



Community Resource Center



PANORAMA CITY JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3
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!	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 CRC Website	HAPPY NEW YEAR CENTER CLOSED	 CENTER CLOSED	 CENTER CLOSED
Virtual Boot Camp 9 — 10 a.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. CENTER CLOSED	Virtual Boot Camp 9 — 10 a.m. CENTER CLOSED	Virtual Boot Camp 9 — 10 a.m. CENTER CLOSED	1 Boot Camp 9 — 10 a.m. 8 Health Screenings —EPDB 10 a.m. — 1 p.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Immigration, Adaption, & Resilience 2:45 — 4:15 p.m. Spa. CENTER CLOSED	2 Virtual CPR First Aid & AED (14+ w/ Adult) 8 — 11 a.m. Eng. Please visit, Freecprla.com to register. Diaper Distribution: Sizes 0-7 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability. CENTER CLOSED	3 CPR First Aid & AED (14+ w/Adult) 8 — 11 a.m. Eng. Please visit Freecprla.com to register. CENTER OPEN FROM 8:00 — 11:00 AM
12 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m. CENTER CLOSED	13 Boot Camp 9 — 10 a.m. Oral Health: What is Gingivitis? Eng./Spa. 10:30 — 11:30 a.m. The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Savings Vision Boards 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14) CENTER CLOSED	14 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0 — 5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+) CENTER CLOSED	15 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Health, Wellness, and Wholeness 2:45 — 4:15 p.m. Spa. CENTER CLOSED	16 CPR First Aid & AED (14+ w/ Adult) 8 — 11 a.m. Spa. Please visit, Freecprla.com to register. CENTER CLOSED	17 CENTER CLOSED
19 Virtual Boot Camp 9 — 10 a.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. CENTER CLOSED	20 Boot Camp 9 — 10 a.m. The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Savings Vision Boards pt. 2 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14) CENTER CLOSED	21 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0 — 5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+) CENTER CLOSED	22 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Depression and Anxiety 2:45 — 4:15 p.m. Spa. CENTER CLOSED	23 Diaper Distribution: Sizes 0-7 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability. Support Group for Parents of Children with Special Needs 9:30 — 11:00 a.m. Spa. 2026 Changes to Medi-Cal/Covered CA 12:30 — 1:30 p.m. Eng./Spa. CENTER CLOSED	24 CENTER CLOSED
26 Virtual Boot Camp 9 — 10 a.m. L.A. Care Consumer Advisory Committee 11:00 a.m. — 1:30 p.m. Eng./Spa./Khm. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Cervical Health -EPDB 2 — 3 p.m. Eng./Spa. Zumba Steps 5 — 6 p.m. CENTER CLOSED	27 Boot Camp 9 — 10 a.m. Health Screenings —EPDB 10 a.m. — 1 p.m. The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14) CENTER CLOSED	28 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0 — 5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+) CENTER CLOSED	29 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Preserving Your Memory 2:45 — 4:15 p.m. Spa. CENTER CLOSED	30 CENTER CLOSED 2 — 4 PM 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+). Must wear appropriate shoes for fitness classes.

**BE ACTIVE,
HEALTHY & INFORMED**



7868 Van Nuys Blvd.
Panorama City, CA. 91402



CENTER HOURS:

Monday & Wednesday: **10 a.m. - 6 p.m.**
Tuesday & Thursday: **9 a.m. - 5 p.m.**
Friday: **8 a.m. - 4 p.m.**
Saturday: **CLOSED**



213.438.5497
CommunityResourceCenterLA.org



Community Resource Center



PANORAMA CITY ENERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
			1	2	3
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!	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.		FELIZ AÑO NUEVO CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO
Boot Camp Virtual 9 — 10 a.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. CENTRO CERRADO	Boot Camp Virtual 9 — 10 a.m. CENTRO CERRADO	Boot Camp Virtual 9 — 10 a.m. CENTRO CERRADO	Boot Camp 9 — 10 a.m. Exámenes de Salud—EPDB 10 a.m. — 1 p.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Inmigración Adaptación y Resiliencia 2:45 — 4:15 p.m. Esp.	Virtual RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Ing. Por favor visite el sitio web freecppla.com para registrarse. Distribución de Pañales: Tallas 0-7 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible.	RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Ing. Por favor visite el sitio web freecppla.com para registrarse. CENTRO ABIERTO DE 8:00 — 11:00 AM
Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. Salud Oral- ¿Qué es el Gingivitis? Esp./Ing. 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Tableros de visión de Ahorros 4 — 5 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0 — 5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud, Bienestar y Plenitud 2:45 — 4:15 p.m. Esp.	RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Esp. Por favor visite el sitio web freecppla.com para registrarse.	CENTRO CERRADO
Boot Camp Virtual 9 — 10 a.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. DÍA DE MARTIN LUTHER KING CENTRO CERRADO	Boot Camp 9 — 10 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Tableros de visión de Ahorros pt. 2 4 — 5 p.m. Esp./Ing. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0 — 5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Depresión y Ansiedad 2:45 — 4:15 p.m. Esp.	Distribución de Pañales: Tallas 0-7 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. Grupo de Apoyo para Padres De Niños con Necesidades Especiales 9:30 — 11:00 a.m. Esp. 2026 Cambios a Medi-Cal/Covered CA 12:30 — 1:30 p.m. Esp./Ing.	CENTRO CERRADO
Boot Camp Virtual 9 — 10 a.m. Comité Asesor de Consumidores de L.A. Care 11:00 a.m. — 1:30 p.m. Esp./Ing./ Khm. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud del Cuello Uterino -EPDB 2 — 3 p.m. Esp./Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. Exámenes de Salud—EPDB 10 a.m. — 1 p.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0 — 5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Preservando su Memoria 2:45 — 4:15 p.m. Esp.	CENTRO CERRADO DE 2 — 4PM	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



7868 Van Nuys Blvd.
Panorama City, CA. 91402



HORARIO DEL CENTRO:

Lunes y Miércoles: 10 a.m. - 6 p.m.
Martes y Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado



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