center



PALMDALE
JANUARY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
						1		2		3	
BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.		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!		CRC Website		HAPPY NEW YEAR CENTER CLOSED		CENTER CLOSED		CENTER CLOSED	
5		6		7		8		9		10	
CENTER CLOSED For Staff Development		CENTER CLOSED For Staff Development		CENTER CLOSED For Staff Development		CalFresh Enrollments 9 - 5 p.m. Diaper Giveaway 10 - 12 p.m.		Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Money Smart for Adults: Cómo Establecer Metas, Elaborar un Presupuesto y Ahorrar 10:30 - 11:30 a.m. Spa. Social Connections 10:15 - 11:45 a.m. Eng. Money Smart for Adults: How to Set Goals, Build a Budget and Save 11:45 a.m. - 12:45 p.m. Eng.		CENTER CLOSED	
12		13		14		15		16		17	
Zumba 9—10 a.m. Healthy Smoothies 10:15 - 10:45 a.m. Eng/Spa. ServSafe (Food Handler Certificate) 10:30 - 12 p.m. Eng. Prevent Diabetes 11 - 12 p.m. Spa. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.		Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:45 a.m. Eng/Spa. ServSafe (Food Handler Certificate) 10:30 - 12 p.m Eng. Prevent Diabetes 11 - 12 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.		Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng/Spa. Diaper Giveaway 1 - 4 p.m. Boot Camp 4 - 5 p.m		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. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m		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 Medication Disposal, Storage and Use 10:15 -11:15 a.m. Eng. Boot Camp 4-5 p.m.		CENTER CLOSED	
19		20		21		22		23		24	
MLK DAY CENTER CLOSED		Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:45 a.m. Eng/Spa. Prevent Diabetes 11 - 12 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids (Ages 4+) 4 - 5 p.m.		Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng/Spa. Misconception of Aging Presented by Vivid Life Home Care 12 - 1 p.m Eng/Spa. Boot Camp 4 - 5 p.m.		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		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+) Spa. Register at freecprla.com 10:15 —1:15 p.m. Learn about Medication Disposal, Storage and Use 10:15 -11: 15 am Spa. Boot Camp 4 - 5 p.m.		CENTER CLOSED	
26		27		28		29		30		31	
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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 - Thursday: **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	2	3
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 Sitio de Web	FELIZ AÑO NUEVO CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO
5	6	7	8	9	10
CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO	Inscripciones de CalFresh 9 - 5 p.m. Distribución de Pañales 10 - 12 p.m.	Inscripciones Medi-Cal y CalFresh 9 - 3 p.m. Dinero Inteligente para Adultos: Cómo Establecer Metas, Elaborar un Presupuesto y Ahorrar 10:30 - 11:30 a.m. Esp. Social Connections 10:15 - 11:45 a.m. Ing. Dinero Inteligente para Adultos: How to Set Goals, Build a Budget and Save 11:45 - 12:45 p.m. Ing.	CENTRO CERRADO
Desarrollo del Personal	Desarrollo del Personal	Desarrollo del Personal			
12	13	14	15	16	17
Zumba 9 - 10 a.m. Jugos Saludables 10:15 -10:45 a.m. Ing/Esp. ServSafe (Food Handler Certificate) 10:30 - 12 pm. Ing. Prevenir la Diabetes 11 - 12 pm. Esp. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.	Inscripciones de Medi-Cal y CalFresh 9 - 5 p.m. Zumba 9 - 10 a.m Jugos Saludables 10:15 - 10:45 a.m. Ing/Esp. ServeSafe (Food Handler Certificate) 10:30 - 12 pm. Ing. Prevenir la Diabetes 11 - 12 pm. Ing. Zumba Step 3 - 4 p.m. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Abriendo Puertas 10:15 - 11:45 a.m. Ing/Esp. Distribución de Pañales 1 - 4 p.m. Boot Camp 4 - 5 p.m.	Inscripciones de CalFresh 9 - 5 p.m. Zumba Drum Sticks 9 -10 a.m. Cardio 10 - 11 a.m. Clases de Danza Folklorico Para Adultos 11 - 12 p.m. Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m.	Inscripciones 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 la Eliminació, Almacenamiento y Uso de Medicamentos 10:15 -11:15 am Ing. Boot Camp 4-5 p.m.	CENTRO CERRADO
19	20	21	22	23	24
DÍA DE MARTIN LUTHER KING CENTRO CERRADO	Inscripciones de Medi-Cal y CalFresh 9 - 5 p.m. Zumba 9 - 10 a.m Jugos Saludables 10:15 - 10:45 a.m. Ing/Esp. Prevenir la Diabetes 11 - 12 pm. Ing. Zumba Step 3 - 4 p.m. Danza Folklorico para Niños (Edades 4+) 4 - 5 p.m.	Inscripciones de Covered California 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Abriendo Puertas 10:15 - 11:45 a.m. Ing/Esp. Concepto Erroneo del Envejecimiento Presentado por Vivid Life Home Care 12 - 1 p.m Ing/Esp. Boot Camp 4 - 5 p.m.	Inscripciones de CalFresh 9 - 5 p.m. Zumba Drum Sticks 9 -10 a.m. Cardio 10 - 11 a.m. Clases de Danza Folklorico Para Adultos 11 - 12 p.m. Despensa Comunitaria (Obtenga una bolsa de comida)- Limite a las primeras 130 personas) 12:30 p.m Condición Fisica del Cuerpo 3 - 4 p.m. Zumba 4 - 5 p.m.	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+) Esp. Registrarse en freecprla.com 10:15 - 1:15 p.m Aprenda Sobre la Eliminació, Almacenamiento y Uso de Medicamentos 10:15 -11:15 am Esp. Boot Camp 4-5 p.m.	CENTRO CERRADO
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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



2072 E. Palmdale Blvd.
Palmdale, CA 93550



HORARIO DEL CENTRO:
Lunes a Jueves: 9 A.M. - 5 P.M.
Viernes: 8 A.M. - 5 P.M.



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