



L.A. Care.

Community Resource Center



Palmdale FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>2</div><div>Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:55 a.m. Eng/Spa ServSafe 10:30 - 12 p.m. Spa Prevent Diabetes 11:10- 12:10 p.m. Spa Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</div></div>	<div><div>3</div><div>Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:55 a.m. Eng/Spa ServSafe 10:30 - 12 p.m. Spa Prevent Diabetes 11:10- 12:10 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids 4 - 5 p.m.</div></div>	<div><div>4</div><div>Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng/Spa Boot Camp 4 - 5 p.m.</div></div>	<div><div>5</div><div>CalFresh Enrollments 9 - 5 p.m. Zumba Drumsticks 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.</div></div>	<div><div>6</div><div>Zumba 8- 9 a.m. Body Flexibility 9 - 10 a.m. Community Advocacy and Empowerment 10:15 - 11:45 a.m. Eng CPR & First Aid (Ages 14+) Register at freecprla.com 10:15 - 1:15 p.m. Eng Boot Camp 4 - 5 p.m.</div></div>	<div><div>7</div><div><div>CENTER CLOSED</div></div></div>
<div><div>9</div><div>Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:55 a.m. Eng/Spa Domestic Violence 101 10:20 - 11:20 am Spa. Prevent Diabetes 11:10- 12:10 p.m. Spa Domestic Violence 101 11:30 - 12:30 p.m. Eng Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</div></div>	<div><div>10</div><div>Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:55 a.m. Eng/Spa Prevent Diabetes 11:10 - 12:10 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids 4 - 5 p.m.</div></div>	<div><div>11</div><div>Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng/Spa Boot Camp 4 - 5 p.m. Diaper Giveaway 2 - 4 p.m.</div></div>	<div><div>12</div><div>CalFresh Enrollments 9 - 5 p.m. Zumba Drumsticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Food Pantry (Obtain a Free Food Bag (Limited to 130 people) 12:30 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.</div></div>	<div><div>13</div><div>Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 8- 9 a.m. Body Flexibility 9 - 10 a.m. CPR & First Aid (Ages 14+) Register at freecprla.com 10:15 - 1:15 p.m. Spa Financial Literacy 10:30 - 11:30 a.m. Spa Financial Literacy 11:45 - 12:45 p.m. Eng Boot Camp 4 - 5 p.m.</div></div>	<div><div>14</div><div><div>CENTER CLOSED</div></div></div>
<div><div>16</div><div><div>PRESIDENT'S DAY CENTER CLOSED</div></div></div>	<div><div>17</div><div>Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:55 a.m. Eng/Spa Prevent Diabetes 11 - 12 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids 4 - 5 p.m.</div></div>	<div><div>18</div><div>Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng/Spa Boot Camp 4 - 5 p.m.</div></div>	<div><div>19</div><div>CalFresh Enrollments 9 - 5 p.m. Zumba Drumsticks 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.</div></div>	<div><div>20</div><div>Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 8- 9 a.m. Body Flexibility 9 - 10 a.m. Boot Camp 4 - 5 p.m.</div></div>	<div><div>21</div><div><div>Free Tax Preparation Services 9 - 2 p.m.</div></div></div>
<div><div>23</div><div>Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:55 a.m. Eng/Spa Mental Health Urgencies 10:20 -11:20 a.m. Spa Prevent Diabetes 11:10- 12:10 p.m. Spa Mental Health Urgencies 11:30 - 12:30 p.m. Eng. Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</div></div>	<div><div>24</div><div>Medi-Cal and CalFresh Enrollments 9 - 5 p.m. Zumba 9 - 10 a.m. Healthy Smoothies 10:15 - 10:55 a.m. Eng/Spa Prevent Diabetes 11:10 - 12:10 p.m. Eng. Zumba Step 3 - 4 p.m. Folklorico Dance Class for Kids 4 - 5 p.m.</div></div>	<div><div>25</div><div>Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng/Spa Boot Camp 4 - 5 p.m.</div></div>	<div><div>26</div><div>CalFresh Enrollments 9 - 5 p.m. Zumba Drumsticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Food Pantry (Obtain a Free Food Bag (Limited to 130 people) 12:30 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.</div></div>	<div><div>27</div><div>Zumba 8- 9 a.m. Body Flexibility 9 - 10 a.m. Need Money for Food? Learn about CalFresh 10:30 - 11:30 a.m. Spa Diaper Giveaway 11 - 2 p.m. Boot Camp 4 - 5 p.m.</div></div>	<div><div>28</div><div><div>Free Tax Preparation Services 9 - 2 p.m.</div></div></div>
<div><div>Week of 9th-13th Wear Pink or Red to Celebrate Valentine's.</div></div>			<div><div><div>BLUE</div><div>Qualify for the My Rewards for a Healthy Life Program.</div><div>GREEN</div><div>Appointment & Registration required.</div></div></div>	<div><div><div>CENTER SERVICES</div><div>- Member Services and Enrollment Services<ul style="list-style-type: none">Medi-Cal, Medicare, Covered California, & CalFreshL.A. CareNew Member Orientation</div><div>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</div></div></div>	<div><div><div>CRC Palmdale Instagram</div></div></div>

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. (Ages4+). 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
Saturday: Closed



213.438.5580
communityresourcecenterla.org



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Palmdale FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<div><div>2</div><div>Zumba 9 - 10 a.m. Jugos Saludables 10:15 - 10:55 a.m. Ing/Esp ServeSafe 10:30 - 12:00 p.m. Esp Prevenir la Diabetes 11:10- 12:10 p.m. Esp Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</div></div>	<div><div>3</div><div>Inscripciones de Medi-Cal y CalFresh 9 - 5 p.m. Zumba 9 - 10 a.m Jugos Saludables 10:15 - 10:55 a.m. Ing/Esp ServeSafe 10:30 - 12:00 p.m. Esp Prevenir la Diabetes 11:10 - 12:10 p.m. Ing. Zumba Step 3 - 4 p.m. Danza Folklorico para Ninos 4 - 5 p.m.</div></div>	<div><div>4</div><div>Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng/Spa Boot Camp 4 - 5 p.m.</div></div>	<div><div>5</div><div>CalFresh Enrollments 9 - 5 p.m. Zumba Drumsticks 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.</div></div>	<div><div>6</div><div>Zumba 8- 9 a.m. Flexibilidad del Cuerpo 9 - 10 a.m. Community Advocacy and Empowerment 10:15 - 11:45 a.m. Ing RCP & Primeros Auxilios (Edades 14+) Registrar en freecprla.com 10:15 - 1:15 p.m. Boot Camp 4 - 5 p.m.</div></div>	<div><div>7</div><div> CENTRO CERRADO</div></div>
<div><div>9</div><div>Zumba 9 - 10 a.m. Jugos Saludables 10:15 - 10:55 a.m. Ing/Esp Violencia Domestica 10:20 - 11:20 am Spa Prevenir la Diabetes 11:10- 12:10 p.m. Esp Violencia Domestica 11:30 - 12:30 p.m. Ing Cardio 3 - 4 p.m. Zumba Toning 4 - 5 p.m.</div></div>	<div><div>10</div><div>Inscripciones de Medi-Cal y CalFresh 9 - 5 p.m. Zumba 9 - 10 a.m Jugos Saludables 10:15 - 10:55 a.m. Ing/Esp Prevenir la Diabetes 11:10 - 12:10 p.m. Ing. Zumba Step 3 - 4 p.m. Danza Folklorico para Ninos 4 - 5 p.m.</div></div>	<div><div>11</div><div>Covered California Enrollments 10 - 5 p.m. Zumba Toning 9 - 10 a.m. Opening Doors 10:15 - 11:45 a.m. Eng/Spa Distribución de Pañales 2 - 4 p.m. Boot Camp 4 - 5 p.m.</div></div>	<div><div>12</div><div>CalFresh Enrollments 9 - 5 p.m. Zumba Drumsticks 9 - 10 a.m. Cardio 10 - 11 a.m. Folklorico Dance Class for Adults 11 - 12 p.m. Food Pantry (Obtain a Free Food Bag (Limited to 130 people) 12:30 p.m. Full Body Fitness 3 - 4 p.m. Zumba 4 - 5 p.m.</div></div>	<div><div>13</div><div>Medi-Cal and CalFresh Enrollments 9 - 3 p.m. Zumba 8- 9 a.m. Body Flexibility 9 - 10 a.m. RCP & Primeros Auxilios 10:15 - 1:15 p.m. Financial Literacy 10:30 - 11:30 a.m. Esp Financial Literacy 11:45 - 12:45 p.m. Ing Boot Camp 4 - 5 p.m.</div></div>	<div><div>14</div><div>Preparacion de Impuestos gratis 9 - 2 p.m. </div></div>
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<div><div>La Semana del 9 al 13 puede usar color rosa or rojo para celebrar el dia de San Valentin.</div></div>			<div><div> AZUL Califican para el programa mis recompensas para una vida sana. VERDE Solo con cita previa y registro.</div></div>	<div><div> 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!</div></div>	<div><div> CRC Palmdale Instagram</div></div>

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, SOL O 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
Lunes a Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 5 p.m.
Sábado: Cerrado



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