



L.A. Care



INGLEWOOD Family Resource Center™

YOUR CENTER FOR HEALTH & WELLNESS

# JANUARY

# 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 2px solid orange; padding: 10px;"> <p style="text-align: center;"><b>Are you an L.A. Care member? Come to an Orientation!</b></p> <p style="text-align: center;">Learn about your Medi-Cal benefits and receive a <b>FREE</b> gift card.*</p> <p style="font-size: small;">*L.A. Care members will get a gift card only once for attending a Member Orientation class. One gift card per family. L.A. Care member (or guardian) must be present.</p> </div>		 <b>CENTER CLOSED</b>	<p>1 <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m.  <b>Sun Tai Chi</b> 10 - 11 a.m.  <b>Anger Management</b> 10 - 11:30 a.m.  <b>Breakthrough Parenting</b> 12 - 1:30 p.m.  <b>Zumba Gold</b> 4 - 5 p.m.  <b>Zumba Toning</b> 5 - 6 p.m.  <b>Adult Zumba</b> 6 - 7 p.m.  <b>Boot Camp</b> 6 - 7 p.m.</p>	<p>2 <b>Yoga Therapy</b> 9:30 - 10:30 a.m.  <b>Mommy and Me</b> 10 - 11 a.m.  <b>Family Sing</b> 11:15 a.m. - 12 p.m.  <b>Line Dancing</b> 1 - 2:30 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Zumba</b> 4 - 5 p.m.</p>	<p>3 <b>Adult Zumba</b> 9 - 10 a.m.  <b>Pilates for Families</b> (Ages 5 years and up) 10 - 11 a.m.  <b>Family Fitness</b> 11 a.m. - 12 p.m.</p>
<p>6 <b>Agility, Balance and Coordination</b> 10 - 11 a.m.  <b>Juicing for a Healthy Life (Spanish)</b> 11 a.m. - 12:30 p.m.  <b>Yoga Therapy</b> 3 - 4 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Zumba</b> 5 - 6 p.m.  <b>Pilates</b> 6 - 7 p.m.</p>	<p>7 <b>Reading Time</b> 10:30 a.m. - 12 p.m.  <b>Funky Fitness</b> 4 - 4:45 p.m.  <b>Zumba Gold</b> 5 - 5:45 p.m.  <b>Boot Camp</b> 6 - 7 p.m.</p>	<p>8 <b>Registered Dietitian</b> 10 a.m. - 5 p.m.  <b>Free Health Screenings</b> BMI, BP and Anemia 10 a.m. - 3:30 p.m.  <b>Yoga Therapy</b> 10:30 - 11:30 a.m.  <b>Line Dancing</b> 1 - 2:30 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Healthy Eating</b> 4 - 5 p.m.  <b>Pilates</b> 6 - 7 p.m.</p>	<p>9 <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m.  <b>Sun Tai Chi</b> 10 - 11 a.m.  <b>Anger Management</b> 10 - 11:30 a.m.  <b>Breakthrough Parenting</b> 12 - 1:30 p.m.  <b>Zumba Gold</b> 4 - 5 p.m.  <b>Zumba Toning</b> 5 - 6 p.m.  <b>Adult Zumba</b> 6 - 7 p.m.  <b>Boot Camp</b> 6 - 7 p.m.</p>	<p>10 <b>DPSS Worker</b> 9 a.m. - 4 p.m.  <b>Yoga Therapy</b> 9:30 - 10:30 a.m.  <b>Mommy and Me</b> 10 - 11 a.m.  <b>Family Sing</b> 11:15 a.m. - 12 p.m.  <b>Line Dancing</b> 1 - 2:30 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Zumba</b> 4 - 5 p.m.</p>	<p>11 <b>Adult Zumba</b> 9 - 10 a.m.  <b>Pilates for Families</b> (Ages 5 years and up) 10 - 11 a.m.  <b>Family Fitness</b> 11 a.m. - 12 p.m.</p>
<p>13 <b>Agility, Balance and Coordination</b> 10 - 11 a.m.  <b>CPR and First Aid</b> 10:30 a.m. - 1:30 p.m.  <b>Juicing for a Healthy Life (English)</b> 11 a.m. - 12:30 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Kids Arts and Crafts</b> 4:45 - 5:45 p.m.  <b>Zumba</b> 5 - 6 p.m.  <b>Pilates</b> 6 - 7 p.m.</p>	<p>14 <b>Reading Time</b> 10:30 a.m. - 12 p.m.  <b>Funky Fitness</b> 4 - 4:45 p.m.  <b>Zumba Gold</b> 5 - 5:45 p.m.  <b>Boot Camp</b> 6 - 7 p.m.</p>	<p>15 <b>Registered Dietitian</b> 10 a.m. - 5 p.m.  <b>Yoga Therapy</b> 10:30 - 11:30 a.m.  <b>Free Hearing Screenings</b> 10:30 a.m. - 1:30 p.m.  <b>Line Dancing</b> 1 - 2:30 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Pilates</b> 6 - 7 p.m.</p>	<p>16 <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m.  <b>Sun Tai Chi</b> 10 - 11 a.m.  <b>Anger Management</b> 10 - 11:30 a.m.  <b>FEAST Info Session</b> 12 - 1 p.m.  <b>Breakthrough Parenting</b> 12 - 1:30 p.m.  <b>Zumba Gold</b> 4 - 5 p.m.  <b>Zumba Toning</b> 5 - 6 p.m.  <b>Adult Zumba</b> 6 - 7 p.m.  <b>Boot Camp</b> 6 - 7 p.m.</p>	<p>17 <b>Yoga Therapy</b> 9:30 - 10:30 a.m.  <b>Mommy and Me</b> 10 - 11 a.m.  <b>Family Sing</b> 11:15 a.m. - 12 p.m.  <b>Line Dancing</b> 1 - 2:30 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Zumba</b> 4 - 5 p.m.</p>	 <b>CENTER CLOSED</b>
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<p>27 <b>Agility, Balance and Coordination</b> 10 - 11 a.m.  <b>Juicing for a Healthy Life (Spanish)</b> 11 a.m. - 12:30 p.m.  <b>Yoga Therapy</b> 3 - 4 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Zumba</b> 5 - 6 p.m.  <b>Pilates</b> 6 - 7 p.m.</p>	<p>28 <b>Reading Time</b> 10:30 a.m. - 12 p.m.  <b>Funky Fitness</b> 4 - 4:45 p.m.  <b>Zumba Gold</b> 5 - 5:45 p.m.  <b>Boot Camp</b> 6 - 7 p.m.</p>	<p>29 <b>Registered Dietitian</b> 10 a.m. - 5 p.m.  <b>Yoga Therapy</b> 10:30 - 11:30 a.m.  <b>Cal MediConnect 101</b> 11 a.m. - 2 p.m.  <b>Line Dancing</b> 1 - 2:30 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Pilates</b> 6 - 7 p.m.</p>	<p>30 <b>Covered CA Enrollments</b> 10 a.m. - 5 p.m.  <b>Sun Tai Chi</b> 10 - 11 a.m.  <b>Anger Management</b> 10 - 11:30 a.m.  <b>Breakthrough Parenting</b> 12 - 1:30 p.m.  <b>FEAST Group Week # 2</b> 12 - 2 p.m.  <b>Zumba Gold</b> 4 - 5 p.m.  <b>Zumba Toning</b> 5 - 6 p.m.  <b>Adult Zumba</b> 6 - 7 p.m.  <b>Boot Camp</b> 6 - 7 p.m.</p>	<p>31 <b>Yoga Therapy</b> 9:30 - 10:30 a.m.  <b>Mommy and Me</b> 10 - 11 a.m.  <b>Family Sing</b> 11:15 a.m. - 12 p.m.  <b>Line Dancing</b> 1 - 2:30 p.m.  <b>Get Fit Kids</b> 4 - 4:45 p.m.  <b>Zumba</b> 4 - 5 p.m.</p>	<p style="text-align: center;">Classes in <b>Blue</b> qualify for the My Rewards for a Healthy Life Program.</p> <p style="text-align: center;">Classes in <b>Red</b> are by appointment and registration only.</p>

## FREE Health Education and Exercise Classes\*

**CPR/First Aid:** Get your CPR and First Aid certification for adults, children and infants. Call **877.287.6290** for more information.

\*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+)



3111 W. Century Blvd., Suite 100  
Inglewood, CA 90303



### Center Hours:

Mon - Thur: 10 a.m. - 7 p.m.  
Friday: 9 a.m. - 5 p.m.  
Saturday: 9 a.m. - 12:30 p.m.



877.287.6290  
310.330.3130  
lacare.org/frc

# ENERO

# 2020

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p><b>¿Es usted miembro de L.A. Care?</b> <b>¡Venga a una Orientación!</b></p> <p>Aprenda sobre sus beneficios de Medi-Cal y obtenga un regalo.*</p> <p><small>*Los miembros de L.A. Care recibirán una tarjeta de regalo una vez por asistir a una Orientación para Miembros. Se entregará una tarjeta de regalo por familia. El Miembro (o tutor) de L.A. Care Deberá estar presente.</small></p>		<p>1</p> <p><b>CENTRO CERRADO</b></p>	<p>2</p> <p><b>Inscripciones de Covered CA</b> 10 a.m. - 5 p.m. <b>Sol Tai Chi</b> 10 - 11 a.m. <b>Control del Enojo</b> 10 - 11:30 a.m. <b>Crianza de Sus Hijos</b> 12 - 1:30 p.m. <b>Zumba Oro</b> 4 - 5 p.m. <b>Zumba Tonificación</b> 5 - 6 p.m. <b>Zumba Para Adultos</b> 6 - 7 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>3</p> <p><b>Terapia de Yoga</b> 9:30 - 10:30 a.m. <b>Mamá y Yo</b> 10 - 11 a.m. <b>Canto Familiar</b> 11:15 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p>4</p> <p><b>Zumba Para Adultos</b> 9 - 10 a.m. <b>Pilates Para la Familia</b> (5 años en adelante) 10 - 11 a.m. <b>Fitness Familiar</b> 11 a.m. - 12 p.m.</p>
<p>6</p> <p><b>Agilidad, Equilibrio y Coordinación</b> 10 - 11 a.m. <b>Jugos Para Una Vida Sana (Español)</b> 11 a.m. - 12:30 p.m. <b>Yoga Terapia</b> 3 - 4 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Zumba</b> 5 - 6 p.m. <b>Pilates</b> 6 - 7 p.m.</p>	<p>7</p> <p><b>Tiempo de Lectura</b> 10:30 a.m. - 12 p.m. <b>Funky Fitness</b> 4 - 4:45 p.m. <b>Zumba Oro</b> 5 - 5:45 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>8</p> <p><b>Dietista Registrada</b> 10 a.m. - 5 p.m. <b>Chequeos de Salud IMC, Presión Arterial y Anemia</b> 10 a.m. - 3:30 p.m. <b>Terapia de Yoga</b> 10:30 - 11:30 a.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Alimentación Saludable</b> 4 - 5 p.m. <b>Pilates</b> 6 - 7 p.m.</p>	<p>9</p> <p><b>Inscripciones de Covered CA</b> 10 a.m. - 5 p.m. <b>Sol Tai Chi</b> 10 - 11 a.m. <b>Control del Enojo</b> 10 - 11:30 a.m. <b>Crianza de Sus Hijos</b> 12 - 1:30 p.m. <b>Zumba Oro</b> 4 - 5 p.m. <b>Zumba Tonificación</b> 5 - 6 p.m. <b>Zumba Para Adultos</b> 6 - 7 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>10</p> <p><b>Trabajador de Elegibilidad</b> 9 a.m. - 4 p.m. <b>Terapia de Yoga</b> 9:30 - 10:30 a.m. <b>Mamá y Yo</b> 10 - 11 a.m. <b>Canto Familiar</b> 11:15 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p>11</p> <p><b>Zumba Para Adultos</b> 9 - 10 a.m. <b>Pilates Para la Familia</b> (5 años en adelante) 10 - 11 a.m. <b>Fitness Familiar</b> 11 a.m. - 12 p.m.</p>
<p>13</p> <p><b>Agilidad, Equilibrio y Coordinación</b> 10 - 11 a.m. <b>RCP y Primeros Auxilios</b> 10:30 a.m. - 1:30 p.m. <b>Jugos Para Una Vida Sana (Inglés)</b> 11 a.m. - 12:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Artes y Oficios de Niños</b> 4:45 - 5:45 p.m. <b>Zumba</b> 5 - 6 p.m. <b>Pilates</b> 6 - 7 p.m.</p>	<p>14</p> <p><b>Tiempo de Lectura</b> 10:30 a.m. - 12 p.m. <b>Funky Fitness</b> 4 - 4:45 p.m. <b>Zumba Oro</b> 5 - 5:45 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>15</p> <p><b>Dietista Registrada</b> 10 a.m. - 5 p.m. <b>Terapia de Yoga</b> 10:30 - 11:30 a.m. <b>Exámenes de Audición Gratuitos</b> 10:30 a.m. - 1:30 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Pilates</b> 6 - 7 p.m.</p>	<p>16</p> <p><b>Inscripciones de Covered CA</b> 10 a.m. - 5 p.m. <b>Sol Tai Chi</b> 10 - 11 a.m. <b>Control del Enojo</b> 10 - 11:30 a.m. <b>Crianza de Sus Hijos</b> 12 - 1:30 p.m. <b>Sesión de Información de FEAST</b> 12 - 1 p.m. <b>Zumba Oro</b> 4 - 5 p.m. <b>Zumba Tonificación</b> 5 - 6 p.m. <b>Zumba Para Adultos</b> 6 - 7 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>17</p> <p><b>Terapia de Yoga</b> 9:30 - 10:30 a.m. <b>Mamá y Yo</b> 10 - 11 a.m. <b>Canto Familiar</b> 11:15 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p>18</p>
<p>20</p> <p><b>CENTRO CERRADO</b></p>	<p>21</p> <p><b>Tiempo de Lectura</b> 10:30 a.m. - 12 p.m. <b>Funky Fitness</b> 4 - 4:45 p.m. <b>Zumba Oro</b> 5 - 5:45 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>22</p> <p><b>Dietista Registrada</b> 10 a.m. - 5 p.m. <b>Terapia de Yoga</b> 10:30 - 11:30 a.m. <b>Cal MediConnect 101</b> 11 a.m. - 2 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Alimentación Saludable</b> 4 - 5 p.m. <b>Pilates</b> 6 - 7 p.m.</p>	<p>23</p> <p><b>Inscripciones de Covered CA</b> 10 a.m. - 5 p.m. <b>Sol Tai Chi</b> 10 - 11 a.m. <b>Control del Enojo</b> 10 - 11:30 a.m. <b>Crianza de Sus Hijos</b> 12 - 1:30 p.m. <b>Taller de FEAST # 1</b> 12 p.m. - 2 p.m. <b>Zumba Oro</b> 4 - 5 p.m. <b>Zumba Tonificación</b> 5 - 6 p.m. <b>Zumba Para Adultos</b> 6 - 7 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>24</p> <p><b>Trabajador de Elegibilidad</b> 9 a.m. - 4 p.m. <b>Terapia de Yoga</b> 9:30 - 10:30 a.m. <b>Mamá y Yo</b> 10 - 11 a.m. <b>Canto Familiar</b> 11:15 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p>25</p> <p><b>Zumba Para Adultos</b> 9 - 10 a.m. <b>RCP y Primeros Auxilios</b> 9:30 a.m. - 12:30 p.m. <b>Pilates Para la Familia</b> (5 años en adelante) 10 - 11 a.m. <b>Fitness Familiar</b> 11 a.m. - 12 p.m.</p>
<p>27</p> <p><b>Agilidad, Equilibrio y Coordinación</b> 10 - 11 a.m. <b>Jugos Para Una Vida Sana (Español)</b> 11 a.m. - 12:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Zumba</b> 5 - 6 p.m. <b>Pilates</b> 6 - 7 p.m.</p>	<p>28</p> <p><b>Tiempo de Lectura</b> 10:30 a.m. - 12 p.m. <b>Funky Fitness</b> 4 - 4:45 p.m. <b>Zumba Oro</b> 5 - 5:45 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>29</p> <p><b>Dietista Registrada</b> 10 a.m. - 5 p.m. <b>Terapia de Yoga</b> 10:30 - 11:30 a.m. <b>Cal MediConnect 101</b> 11 a.m. - 2 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Pilates</b> 6 - 7 p.m.</p>	<p>30</p> <p><b>Inscripciones de Covered CA</b> 10 a.m. - 5 p.m. <b>Sol Tai Chi</b> 10 - 11 a.m. <b>Control del Enojo</b> 10 - 11:30 a.m. <b>Crianza de Sus Hijos</b> 12 - 1:30 p.m. <b>Taller de FEAST # 2</b> 12 - 2 p.m. <b>Zumba Oro</b> 4 - 5 p.m. <b>Zumba Tonificación</b> 5 - 6 p.m. <b>Zumba Para Adultos</b> 6 - 7 p.m. <b>Entrenamiento Intenso</b> 6 - 7 p.m.</p>	<p>31</p> <p><b>Terapia de Yoga</b> 9:30 - 10:30 a.m. <b>Mamá y Yo</b> 10 - 11 a.m. <b>Canto Familiar</b> 11:15 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Ponerse en Forma Niños</b> 4 - 4:45 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p>Las clases en <b>Azul</b> califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en <b>Rojo</b> son por cita y registro solamente.</p>

## Clases de Salud y Ejercicio GRATIS\*

**RCP / Primeros Auxilios:** Obtenga su certificación de RCP y Primeros Auxilios para adultos, niños y bebés. Llame al **877.287.6290** para más información.

\*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+)

