



L.A. Care



PACOIMA
Family Resource Center™

**YOUR CENTER FOR
HEALTH & WELLNESS**

JANUARY

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>Are you an L.A. Care member? Come to an Orientation!</p> <p>Learn about your Medi-Cal benefits and receive a FREE gift card.*</p> <p><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.</small></p> </div>		 CENTER CLOSED	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">2</div> <p>Healthy Eating Active Living NEVHC 9-10:30 a.m. Sp. Dance Aerobics 11 a.m.-12 p.m. & 12-1 p.m. Breakthrough Parenting Series [7 of 11] 2-4 p.m. Sp. Juicing for a Healthy Life 3:30-5 p.m. Sp. Zumba 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">3</div> <p>CPR/First Aid 8-11 a.m. En. Dance Aerobics 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">4</div> <p>Healthy Living Boot Camp 8:30-9:30 a.m. Pilates for Families (ages 5 and older) 9:30-10:30 a.m. Kids' Healthy Cooking (5 - 14 yrs old) 10:30 a.m.-12 p.m.</p> </div>
<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">6</div> <p>Yoga 10-11 a.m. Pilates 1-2 p.m. Zumba Toning 4-5 p.m. Healthy Living Boot Camp 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">7</div> <p>DPSS - Medi-Cal 10 a.m.-5 p.m. Boundary Setting 10-11 a.m. En./Sp. Breakthrough Parenting Series [8 of 11] 2-4 p.m. En. Healthy Cooking 3-5 p.m. Sp. Zumba 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">8</div> <p>NUTRIFIT 8-9 a.m. En. Registered Dietitian Consultations 10 a.m.-7 p.m. Zumba for Persons With Special Needs 11:30 a.m.-12:30 p.m. Stretching and Strengthening for Seniors 1-2 p.m. Tai Chi 3-4 p.m. Good Fats vs. Bad Fats (Part 1) 4-5 p.m. En./Sp.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">9</div> <p>Dance Aerobics 11 a.m.-12 p.m. & 12-1 p.m. Breakthrough Parenting Series [8 of 11] 2-4 p.m. Sp. Nutritional Jump Start -EPDB 2:30-3:30 p.m. En./Sp. Health Screenings 3-5 p.m. Juicing for a Healthy Life 3:30-5 p.m. Sp. Zumba 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">10</div> <p>Healthy Living Boot Camp 8-9 a.m. Support Group for Parents of Children With Special Needs 9:30-11 a.m. Sp. Dance Aerobics 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">11</div> <p>Healthy Living Boot Camp 8:30-9:30 a.m. Pilates for Families (ages 5 and older) 9:30-10:30 a.m. Kids' Healthy Cooking (5 - 14 yrs old) 10:30 a.m.-12 p.m. LACC Member Event 10 a.m.-12 p.m. Yoga 12-1 p.m.</p> </div>
<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">13</div> <p>Yoga 10-11 a.m. Pilates 1-2 p.m. Zumba Toning 4-5 p.m. Healthy Living Boot Camp 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">14</div> <p>DPSS - Medi-Cal 10 a.m.-5 p.m. Breakthrough Parenting Series [9 of 11] 2-4 p.m. En. Healthy Cooking 3-5 p.m. Sp. Zumba 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">15</div> <p>NUTRIFIT 8-9 a.m. En. We Read Together! 10-11 a.m. Registered Dietitian Consultations 10 a.m.-7 p.m. Zumba for Persons With Special Needs 11:30 a.m.-12:30 p.m. Stretching and Strengthening for Seniors 1-2 p.m. Tai Chi 3-4 p.m. Good Fats vs. Bad Fats (Part 2) 4-5 p.m. En./Sp.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">16</div> <p>Dance Aerobics 11 a.m.-12 p.m. & 12-1 p.m. Breakthrough Parenting Series [9 of 11] 2-4 p.m. Sp. Juicing for a Healthy Life 3:30-5 p.m. Sp. Zumba 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">17</div> <p>CPR/First Aid 8-11 a.m. Sp. Dance Aerobics 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m. Pilates 3-4 p.m.</p> </div>	 CENTER CLOSED
<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: center;">  CENTER CLOSED </div> </div>		<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">21</div> <p>NUTRIFIT 8-9 a.m. En. Oral Health Workshop 9:30-11 a.m. En./Sp. Registered Dietitian Consultations 10 a.m.-7 p.m. Zumba for Persons With Special Needs 11:30 a.m.-12:30 p.m. Stretching and Strengthening for Seniors 1-2 p.m. Tai Chi 3-4 p.m. Eat to Lower Cholesterol (part 1) 4-5 p.m. En./Sp.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">22</div> <p>Dance Aerobics 11 a.m.-12 p.m. & 12-1 p.m. Breakthrough Parenting Series [10 of 11] 2-4 p.m. Sp. Juicing for a Healthy Life 3:30-5 p.m. Sp. Zumba 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">23</div> <p>Healthy Living Boot Camp 8-9 a.m. Support Group for Parents of Children With Special Needs 9:30-11 a.m. Sp. Dance Aerobics 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">25</div> <p>Healthy Living Boot Camp 8:30-9:30 a.m. Pilates for Families (ages 5 and older) 9:30-10:30 a.m. LACC Member Event 10 a.m.-12 p.m. Kids' Healthy Cooking (5 - 14 yrs old) 10:30 a.m.-12 p.m.</p> </div>
<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">27</div> <p>Yoga 10-11 a.m. Pilates 1-2 p.m. Zumba Toning 4-5 p.m. Healthy Living Boot Camp 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">28</div> <p>Health Screenings 10 a.m.-1 p.m. DPSS - Medi-Cal 10 a.m.-5 p.m. Group New Member Orientation 2-3 p.m. Breakthrough Parenting Series [11 of 11] 2-4 p.m. En. Healthy Cooking 3-5 p.m. Sp. Zumba 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">29</div> <p>NUTRIFIT 8-9 a.m. En. Registered Dietitian Consultations 10 a.m.-7 p.m. Zumba for Persons With Special Needs 11:30 a.m.-12:30 p.m. Stretching and Strengthening for Seniors 1-2 p.m. Tai Chi 3-4 p.m. Eat to Lower Cholesterol (part 2) 4-5 p.m. En./Sp.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">30</div> <p>Dance Aerobics 11 a.m.-12 p.m. & 12-1 p.m. Breakthrough Parenting Series [11 of 11] 2-4 p.m. Sp. Juicing for a Healthy Life 3:30-5 p.m. Sp. Zumba 5:30-6:30 p.m.</p> </div>	<div style="border: 1px solid gray; padding: 5px;"> <div style="text-align: right; font-weight: bold;">31</div> <p>CPR/First Aid 8-11 a.m. En. Dance Aerobics 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m.</p> </div>	<p>Classes in Blue qualify for the My Rewards for a Healthy Life Program.</p> <p>Classes in Red 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. You can register online at <https://acls123.com/free> or same day walk-in. 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+)



10807 San Fernando Road
Pacoima, CA 91331



Center Hours:

Mon - Thur: 10 a.m. - 6:30 p.m.
Friday: 7:30 a.m. - 4 p.m.
Saturday: 8 a.m. - 1 p.m.



877.287.6290
213.438.5497
lacare.org/frc

ENERO

2020

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>¿Es usted miembro de L.A. Care? ¡Venga a una Orientación! 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>CENTRO CERRADO</p>	<p>2</p> <p>Comida Sana y Vida Activa- NEVHC 9-10:30 a.m. Es. Baile Aeróbico 11 a.m.-12 p.m. y 12-1 p.m. Serie Cultivando Familias [7 de 11] 2-4 p.m. Es. Jugos Para Una Vida Sana 3:30-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>3</p> <p>RCP/Primeros Auxilios 8-11 a.m. Ing. Baile Aeróbico 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m.</p>	<p>4</p> <p>Boot Camp Para Una Vida Saludable 8:30-9:30 a.m. Pilates Para Familias (mayores de 5 años) 9:30-10:30 a.m. Cocinando Saludable Para Niños (5 - 14 años) 10:30 a.m.-12 p.m.</p>
<p>6</p> <p>Yoga 10-11 a.m. Pilates 1-2 p.m. Zumba Tonicante 4-5 p.m. Boot Camp Para Una Vida Saludable 5:30-6:30 p.m.</p>	<p>7</p> <p>DPSS - Medi-Cal 10 a.m.-5 p.m. Estableciendo Límites 10-11 a.m. Ing./Es. Serie Cultivando Familias [8 de 11] 2-4 p.m. Ing. Cocinando Saludable 3-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>8</p> <p>NUTRIFIT 8-9 a.m. Ing. Consultas con Dietista Registrada 10 a.m.-7 p.m. Zumba Para Personas con Necesidades Especiales 11:30 a.m.- 12:30 p.m. Estiramiento y Fortalecimiento Para Personas de la Tercera Edad 1-2 p.m. Tai Chi 3-4 p.m. Las Grasas Buenas Contra las Grasas Malas (Parte 1) 4-5 p.m. Ing./Es.</p>	<p>9</p> <p>Baile Aeróbico 11 a.m.-12 p.m. y 12-1 p.m. Serie Cultivando Familias [8 de 11] 2-4 p.m. Ing. Inicio Nutricional-EPDB 2:30-3:30 p.m. Ing./Es. Exámenes de Salud 3-5 p.m. Jugos Para Una Vida Sana 3:30-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>10</p> <p>Boot Camp Para Una Vida Saludable 8-9 a.m. Grupo de Apoyo Para Padres de Niños con Necesidades Especiales 9:30-11 a.m. Es. Baile Aeróbico 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m.</p>	<p>11</p> <p>Boot Camp Para Una Vida Saludable 8:30-9:30 a.m. Pilates Para Familias (mayores de 5 años) 9:30-10:30 a.m. Evento Para Miembros de LACC 10 a.m.-12 p.m. Cocinando Saludable Para Niños (5 - 14 años) 10:30 a.m.-12 p.m. Yoga 12-1 p.m.</p>
<p>13</p> <p>Yoga 10-11 a.m. Pilates 1-2 p.m. Zumba Tonicante 4-5 p.m. Boot Camp Para Una Vida Saludable 5:30-6:30 p.m.</p>	<p>14</p> <p>DPSS - Medi-Cal 10 a.m.-5 p.m. Serie Cultivando Familias [9 de 11] 2-4 p.m. Ing. Cocinando Saludable 3-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>15</p> <p>NUTRIFIT 8-9 a.m. Ing. ¡Leemos Juntos! 10-11 a.m. Consultas con Dietista Registrada 10 a.m.-7 p.m. Zumba Para Personas con Necesidades Especiales 11:30 a.m.- 12:30 p.m. Estiramiento y Fortalecimiento Para Personas de la Tercera Edad 1-2 p.m. Tai Chi 3-4 p.m. Las Grasas Buenas Contra las Grasas Malas (Parte 2) 4-5 p.m. Ing./Es.</p>	<p>16</p> <p>Baile Aeróbico 11 a.m.-12 p.m. y 12-1 p.m. Serie Cultivando Familias [9 de 11] 2-4 p.m. Es. Jugos Para Una Vida Sana 3:30-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>17</p> <p>RCP/Primeros Auxilios 8-11 a.m. Es. Baile Aeróbico 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m. Pilates 3-4 p.m.</p>	<p>18</p>  <p>CENTRO CERRADO</p>
<p>20</p>  <p>CENTRO CERRADO</p>	<p>21</p> <p>DPSS - Medi-Cal 10 a.m.-5 p.m. Serie Cultivando Familias [10 de 11] 2-4 p.m. Ing. Cocinando Saludable 3-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>22</p> <p>NUTRIFIT 8-9 a.m. Ing. Taller Sobre la Salud Oral 9:30-11 a.m. Ing./Es. Consultas con Dietista Registrada 10 a.m.-7 p.m. Zumba Para Personas con Necesidades Especiales 11:30 a.m.- 12:30 p.m. Estiramiento y Fortalecimiento Para Personas de la Tercera Edad 1-2 p.m. Tai Chi 3-4 p.m. Comer Para Bajar el Colesterol (Parte 1) 4-5 p.m. Ing./Es.</p>	<p>23</p> <p>Baile Aeróbico 11 a.m.-12 p.m. y 12-1 p.m. Serie Cultivando Familias [10 de 11] 2-4 p.m. Es. Jugos Para Una Vida Sana 3:30-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>24</p> <p>Boot Camp Para Una Vida Saludable 8-9 a.m. Grupo de Apoyo Para Padres de Niños con Necesidades Especiales 9:30-11 a.m. Es. Baile Aeróbico 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m.</p>	<p>25</p> <p>Boot Camp Para Una Vida Saludable 8:30-9:30 a.m. Pilates Para Familias (mayores de 5 años) 9:30-10:30 a.m. Evento Para Miembros de LACC 10 a.m.-12 p.m. Cocinando Saludable Para Niños (5 - 14 años) 10:30 a.m.-12 p.m.</p>
<p>27</p> <p>Yoga 10-11 a.m. Pilates 1-2 p.m. Zumba Tonicante 4-5 p.m. Boot Camp Para Una Vida Saludable 5:30-6:30 p.m.</p>	<p>28</p> <p>Exámenes de Salud 10 a.m.-1 p.m. DPSS - Medi-Cal 10 a.m.-5 p.m. Orientación Para Miembros en Grupo 2-3 p.m. Ing./Es. Serie Cultivando Familias [11 de 11] 2-4 p.m. Ing. Cocinando Saludable 3-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>29</p> <p>NUTRIFIT 8-9 a.m. Ing. Consultas con Dietista Registrada 10 a.m.-7 p.m. Zumba Para Personas con Necesidades Especiales 11:30 a.m.- 12:30 p.m. Estiramiento y Fortalecimiento Para Personas de la Tercera Edad 1-2 p.m. Tai Chi 3-4 p.m. Comer Para Bajar el Colesterol (Parte 2) 4-5 p.m. Ing./Es.</p>	<p>30</p> <p>Baile Aeróbico 11 a.m.-12 p.m. y 12-1 p.m. Serie Cultivando Familias [11 de 11] 2-4 p.m. Es. Jugos Para Una Vida Sana 3:30-5 p.m. Es. Zumba 5:30-6:30 p.m.</p>	<p>31</p> <p>RCP/Primeros Auxilios 8-11 a.m. Ing. Baile Aeróbico 11:30 a.m.-12:30 p.m. Yoga 2-3 p.m.</p>	<p>Las clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Rojo son por cita y registro solamente.</p>

Clases de Salud y Ejercicio GRATIS*

RCP / Primeros Auxilios: Obtenga su certificación de RCP / Primeros Auxilios para adultos, niños y bebés. Puede registrarse en línea en <https://acls123.com/free> o en el mismo día. 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+)