L.A. Care HEALTH PLAN | blue california Promise Health Plan

Community Resource Center

PALMDALE DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Anger Management and Parenting Program are Court Approved Classes	**Medi-Cal, Medicare, Covered CA Enrollment: Monday, Tuesday, Wednesday and Friday** 9 a.m. - 4 p.m. Classes in **BLUE** qualify for the My Rewards for a Healthy Life Program Classes in **GREEN** are by appointment and registration only.	CRC YouTube	1 **Zumba Drum Sticks** 9 - 10 a.m. **Cardio** 10 - 11 a.m. **Toning** 11 a.m. - 12 p.m. **Zumba** 4 - 5 p.m.	2 CPR/First Aid (Ages 14+) Register at freecprla.com 9 a.m. - 12 p.m. Spa. **Zumba Step** 4 - 5 p.m.	3 CENTER CLOSED
5 **Zumba** 9 - 10 a.m. Opening Doors - My Child's Growth and Development 10:15 - 11:45 a.m. Spa. Prevent Diabetes - Manage Stress, Keep Your Heart Healthy 12 - 1 p.m. Eng. **Community Pantry** 2 - 5 p.m. **Cardio** 4 - 5 p.m.	6 **Zumba** 9 - 10 a.m. **Boot Camp** 10:30 - 11:30 a.m. Prevent Diabetes - Get Support 12 - 1 p.m. Spa. **Zumba Step** 4 - 5 p.m.	7 **Zumba Toning** 9 - 10 a.m. Parenting Program: Causes of Disrespectful Child Behavior 10:15 - 11:15 a.m. Spa. Parenting Program: Causes of Disrespectful Child Behavior 11:30 - 12:30 a.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. **Community Pantry** 2 - 5 p.m. **Boot Camp** 4 - 5 p.m.	8 **Zumba Drum Sticks** 9 - 10 a.m. CalFresh Enrollments 9 a.m. - 2 p.m. **Cardio** 10 - 11 a.m. **Toning** 11 a.m. - 12 p.m. **Zumba** 4 - 5 p.m.	9 CENTER CLOSED	10
12 **Zumba** 9 - 10 a.m. Opening Doors - Power of Words 10:15 - 11:45 a.m. Spa. Prevent Diabetes - Eat Well to Prevent Diabetes 12 - 1 p.m. Eng. **Community Pantry** 2 - 5 p.m. **Cardio** 4 - 5 p.m.	13 **Zumba** 9 - 10 a.m. **Boot Camp** 10:30 - 11:30 a.m. Prevent Diabetes - First Steps to Preventing Diabetes 12 - 1 p.m. Spa. **Zumba Step** 4 - 5 p.m.	14 **Zumba Toning** 9 - 10 a.m. Parenting Program: Dealing with Disrespectful Behavior 10:15 - 11:15 a.m. Spa. Parenting Program: Dealing with Disrespectful Behavior 11:30 - 12:30 a.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. **Community Pantry** 2 - 5 p.m. **Boot Camp** 4 - 5 p.m.	15 **Zumba Drum Sticks** 9 - 10 a.m. **Cardio** 10 - 11 a.m. **Toning** 11 a.m. - 12 p.m. **Zumba** 4 - 5 p.m.	16 CPR/First Aid (Ages 14+) Register at freecprla.com 9 a.m. - 12 p.m. Eng. **RCAC 1 Meeting** 10 a.m. - 1 p.m. CalFresh Enrollments 9 a.m. - 2 p.m.	17 CENTER CLOSED
19 **Zumba** 9 - 10 a.m. Opening Doors - Healthy Body / Healthy Mind - Part 1 10:15 - 11:45 a.m. Spa. CPR/First Aid (Ages 14+) Register at freecprla.com 10:30 a.m. - 1:30 p.m. Eng. Prevent Diabetes - Get More Active 12 - 1 p.m. Eng. **Community Pantry** 2 - 5 p.m. **Cardio** 4 - 5 p.m.	20 **Zumba** 9 - 10 a.m. **Boot Camp** 10:30 - 11:30 a.m. Parenting Program: Child Behavior 11:30 a.m. - 12:30 p.m. Spa. Prevent Diabetes - Manage Stress 11:30am - 12:30 p.m. Spa. Parenting Program: Child Behavior 12:30 - 1:30 p.m. Eng. Anger Management Essentials 12:30 - 1:30 p.m. Eng. Holiday Family Crafts 2 - 3:30 p.m. **Zumba Step** 4 - 5 p.m.	21 Winter Wonderland (Toy Distribution, Pre-registration Required) 1 - 4 p.m.	22 **Zumba Drum Sticks** 9 - 10 a.m. **Cardio** 10 - 11 a.m. **Toning** 11 a.m. - 12 p.m. **Center Closed** 1 - 5 p.m.	23 CENTER CLOSED	24
26	27	28	29	30	31

CENTER CLOSED

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

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PALMDALE
DICIEMBRE
2022

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Manejo de la Ira y La Programa de Crianza son Clases Aprobadas Por la Corte	Medi-Cal, Medicare, y Inscripción de Covered CA: Lunes, Martes, Miércoles y Viernes 9 a.m. - 5 p.m. La clases en **Azul** califican para el programa mis recompensas para una vida sana. Las clases en **Verde** son por cita y registro solamente.	CRC YouTube	1 **Zumba Drum Sticks** 9 - 10 a.m. **Cardio** 10 - 11 a.m. **Toning** 11 a.m. - 12 p.m. **Zumba** 4 - 5 p.m.	2 RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 9 a.m. - 12 p.m. Esp. **Pasos De Zumba** 4 - 5 p.m.	3 CENTRO CERRADO
5 **Zumba** 9 - 10 a.m. Abriendo Puertas - Preparémonos Para la Escuela 10:15 - 11:45 a.m. Esp. Prevenir la Diabetes - Controlar Estrés 12 - 1 p.m. Ing. **Despensa Comunitaria** 2 - 5 p.m. **Cardio** 4 - 5 p.m.	6 **Zumba** 9 - 10 a.m. **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.	7 **Zumba Toning** 9 - 10 a.m. Programa de Crianza: Elogio Efectivo - Por Qué es tan Poderoso 10:15 - 11:15 a.m. Esp. Programa de Crianza: Elogio Efectivo - Por Qué es tan Poderoso 11:30 a.m. - 12:30 p.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.	8 **Zumba Drum Sticks** 9 - 10 a.m. Inscripciones CalFresh 9 a.m. - 2 p.m. **Cardio** 10 - 11 a.m. **Toning** 11 a.m. - 12 p.m. **Zumba** 4 - 5 p.m.	9 **Centro Cerrado** CENTRO CERRADO	10
12 **Zumba** 9 - 10 a.m. Abriendo Puertas - Campeones Para el Futuro de Nuestros Hijos 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.	13 **Zumba** 9 - 10 a.m. **Boot Camp** 10:30 - 11:30 a.m. Prevenir la Diabetes - Primeros Pasos Para Prevenir la Diabetes 12 - 1 p.m. Esp. **Pasos De Zumba** 4 - 5 p.m.	14 **Zumba Toning** 9 - 10 a.m. Programa de Crianza: Elogio Efectivo - Por Qué es tan Poderoso 10:15 - 11:15 a.m. Esp. Programa de Crianza: Elogio Efectivo - Por Qué es tan Poderoso 11:30 a.m. - 12:30 p.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.	15 **Zumba Drum Sticks** 9 - 10 a.m. **Cardio** 10 - 11 a.m. **Toning** 11 a.m. - 12 p.m. **Zumba** 4 - 5 p.m.	16 RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 9 a.m. - 12 p.m. Ing. **Junta de RCAC 1** 10 a.m. - 1 p.m. Inscripciones CalFresh 9 a.m. - 2 p.m.	17 CENTRO CERRADO
19 **Zumba** 9 - 10 a.m. Abriendo Puertas - ¡Si Se Puede! Graduación 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 - Actividad Física 12 - 1 p.m. Ing. **Despensa Comunitaria** 2 - 5 p.m. **Cardio** 4 - 5 p.m.	20 **Zumba** 9 - 10 a.m. **Boot Camp** 10:30 - 11:30 a.m. Programa de Crianza: Comportamientos Infantil 11:30 a.m. - 12:30 p.m. Esp. Prevenir la Diabetes - Controla Estrés 11:30 a.m. - 12:30 p.m. Esp. Programa de Crianza: Comportamientos Infantil 12:30 - 1:30 p.m. Ing. Manejo de la Ira Esenciales 12:30 - 1:30 p.m. Ing. Manualidades Familiares Navideñas 2 - 3:30 p.m. **Pasos De Zumba** 4 - 5 p.m.	21 Invierno de Fantasia (Distribución de Juguetes, Se Requiere Inscripción Previa) 1 - 4 p.m.	22 **Zumba Drum Sticks** 9 - 10 a.m. **Cardio** 10 - 11 a.m. **Toning** 11 a.m. - 12 p.m. **Centro Cerrado** 1 - 5 p.m.	23 CENTRO CERRADO	24
26	27	28	29	30	31

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

SEA ACTIVO, SALUDABLE E INFORMADO

2072 E. Palmdale Blvd.
Palmdale, CA 93550

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

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