




PALMDALE OCTOBER 2022

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Zumba 9 - 10 a.m. 3</p> <p>Opening Doors - Power of Words 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes - Eat Well, Stay Active Away from Home 12 - 1 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. 4</p> <p>Boot Camp 10:30 - 11:30 a.m.</p> <p>Prevent Diabetes - Eat Well to Prevent Diabetes 12 - 1 p.m. Spa.</p> <p>Zumba Step 4 - 5 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 5</p> <p>Anger Management Essentials 12:30 - 2 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Zumba Drum Sticks 9 - 10 a.m. 6</p> <p>Zumba 4 - 5 p.m.</p>	<p>CPR/First Aid (Ages 14+) Register at freecprla.com 7</p> <p>9 a.m. - 12 p.m. Spa.</p> <p>Zumba Step 4 - 5 p.m.</p>	
<p>Zumba 9 - 10 a.m. 10</p> <p>Opening Doors - Healthy Body / Healthy Mind - Part 1 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes - Get Support 12 - 1 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. 11</p> <p>Boot Camp 10:30 - 11:30 a.m.</p> <p>Prevent Diabetes - Get More Active 12 - 1 p.m. Spa.</p> <p>Zumba Step 4 - 5 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 12</p> <p>Anger Management Essentials 12:30 - 2 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Cardio 9 - 10 a.m. 13</p> <p>CalFresh Enrollments 9 a.m. - 2 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Zumba Step 9 - 10 a.m. 14</p> <p>Zumba for Beginners 10 - 11 a.m.</p> <p>Women's Self Defense Class (Ages 11+) 5 - 6 p.m.</p>	
<p>Zumba 9 - 10 a.m. 17</p> <p>Opening Doors - Healthy Body / Healthy Mind - Part 2 10:15 - 11:45 a.m. Spa.</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com</p> <p>10:30 a.m. - 1:30 p.m. Eng.</p> <p>Prevent Diabetes - First Steps to Preventing Diabetes 12 - 1 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. 18</p> <p>Boot Camp 10:30 - 11:30 a.m.</p> <p>Prevent Diabetes - Eat Well Away From Home 12 - 1 p.m. Spa.</p> <p>Zumba Step 4 - 5 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 19</p> <p>Parenting Program: Parental and Family Functions 10:15 - 11:15 a.m. Spa.</p> <p>Parenting Program: Parental and Family Functions 11:30 - 12:30 p.m. Eng.</p> <p>Anger Management Essentials 12:30 - 2 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Zumba Drum Sticks 9 - 10 a.m. 20</p> <p>Cardio 11:30 a.m. - 12:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>CPR/First Aid (Ages 14+) Register at freecprla.com 21</p> <p>9 a.m. - 12 p.m. Eng.</p> <p>CalFresh Enrollments 9 a.m. - 2 p.m.</p> <p>Zumba Step 4 - 5 p.m.</p>	<p>Fall Festival (Open to all, Free Pumpkin s!) 10 a.m. - 1 p.m. 22</p>
<p>Zumba 9 - 10 a.m. 24</p> <p>Opening Doors - My Child, Media and Technology 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes - Manage Stress, Keep Your Heart Healthy 12 - 1 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. 25</p> <p>Boot Camp 10:30 - 11:30 a.m.</p> <p>Prevent Diabetes - Get Support 12 - 1 p.m. Spa.</p> <p>Zumba Step 4 - 5 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 26</p> <p>Parenting Program: Children and Family Expectations 10:30 - 11:30 a.m. Spa.</p> <p>Parenting Program: Children and Family Expectations 10:30 - 11:30 a.m. Eng.</p> <p>Anger Management Essentials 12:30 - 2 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Boot Camp 4 - 5 p.m.</p>	<p>Toning Exercise 9 - 10 a.m. 27</p> <p>Cardio Step 11:30 a.m. - 12:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Zumba Step 9 - 10 a.m. 28</p> <p>Zumba for Beginners 10 - 11 a.m.</p> <p>Food Pantry 1 - 3:30 p.m.</p>	
<p>Zumba 9 - 10 a.m. 31</p> <p>Opening Doors - Count With Me 10:15 - 11:45 a.m. Spa.</p> <p>Prevent Diabetes - Eat Well to Prevent Diabetes 12 - 1 p.m. Eng.</p> <p>Community Pantry 2 - 5 p.m.</p> <p>Cardio 4 - 5 p.m.</p>	<p>Medi-Cal, Medicare, CoveredCA Enrollment: Monday, Tuesday, Wednesday and Friday 9 a.m. - 4 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>	

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**

 2072 E Palmdale Blvd.
Palmdale, CA 93550

 **CENTER HOURS:**
Monday-Friday: 9am - 5pm
Saturday: Closed

 **213.438.5580**
activehealthyinformed.org



PALMDALE OCTUBRE 2022

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Zumba 9 - 10 a.m. 3</p> <p>Abriendo Puertas - El Poder de las Palabras 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes - Coma Bien Lejos de Casa 12 - 1 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Cardio 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. 4</p> <p>Boot Camp 10:30 - 11:30 a.m. Prevenir la Diabetes - Coma Bien Para Prevenir la Diabetes 12 - 1 p.m. Esp. Pasos De Zumba 4 - 5 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 5</p> <p>Conceptos Básicos Para El Manejo de la Ira 12:30 - 1:30 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Boot Camp 4 - 5 p.m.</p>	<p>Zumba Drum Sticks 9 - 10 a.m. 6</p> <p>Zumba 4 - 5 p.m.</p>	<p>RCP/Primeros Auxilios (Edades 14+) 7</p> <p>Registrarse en freecprla.com 9 a.m. - 12 p.m. Esp. Pasos De Zumba 4 - 5 p.m.</p>	
<p>Zumba 9 - 10 a.m. 10</p> <p>Abriendo Puertas - Nutrición y Actividad Física (Cuerpo Sano / Mente Sana) Parte 1 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes - Busque Apoyo 12 - 1 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Cardio 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. 11</p> <p>Boot Camp 10:30 - 11:30 a.m. Prevenir la Diabetes - Actividad Física 12 - 1 p.m. Esp. Pasos De Zumba 4 - 5 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 12</p> <p>Conceptos Básicos Para El Manejo de la Ira 12:30 - 1:30 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Boot Camp 4 - 5 p.m.</p>	<p>Cardio 9 - 10 a.m. 13</p> <p>Inscripciones CalFresh 9 a.m. - 2 p.m. Zumba 4 - 5 p.m.</p>	<p>Pasos De Zumba 9 - 10 a.m. 14</p> <p>Zumba Para Principiantes 10 - 11 a.m. Clase de Defensa Personal Femenina (Edades 11+) 5 - 6 p.m.</p>	
<p>Zumba 9 - 10 a.m. 17</p> <p>Abriendo Puertas - Bienestar Socioemocional (Cuerpo Sano / Mente Sana) Parte 2 10:15 - 11:45 a.m. Esp. RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 10:30 a.m. - 1:30 p.m. Ing. Prevenir la Diabetes - Primeros Pasos Para Prevenir la Diabetes 12 - 1 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Cardio 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. 18</p> <p>Boot Camp 10:30 - 11:30 a.m. Prevenir la Diabetes - Come Bien Lejos de Casa 12 - 1 p.m. Esp. Pasos De Zumba 4 - 5 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 19</p> <p>Programa de Crianza: Funciones Parentales y Familiares 10:15 - 11:15 a.m. Esp. Programa de Crianza: Funciones Parentales y Familiares 11:30 - 12:30 a.m. Ing. Conceptos Básicos Para El Manejo de la Ira 12:30 - 1:30 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Boot Camp 4 - 5 p.m.</p>	<p>Zumba Drum Sticks 9 - 10 a.m. 20</p> <p>Cardio 11:30 a.m. - 12:30 p.m. Zumba 4 - 5 p.m.</p>	<p>RCP/Primeros Auxilios (Edades 14+) 21</p> <p>Registrarse en freecprla.com 9 a.m. - 12 p.m. Ing. Inscripciones CalFresh 9 a.m. - 2 p.m. Pasos De Zumba 4 - 5 p.m.</p>	<p>Festival de Otoño (Abierta a todos, Calabazas Gratis!) 22</p> <p>10 a.m. - 1 p.m.</p>
<p>Zumba 9 - 10 a.m. 24</p> <p>Abriendo Puertas - Mi Hijo, Los Medios de Comunicación y la Tecnología 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes - Supere el Estrés 12 - 1 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Cardio 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. 25</p> <p>Boot Camp 10:30 - 11:30 a.m. Prevenir la Diabetes - Busque Apoyo 12 - 1 p.m. Esp. Pasos De Zumba 4 - 5 p.m.</p>	<p>Zumba Toning 9 - 10 a.m. 26</p> <p>Programa de Crianza: Expectativas de los Niños y la Familia 10:30 - 11:30 a.m. Esp. Programa de Crianza: Expectativas de los Niños y la Familia 10:30 - 11:30 a.m. Ing. Conceptos Básicos Para El Manejo de la Ira 12:30 - 1:30 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Boot Camp 4 - 5 p.m.</p>	<p>Ejercicio Tonificante 9 - 10 a.m. 27</p> <p>Cardio Step 11:30 a.m. - 12:30 p.m. Zumba 4 - 5 p.m.</p>	<p>Pasos De Zumba 9 - 10 a.m. 28</p> <p>Zumba Para Principiantes 10 - 11 a.m. Despensa de Comida 1 - 3:30 p.m.</p>	
<p>Zumba 9 - 10 a.m. 31</p> <p>Abriendo Puertas - Cuenta Conmigo 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes - Coma Bien Para Prevenir la Diabetes 12 - 1 p.m. Ing. Despensa Comunitaria 2 - 5 p.m. Cardio 4 - 5 p.m.</p>	<p>Medi-Cal, Medicare, y Inscripción de Covered CA: Lunes, Martes, Miércoles y Viernes 9 a.m. - 5 p.m.</p>			<p>La clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Verde son por cita y registro solamente.</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**



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Palmdale, CA 93550



HORARIO DEL CENTRO:
Lunes a Viernes: 9am - 5pm
Sábado: Cerrado



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