



Community Resource Center



WILMINGTON JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Medi-Cal Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. Calfresh Enrollments (Mon - Fri) 8:30 a.m. - 3:30 p.m. L.A. Care Member Services (Mon- Fri) 9 a.m. - 4 p.m. Housing, DPSS, & Utility Support (Mon.-Wed.) 9 a.m. - 4 p.m. L.A. Care New Member Orientations Walk Ins (Thursdays) 1 - 3 p.m.	2 BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	3 CRC Website	1 HAPPY NEW YEAR CENTER CLOSED	2 CENTER CLOSED	3 CENTER CLOSED
5 CENTER CLOSED	6 CENTER CLOSED	7 CENTER CLOSED	8 Cardio Mix 9 - 10 a.m. Planned Parenthood: Diverse Families (Spa.) 10 - 11 a.m. Family Play Date/ Open Play 11 - 11:30 a.m. (all ages) Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Wilmington Walks (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.) 4 - 5 p.m. (ages 5+)	9 Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	10 CENTER CLOSED
12 Toberman: Case Management 8:30 a.m. - 12:30 p.m. Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Cervical Cancer Awareness (Biling.) 1 - 2 p.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) 4 - 5 p.m. (ages 4-18)	13 Step Exercise 9 - 10 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (Spa.) 10:30 - 11:30 a.m. (ages 0-5) DMH: Neurodevelopmental Disorders (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Colon Cancer Awareness (Spa.) 1:30 - 2:30 p.m. Little Chefs (Biling.) 3:45 - 5 p.m.	14 Parenting Classes (Eng.) 9:30 - 11 a.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Spa.) 11 a.m. - 1 p.m. Mind Matters (Spa.) 1 - 3 p.m. Family Fitness Class 4 - 5 p.m. (all ages)	15 Cardio Mix 9 - 10 a.m. Planned Parenthood: Birth Control (Spa.) (GC) 10 - 11 a.m. Family Play Date/ Open Play 11 - 11:30 a.m. (all ages) Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.) 4 - 5 p.m. (ages 5+)	16 Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	17 CENTER CLOSED
19 MLK DAY CENTER CLOSED	20 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. DMH: Understanding the Behaviors & Disorders of Minors (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. BSP: Asthma Management (Biling.) 1 - 2:30 p.m. Little Chefs (Biling.) 3:45 - 5 p.m.	21 H.E.L.P- Caregiving Stages and Options (Eng.) (GC) 9 - 10 a.m. Parenting Classes (Eng.) 9:30- 11 a.m. Child Birthing Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Spa.) 11 a.m. - 1 p.m. Mind Matters (Spa.) 1 - 3 p.m. Family Fitness Class 4 - 5 p.m. (all ages)	22 Cardio Mix 9 - 10 a.m. Planned Parenthood: Sexually Transmitted Infections (Spa.) 10 - 11 a.m. Family Play Date/ Open Play 11 - 11:30 a.m. (all ages) Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. CalFresh Orientations (Spa.) 1 - 2 p.m. Wilmington Walks (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.) 4 - 5 p.m. (ages 5+)	23 Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	24 Colgate Children's Dental Screenings 9 - 11 a.m. Come for the Tea & Leave with Resources 9 - 11 a.m. Metro TAP Enrollment 9 - 11 a.m. Picasso Paint Studio for Kids: Pokemon & Hello Kitty Edition (Eng.) 10 - 11 a.m. (ages 4-18)
26 Kickboxing 9 - 10 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. New Member Orientation 11:15 - 11:45 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) 4 - 5 p.m. (ages 4-18)	27 Step Exercise 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (Spa.) 10:30 - 11:30 a.m. (ages 0-5) DMH: Bullying Prevention, (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Prostate Cancer Awareness (Spa.) 1:30 - 2:30 p.m. Little Chefs (Biling.) 3:45 - 5 p.m.	28 Parenting Classes (Eng.) 9:30 - 11 a.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Spa.) (GC) 11 a.m. - 1 p.m. Mind Matters (Spa.) 1 - 3 p.m. Family Fitness Class 4 - 5 p.m. (all ages)	29 Cardio Mix 9 - 10 a.m. Planned Parenthood: Breast Cancer & Toxic Substances (Spa.) 10 - 11 a.m. Family Play Date/ Open Play 11 - 11:30 a.m. (all ages) Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.) 4 - 5 p.m. (ages 5+)	30 Member Friday's 9 a.m. - 4 p.m. Cardio Dance Class 9 - 10 a.m. Toberman: Case Management 9 a.m. - 1 p.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Metro TAP Enrollment 1:30 - 3:30 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.

BE ACTIVE,
HEALTHY & INFORMED



911 North Avalon Blvd
Wilmington, CA 90744



CENTER HOURS:
Monday-Friday: 8 a.m. - 5 p.m.
Saturday: CLOSED



213.428.1490
CommunityResourceCenterLA.org



Community Resource Center



WILMINGTON ENERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripciones de Medical (Lun - Vie) 8:30 a.m. - 3:30 p.m. Inscripciones de CalFresh (Lun - Vie) 8:30 a.m. - 3:30 p.m. L.A. Care Servicio al Miembro (Lun- Vie) 9 a.m. - 4 p.m. Apoyo de Desalojo, Vivienda, de Servicios Publicos, y DPSS (Lun.-Mie.) 9 a.m. - 4 p.m. L.A. Care Orientaciones para Nuevos Miembros (Jueves) 1 - 3 p.m.	CRC Sitio de Web	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
5 CENTRO CERRADO	6 CENTRO CERRADO	7 CENTRO CERRADO	8 Cardio Mix 9 - 10 a.m. Planned Parenthood: Familias Diversas (Spa.) 10 - 11 a.m. Cita de Juego Familiar 11 - 11:30 a.m. (todas las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Paseo por Wilmington (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.) 4 - 5 p.m. (edades 5+)	9 Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	10 CENTRO CERRADO
Toberman: Manejo de Casos 8:30 a.m. - 12:30 p.m. Kickboxing 9 - 10 a.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Concienciación de Cancer de Cuello Uterino (Biling.) 1 - 2 p.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños (Eng.) 4 - 5 p.m. (ages 4-18) 12	Ejercicio Step 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (Spa.) 10:30 - 11:30 a.m. (edades 0-5) DMH: Trastornos del neurodesarrollo (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Concienciación Sobre el Cáncer de Colon 1:30- 2:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m. 13	Clase de Padres (Eng.) 9:30 - 11 a.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Spa.) 11 a.m. - 1 p.m. La Mente Importa (Spa.) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. (todas las edades) 14	Cardio Mix 9 - 10 a.m. Planned Parenthood: Metodos Anticonceptivos (Spa.) (TC) 10 - 11 a.m. Cita de Juego Familiar 11 - 11:30 a.m. (todas las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.) 4 - 5 p.m. (edades 5+) 15	Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. 16	CENTRO CERRADO 17
DÍA DE MARTIN LUTHER KING CENTRO CERRADO 19	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. DMH: Comportamientos y Trastornos de Los Menores(Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. BSP: Manejo del asma (Biling.) 1 - 2:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m. 20	H.E.L.P- Etapas y Opciones del Cuidado de Personas Dependientes (Eng.) (TC) 9 - 10 a.m. Clase de Padres (Eng.) 9:30 - 11 a.m. Clase de Parto (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Spa.) 11 a.m. - 1 p.m. La Mente Importa (Spa.) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. (todas las edades) 21	Cardio Mix 9 - 10 a.m. Planned Parenthood: Infecciones de Transmision Sexual (Spa.) 10 - 11 a.m. Cita de Juego Familiar 11 - 11:30 a.m. (todas las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Orientaciones de CalFresh (Spa.) 1 - 2 p.m. Paseo por Wilmington (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.) 4 - 5 p.m. (edades 5+) 22	Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. 23	Colgate Children's Dental Screenings 9 - 11 a.m. Ven a Tomar el Té y Llévate Recursos 9 - 11 a.m. Inscripciones de Metro TAP 9 - 11 a.m. Picasso Paint Studio for Kids: Edicion de Pokemon & Hello Kitty (Eng.) 10 - 11 a.m. (ages 4-18) 24
Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Orientacion Para Nuevos Miembros 11:15 - 11:45 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños (Eng.) 4 - 5 p.m. (ages 4-18) 26	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (Spa.) 10:30 - 11:30 a.m. (edades 0-5) DMH: Prevención del Acoso (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Concienciación Sobre el Cáncer de Próstata 1:30- 2:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m. 27	Clase de Padres (Eng.) 9:30 - 11 a.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Spa.) (TC) 11 a.m. - 1 p.m. La Mente Importa (Spa.) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. (todas las edades) 28	Cardio Mix 9 - 10 a.m. Planned Parenthood: Cancer del Seno y Sutancias Toxicas (Spa.) 10 - 11 a.m. Cita de Juego Familiar 11 - 11:30 a.m. (todas las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.) 4 - 5 p.m. (edades 5+) 29	Viernes de Miembros 9 a.m. - 4 p.m. Baile de Cardio 9 - 10 a.m. Toberman: Manejo de Casos 9 a.m. - 1 p.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Inscripciones de Metro TAP 1:30 - 3:30 p.m. 30	CENTRO CERRADO 31

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



911 North Avalon Blvd
Wilmington, CA 90744



HORARIO
Lunes a Viernes:8 a.m. - 5 p.m.
Sabado: CERRADO



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