

FAMILY RESOURCE CENTER | INGLEWOOD

Your Center for Health and Wellness

Corner of Century & Crenshaw 3111 W. Century Blvd., Inglewood, CA 90303

Center Hours: 10:00 am - 7:00 pm (Monday-Friday) 9:00 am - 2:00 pm (Saturday)



L.A. Care
HEALTH PLAN®

JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Reading Time 10:30am-12:00pm Special Needs-Zumba (Adults) 3:30pm-4:30pm	2 Yoga for Seniors 10:00am-11:30am Line Dancing 1:00pm-2:30pm Fitness for Kids(Ages 6-12) 3:00pm-4:00pm Special Needs for Adults 4:00pm-5:00pm Zumba 5:00pm-6:00pm Zumba 6:00pm-7:00pm	3 Pilates for Kids (Ages 8-15) 3:30pm-4:30pm Special Needs-Zumba (Adults)4:30pm-5:30pm	4 Center Closed/ Holiday	5 Center Closed/ Holiday
7 DPSS Medi-Cal Worker 11:00am-4:00pm Fitness for Kids(Ages 6-12) 3:00pm-4:00pm Special Needs (Adults) 4:00pm-5:00pm Pilates 6:00pm-7:00pm	8 Reading Time 10:30am-12:00pm Special Needs-Zumba (Adults) 3:30pm-4:30pm Cooking Class 5:30pm-7:00pm	9 Yoga for Seniors 10:00am-11:30am Line Dancing 1:00pm-2:30pm Fitness for Kids (Ages 6-12) 3:00pm-4:00pm Special Needs for Adults 4:00pm-5:00pm Zumba 5:00pm-6:00pm Zumba 6:00pm-7:00pm	10 Pilates for Kids (Ages 8-15) 3:30pm-4:30pm Special Needs-Zumba (Adults) 4:30pm-5:30pm	11 Mommy and Me 10:00am-12:00pm Line Dancing(Beginners) 1:00pm-2:30pm Fitness for Kids (Ages 6-12) 3:00pm-4:00pm Pilates 5:30pm-6:30pm	12 Dance Academy (Ages 5-12) 9:00am-10:30am Special Needs Adults 1:30pm-2:30pm (Exercise)
14 Tai Chi 10:15am-11:15am Fitness for Kids (Ages 6-12) 3:00pm-4:00pm Special Needs (Adults) 4:00pm-5:00pm Pilates 6:00pm-7:00pm	15 Center Closed 10:00am-12:00pm How to Solve an IHSS Problem 1:00pm-3:00pm Cooking Class 5:30pm-7:00pm	16 Yoga for Seniors 10:00am-11:30am Line Dancing 1:00pm-2:30pm Fitness for Kids (Ages 6-12) 3:00pm-4:00pm Special Needs for Adults 4:00pm-5:00pm Zumba 5:00pm-6:00pm Zumba 6:00pm-7:00pm	17 DPSS Medi-Cal Worker 11:00am-4:00pm Diabetes and Nutrition 12:30pm-2:00pm Pilates for Kids (Ages 8-15) 3:30pm-4:30pm Special Needs-Zumba (Adults)4:30pm-5:30pm	18 Line Dancing 1:00pm-2:30pm Fitness for Kids (Ages 6-12) 3:00pm-4:00pm Yoga for Seniors 4:00pm-5:00pm Pilates 5:30pm-6:30pm	19 Dance Academy (Ages 5-12) 9:00am-10:30am Special Needs Adults 1:30pm-2:30pm (Exercise)
21 Tai Chi 10:15am-11:15am DPSS Medi-Cal Worker 11:00am-4:00pm Fitness for Kids (Ages 6-12) 3:00pm-4:00pm Special Needs (Adults) 4:00pm-5:00pm Pilates 6:00pm-7:00pm	22 Reading Time 10:30am-12:00pm Member Orientation Anytime between 10:00am-6:00pm Special Needs-Zumba (Adults) 3:30pm-4:30pm	23 Yoga for Seniors 10:00am-11:30am Line Dancing 1:00pm-2:30pm Fitness for Kids(Ages 6-12) 3:00pm-4:00pm Special Needs for Adults 4:00pm-5:00pm Zumba 5:00pm-6:00pm Zumba 6:00pm-7:00pm	24 Burn Rubber to Burn Calories 10:00am-12:00pm Pilates for Kids (Ages 8-15) 3:30pm-4:30pm Special Needs-Zumba (Adults)4:30pm-5:30pm	25 Parenting: Understanding Where Behavior Comes From 10:00am-12:00pm Line Dancing 1:00pm-2:30pm Fitness for Kids (Ages 6-12) 3:00pm-4:00pm Yoga for Seniors 4:00pm-5:00pm Pilates 5:30pm-6:30pm	26 Dance Academy (Ages 5-12) 9:00am-10:30am Special Needs Adults 1:30pm-2:30pm (Exercise)
28 Tai Chi 10:15am-11:15am Fitness for Kids(Ages 6-12) 3:00pm-4:00pm Special Needs (Adults) 4:00pm-5:00pm Pilates 6:00pm-7:00pm	29 Reading Time 10:30am-12:00pm Special Needs-Zumba (Adults) 3:30pm-4:30pm	30 Yoga for Seniors 10:00am-11:30am Line Dancing 1:00pm-2:30pm Fitness for Kids(Ages 6-12) 3:00pm-4:00pm Special Needs for Adults 4:00pm-5:00pm Zumba 5:00pm-6:00pm Zumba 6:00pm-7:00pm	31 DPSS Medi-Cal Worker 11:00am-4:00pm Pilates for Kids (Ages 8-15) 3:30pm-4:30pm Special Needs-Zumba (Adults)4:30pm-5:30pm		

All are welcome. Call us at 1-310-330-3130 (TTY 1-310 635-4124) to learn more about our classes and services. Classes are subject to change, rescheduling or cancellation without prior notice.

Interpretation Services Available



• CPR Class- Free!

Learn basic steps of CPR for Adults, Child, and Infant, and receive your card once you've completed class.

• Dance Academy

Lula Washington Dance Academy dance/exercising (ages 5-12).

• Department of Public Social Services

Onsite Medi-cal Eligibility Worker is available for those that want to apply for Medi-cal for the first time.

Appointment is Required.

• L.A. Care Member Orientation

Learn about your benefits. Members are encouraged to attend 1 of our monthly orientations.

• Fitness for Kids

This Class will help children have a healthier life and stay active. (Ages 6-12)

• Healthy Cooking Class

Black Women for Wellness presents: Kitchen Divas. You will learn how to cook healthy meals for the whole family.

• Special Needs Adults

Do you have a special medical need? Come and learn how to stay fit.

• Zumba & Healthy Heart

Get fit while dancing. 5pm Adults Only 6pm (Ages 14 and over)

1 (877) 287-6290 | www.lacare.org

CENTRO DE RECURSOS FAMILIAR | INGLEWOOD

Su Centro de salud y bienestar

Centro de Recursos Familiar de L.A. Care 3111 W. Century Blvd., Inglewood, CA 90303

Horario del centro: 10:00 am - 7:00 pm (lunes-viernes) 9:00 am - 2:00 pm (sábado)



L.A. Care
HEALTH PLAN®

JULIO 2014

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	1 Tiempo de Lectura 10:30am-12:00pm Adultos con Necesidades Especiales-Zumba 3:30pm-4:30pm	2 Yoga para Mayores 10:00am-11:30am Line Dancing 1:00pm-2:30pm Ejercicios para Niños (Edades 6-12) 3:00pm-4:00pm Adultos con necesidades Especiales 4:00pm-5:00pm Zumba 5:00pm-6:00pm Zumba 6:00pm-7:00pm	3 Pilates (Edades 8-15) 3:30pm-4:30pm Adultos con Necesidades Especiales- Zumba 4:30pm-5:30pm	4 Centro Cerrado/ Dia Festivo	5 Centro Cerrado/ Dia Festivo
7 Trabajador de Medi-cal 11:00am-4:00pm Ejercicios para Niños (Edades 6-12) 3:00pm-4:00pm Adultos con Necesidades Especiales 4:00pm-5:00pm Pilates 6:00pm-7:00pm	8 Tiempo de Lectura 10:30am-12:00pm Adultos con Necesidades Especiales-Zumba 3:30pm-4:30pm Curso de Cocina Saludable 5:30pm-7:00pm	9 Yoga para Mayores 10:00am-11:30am Line Dancing 1:00pm-2:30pm Ejercicios para Niños (Edades 6-12) 3:00pm-4:00pm Adultos con necesidades Especiales 4:00pm-5:00pm Zumba 5:00pm-6:00pm Zumba 6:00pm-7:00pm	10 Pilates (Edades 8-15) 3:30pm-4:30pm Adultos con Necesidades Especiales- Zumba 4:30pm-5:30pm	11 Mama y Yo 10:00am-12:00pm Line Dancing 1:00pm-2:30pm Ejercicios para Niños (Edades 6-12) 3:00pm-4:00pm Pilates 5:30pm-6:30pm	12 Academia de Danza (Edades 5-12) 9:00am-10:30am Adultos con necesidades Especiales 1:30pm-2:30pm
14 Tai Chi 10:15am-11:15am Ejercicios para Niños (Edades 6-12) 3:00pm-4:00pm Adultos con Necesidades Especiales 4:00pm-5:00pm Pilates 6:00pm-7:00pm	15 Centro Cerrado 10:00am-12:00pm Como Resolver un Problema de IHSS 1:00pm-3:00pm Curso de Cocina Saludable 5:30pm-7:00pm	16 Yoga para Mayores 10:00am-11:30am Line Dancing 1:00pm-2:30pm Ejercicios para Niños (Edades 6-12) 3:00pm-4:00pm Adultos con necesidades Especiales 4:00pm-5:00pm Zumba 5:00pm-6:00pm Zumba 6:00pm-7:00pm	17 Trabajador de Medi-cal 11:00am-4:00pm Diabetes y Nutricion 12:30pm-2:00pm Pilates (Edades 8-15) 3:30pm-4:30pm Adultos con Necesidades Especiales- Zumba 4:30pm-5:30pm	18 Line Dancing 1:00pm-2:30pm Ejercicios para Niños (Edades 6-12) 3:00pm-4:00pm Yoga para Mayores 4:00pm-5:00pm Pilates 5:30pm-6:30pm	19 Academia de Danza (Edades 5-12) 9:00am-10:30am Adultos con necesidades Especiales 1:30pm-2:30pm
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Todos son bienvenidos. Llame al número **1-310-330-3130** (TTY 1-310 635-4124) para más información sobre nuestras clases y servicios. Las clases están sujetas a cambios o cancelación sin aviso previo.

Intérpretes disponibles



• Primeros Auxilios

Aprenda pasos básicos de Primeros Auxilios para adultos, niños, y infantiles. Usted recibirá su tarjeta una vez que haya terminado la clase.

• Academia de Danza

Lula Washington Dance Academy clase de baile/ejercicios para niños. (Edades 5-12)

• Departamento Publico de Servicios Sociales

Un trabajador de elegibilidad está disponible para aquellos que deseen aplicar para Medi-cal por primera vez.

Cita requerida.

• L.A. Care Orientacion para Miembros

Aprender acerca de sus beneficios. Se les aconseja a los Miembros asistir 1 de nuestras orientaciones.

• Curso de Cocina Saludable

Black Women for Wellness presenta: Kitchen Divas. Usted aprenderá cómo cocinar comidas saludables para toda la familia.

• Adultos con Necesidades Especiales

¿Tiene una necesidad médica especial? Venga y aprenda a mantenerse en forma.

• Zumba y Un Corazon Sano

Ponte en forma mientras bailan. 5pm Adultos Solamente 6pm (Mayores de 14 años)

• Ejercicios para Niños

Esta clase le ayudará a los niños como tener una vida más saludable y mantenerse activo. (Edades 6-12)

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