



METRO L.A.
JULY
2023

Community Resource Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|
| <p>Zumba Gold (14+) 3 10:00 a.m.—11:00 a.m.</p> <p>Zumba (14+) 11:15 a.m. - 12:15 p.m.</p> | <p>INDEPENDENCE DAY CENTER CLOSED</p> | <p>Spanish - Healthy Living: Personal Development 5 9:15 a.m.-10:15 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> | <p>Korean - Developmental Screening 6 9:30 a.m. - 4:00 p.m.</p> <p>English - CPR & First Aid (14+) 9:30 a.m.-12:30 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>English - Healthy Cooking for Kids (5-13) 3:30 p.m.-4:30 p.m.</p> | <p>Strength Training 7 9:15 a.m.-10:15 a.m.</p> <p>Adult Boot Camp 10:30 a.m.-11:30 a.m.</p> | <p>CENTER CLOSED</p> |
| <p>Zumba Gold (14+) 10 10:00 a.m.—11:00 a.m.</p> <p>Zumba (14+) 11:15 a.m. - 12:15 p.m.</p> | <p>CalFresh Application Assistance 11 10:30 a.m.-4:00 p.m.</p> <p>Gentle Yoga 9:15 a.m.-10:15 a.m.</p> <p>Family Yoga 10:30 a.m.-11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (1 of 4) 2:15 p.m.-3:30 p.m.</p> | <p>Spanish - Healthy Living: Personal Development 12 9:15 a.m.-10:15 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> | <p>Korean - Developmental Screening 13 9:30 a.m. - 4:00 p.m.</p> <p>Spanish - CPR & First Aid (14+) 9:30 a.m.-12:30 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>English - Healthy Cooking for Kids (5-13) 3:30 p.m.-4:30 p.m.</p> | <p>Strength Training 14 9:15 a.m.-10:15 a.m.</p> <p>Adult Boot Camp 10:30 a.m.-11:30 a.m.</p> | <p>CENTER CLOSED</p> |
| <p>Zumba Gold (14+) 17 10:00 a.m.—11:00 a.m.</p> <p>Zumba (14+) 11:15 a.m. - 12:15 p.m.</p> | <p>CalFresh Application Assistance 18 10:30 a.m.-4:00 p.m.</p> <p>Gentle Yoga 9:15 a.m.-10:15 a.m.</p> <p>Family Yoga 10:30 a.m.-11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (2 of 4) 2:15 p.m.-3:30 p.m.</p> | <p>Spanish - Healthy Living: Personal Development 19 9:15 a.m.-10:15 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> | <p>Korean - Developmental Screening 20 9:30 a.m. - 4:00 p.m.</p> <p>Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m. - 4:30 p.m.</p> <p>English - Healthy Cooking for Kids(5-13) 3:30 p.m.-4:30 p.m.</p> | <p>Strength Training 21 9:15 a.m.-10:15 a.m.</p> <p>Adult Boot Camp 10:30 a.m.-11:30 a.m.</p> | <p>CENTER CLOSED</p> |
| <p>Zumba Gold (14+) 24 10:00 a.m.—11:00 a.m.</p> <p>Zumba (14+) 11:15 a.m. - 12:15 p.m.</p> | <p>CalFresh Application Assistance 25 10:30 a.m.-4:00 p.m.</p> <p>Gentle Yoga 9:15 a.m.-10:15 a.m.</p> <p>Family Yoga 10:30 a.m.-11:30 a.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 2:15 p.m.-3:30 p.m.</p> | <p>Spanish - Healthy Living: Personal Development 26 9:15 a.m.-10:15 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p> | <p>BACK TO SCHOOL EVENT 27 1PM - 6PM</p> | <p>CENTER CLOSED 28</p> | <p>CENTER CLOSED 29</p> |
| <p>Zumba Gold (14+) 31 10:00 a.m.—11:00 a.m.</p> <p>Zumba (14+) 11:15 a.m. - 12:15 p.m.</p> | <p>L.A. Care Member Orientation (Mon - Fri) 10:00 a.m.- 4:00 p.m.</p> <p>Medi-Cal & Covered CA Enrollment Services (Mon, Thurs & Fri) 9:00 a.m.- 4:00 p.m.</p> <p>Member Services (Mon - Fri) 9:00 a.m.- 4:00 p.m.</p> | | <p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p> | <p>CENTER SERVICES</p> <ul style="list-style-type: none"> Member Services Enrollment Services* <ul style="list-style-type: none"> Medi-cal, MediCare, Covered California, & CalFresh New Member Orientation <p>*Classes Cancel for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p> |  <p>CIRC Website</p> |

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

**BE ACTIVE,
HEALTHY & INFORMED**



1233 S WESTERN AVE.
Los Angeles, CA 90006



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









213-428-1457
CommunityResourceCenterLA.org



METRO L.A.
JULIO
2023

Community Resource Center

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--|--|--|--|---|--|
| <p>Zumba Gold (14+) 10:00 a.m.—11:00 a.m.</p> <p>Zumba (14+) 11:15 a.m. - 12:15 p.m.</p> |  <p>DÍA DE INDEPENDENCIA</p> <p>CENTRO CERRADO</p> | <p>Español - Vida Sana: Superación Personal 9:15 a.m.-10:15 a.m.</p> <p>Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m.</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30p.m.-1:30p.m.</p> | <p>Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m.</p> <p>Inglés - RCP y Primeros Auxilios (14+) 9:30 a.m.-12:30 p.m.</p> <p>Español - Vida Sana: Control de Peso (18+) 2:00 p.m.-3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m.-4:30 p.m.</p> <p>Inglés - Cocina Saludable para Niños (5-13) 3:30 p.m.-4:30 p.m.</p> | <p>Ejercicio con Pesas 9:15 a.m.-10:15 a.m.</p> <p>Ejercicio de Alta Intensidad 10:30 a.m.- 11:30 a.m.</p> |  <p>CENTRO CERRADO</p> |
| <p>Zumba Gold (14+) 10:00 a.m.—11:00 a.m.</p> <p>Zumba (14+) 11:15 a.m. - 12:15 p.m.</p> | <p>Asistencia para Aplicaciones de CalFresh 10:30 a.m.-4:00 p.m.</p> <p>Yoga Suave 9:15 a.m.-10:15 a.m.</p> <p>Yoga para Familias 10:30 a.m.-11:30 a.m.</p> <p>Español - Vivir Bien con Diabetes (1/4) 2:15 p.m.-3:30 p.m.</p> | <p>Español - Vida Sana: Superación Personal 9:15 a.m.-10:15 a.m.</p> <p>Español - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m.</p> <p>Vida Sana: Ejercicio de Resistencia (14+) 12:30p.m.-1:30p.m.</p> | <p>Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m.</p> <p>Español - RCP y Primeros Auxilios (14+) 9:30 a.m.-12:30 p.m.</p> <p>Español - Vida Sana: Control de Peso (18+) 2:00 p.m.-3:00 p.m.</p> <p>Zumba (14+) 3:30 p.m.-4:30 p.m.</p> <p>Inglés - Cocina Saludable para Niños (5-13) 3:30 p.m.-4:30 p.m.</p> | <p>Ejercicio con Pesas 9:15 a.m.-10:15 a.m.</p> <p>Ejercicio de Alta Intensidad 10:30 a.m.- 11:30 a.m.</p> |  <p>CENTRO CERRADO</p> |
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| <p>Zumba Gold (14+) 10:00 a.m.—11:00 a.m.</p> <p>Zumba (14+) 11:15 a.m. - 12:15 p.m.</p> | <p>Orientación para Miembros de L.A. Care (Lun - Vie) 10:00 a.m.- 4:00 p.m.</p> <p>Servicios de Inscripción para Medi-Cal y Covered CA (Lun , Juev & Vie) 9:00 a.m.- 4:00 p.m.</p> <p>Servicio para Miembros (Lun - Vie) 9:00 a.m.- 4:00 p.m.</p> | | <p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro soliamanete.</p> <p>GRIS Virtual. Porfavor llame al centro para registrarse.</p> | <p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> Servicios a los miembros Servicios de Inscripción* <ul style="list-style-type: none"> Medi cal, MediCare, Covered California, y CalFresh <p>Orientación para nuevos miembros</p> <p><small>*Consulte con el Centro para disponibilidad de Servicios.</small></p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p> |  <p>CRC Céntrate Web</p> |

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. Cuidado de niños está disponible durante las clases. (Edades 4+)

**SEA ACTIVO,
SALUDABLE E INFORMADO**



1233 S WESTERN AVE.
Los Angeles, CA 90006



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



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