

June


2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Perks of the month: Refer a friend and receive a prize! Join us June 11 through the 16 as we celebrate our One-Year Anniversary! Classes in blue and red qualify for the My Rewards for a Healthy Life Program.</p>				<p>Zumba 9-10 a.m. 1</p> <p>Love Your Heart 10:15 a.m. -12:15 p.m. Sp.</p> <p>Kids' Boot Camp 5-6 p.m.</p>	<p>Zumba 9-10 a.m. 2</p> <p>Registered Dietitian Consultations 9 - 10 a.m. CPR/First Aid 10 a.m.- 1 p.m. Eng. Eat to Lower Blood Pressure- Part 1 10-11 a.m. Eng./Sp. Registered Dietitian Consultations 12 - 1 p.m.</p>
<p>Zumba 9-10 a.m. 4</p> <p>Fats 10:05 - 11:05 a.m. Eng.</p>	<p>CCI Meeting 10 a.m. - 1 p.m. 5</p> <p>CPR/First Aid 2-5 p.m. Sp.</p> <p>Boot Camp 5 -6 p.m.</p>	<p>Zumba 9-10 a.m. 6</p> <p>Signs and Symptoms of Mood Disorders 10 -11 a.m. Eng./Sp. DEEP [Class 1 of 6] 10:15 a.m.-12:15 p.m. Sp. Strength Training 4-5 p.m. Boot Camp 5-6 p.m. (Kid Friendly) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 7</p> <p>Fats 10:05 - 11:05 a.m. Sp.</p>	<p>Zumba 9-10 a.m. 8</p> <p>Kids' Boot Camp 5-6 p.m.</p>	<p>Zumba 9-10 a.m. 9</p> <p>Registered Dietitian Consultations 9 - 10 a.m. Eat to Lower Blood Pressure- Part 2 10-11 a.m. Eng./Sp. Registered Dietitian Consultations 12 - 1 p.m.</p>
<p>Zumba 9-10 a.m. 11</p> <p>Insomnia 10:05 - 11:05 a.m. Eng.</p> <p>Kids Cooking Matters: You're the Chef! [Class 1 of 6] 1-2:30 p.m. Eng.</p> <p>Oral Health Education 1 -2:00 p.m. Sp.</p>	<p>Parent Group 9-10:30 a.m. Eng. 12</p> <p>Cooking Matters [Class 5 of 6] 11:15 a.m.-1:15 p.m. Eng.</p> <p>Boot Camp 5 -6 p.m.</p>	<p>Zumba 9-10 a.m. 13</p> <p>Strength Training 4-5 p.m.</p> <p>Boot Camp 5-6 p.m. (Kid Friendly)</p> <p>DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 14</p> <p>Insomnia 10:05 - 11:05 a.m. Sp.</p>	<p>CAC Meeting 10 a.m. - 12:30 p.m. 15</p> <p>Kids' Boot Camp 5-6 p.m.</p>	<p>Zumba 9-10 a.m. 16</p> <p>Registered Dietitian Consultations 9 - 10 a.m. Eat to Lower Cholesterol- Part 1 10-11 a.m. Eng./Sp. Registered Dietitian Consultations 12- 1 p.m.</p>
<p>Zumba 9-10 a.m. 18</p> <p>Sodium 10:05 - 11:05 a.m. Eng.</p> <p>Kids Cooking Matters: Colorful Fruits & Vegetables [Class 2 of 6] 1-2:30 p.m. Eng</p>	<p>Parent Group 9-10:30 a.m. Sp. 19</p> <p>Cooking Matters [Class 6 of 6] 11:15 a.m.-1:15 p.m. Eng.</p> <p>CPR/First Aid 2-5 p.m. Eng.</p> <p>Boot Camp 5 -6 p.m.</p>	<p>Zumba 9-10 a.m. 20</p> <p>DEEP [Class 2 of 6] 10:15 a.m.-12:15 p.m. Sp.</p> <p>Strength Training 4-5 p.m.</p> <p>Boot Camp 5-6 p.m. (Kid Friendly)</p> <p>DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 21</p> <p>Sodium 10:05 - 11:05 a.m. Sp.</p> <p>Keeping Your Brain Healthy 1-2 p. m. Sp.</p>	<p>Zumba 9-10 a.m. 22</p> <p>Burn Rubber 10:15 -12:15 p.m. Eng.</p> <p>Kids' Boot Camp 5-6 p.m.</p>	<p>Zumba 9-10 a.m. 23</p> <p>Registered Dietitian Consultations 9 - 10 a.m. Eat to Lower Blood Pressure- Part 2 10-11 a.m. Eng./Sp. Registered Dietitian Consultations 12 - 1 p.m.</p>
<p>Zumba 9-10 a.m. 25</p> <p>Water and Its Importance 10:05 - 11:05 a.m. Eng.</p> <p>Kids Cooking Matters: Whole Grain Goodness [Class 3 of 6] 1-2:30 p.m. Eng</p>	<p>Parent Group 9-10:30 a.m. Eng. 26</p> <p>Cooking Matters [Class 1 of 6] 11:15 a.m.-1:15 p.m. Sp.</p> <p>Boot Camp 5 -6 p.m.</p>	<p>Zumba 9-10 a.m. 27</p> <p>DEEP [Class 3 of 6] 10:15 a.m.-12:15 p.m. Sp.</p> <p>Strength Training 4-5 p.m.</p> <p>Boot Camp 5-6 p.m. (Kid Friendly)</p> <p>DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 28</p> <p>Water and Its Importance 10:05 - 11:05 a.m. Sp.</p>	<p>Zumba 9-10 a.m. 29</p> <p>New Member Orientation 10:15-11:15 a.m. Eng./Sp.</p> <p>Kids' Boot Camp 5-6 p.m.</p>	<p>Zumba 9-10 a.m. 30</p> <p>Registered Dietitian Consultations 9 - 10 a.m. Designer Water: Better Than the Real Thing? 10-11 a.m. Eng./Sp. Registered Dietitian Consultations 12 - 1 p.m.</p>

Free Education and Exercise Classes Class space is limited (*first come, first serve*).

Classes are subject to change, rescheduling or cancellation without notice. **Child care is provided while you attend a class.**

- ▶ **CPR/First Aid-** Save a life! Get certified for CPR-First Aid for adults, children and infants. Online registration available at <http://www.acls123.com/free> or same day walk-in. **(Only a maximum of 15 walk-ins can join on the same day.)**
- ▶ **L.A. Care Member Orientation-** Attend a member orientation and learn what your health plan has to offer. You will learn how to make doctor changes, health plan changes, and how to access information about your health plan online. A \$10 gift card will be given to members who attend. **(One gift card per family; refer an L.A. Care Member and receive a prize)**
- ▶ **Wellness Circle - Signs and Symptoms of Mood Disorders-** Discussing the various disorders of mood disorder and ways of managing and supporting someone you might know.
- ▶ **Kids Cooking Matters-** Kids ages 8-11 years old are welcome to attend this hands-on series and learn how to prepare healthy meals to live a healthy life!
- ▶ **Keeping Your Brain Healthy-** Did you know that your brain is an organ too? Learn about things you can do to help your memory and brain stay strong as you age. This session includes several interactive brain games,

 **In the Towne Square**
2072 East Palmdale Blvd.
Palmdale CA 93550



Center Hours:
Monday - Friday: 9 a.m. - 6 p.m.
Saturday: 9 a.m. - 1 p.m.



L.A. Care
HEALTH PLAN®



Junio

2018


LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 <p>Ventajas del mes: ¡Refiera un amigo/a y reciba un premio! Acompáñenos del 11 al 16 de Junio mientras celebramos nuestro primer aniversario! Clases en azul y rojo califican para el programa Mi Premio por una Vida Sana.</p>					
Zumba 9-10 a.m. 4 Grasas 10:05 -11:05 a.m. Ing.	Junta del CCI 10 a.m.-1 p.m. 5 RCP/Primeros Auxilios 2-5 p.m. Esp. Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 6 Signos y Síntomas de los Trastornos del Estado de Ánimo 10 -11 a.m. Ing./Esp. DEEP [Clase 1 de 6] 10:15 a.m.-12:15 p.m. Esp. Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 7 Grasas 10:05 -11:05 a.m. Esp.	Zumba 9-10 a.m. 1 Ama tu Corazón 10:15 a.m. -12:15 p.m. Esp. Boot Camp Para Niños 5-6 p.m.	Zumba 9-10 a.m. 2 Dietista Registrada- Consultas 9-10 a.m. RCP/Primeros Auxilios 10 a.m. -1 p.m. Ing. Comer Para Bajar la Presión Arterial - Parte 1 10-11a.m. Ing./Esp. Dietista Registrada- Consultas 12- 1 p.m.
Zumba 9-10 a.m. 11 Insomnio 10:05 -11:05 a.m. Ing. Cocinando Saludable Para Niños: ¡Eres el Chef! [Clase 1 de 6] 1-2:30 p.m. Ing. Educación de Salud Oral 1 -2:00 p.m. Esp.	Grupo de Padres 9-10:30 a.m. Ing 12 Cocinando Saludable [Clase 5 de 6] 11:15 a.m.-1:15 p.m. Ing. Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 13 Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 14 Insomnio 10:05 -11:05 a.m. Esp. Manteniendo la Salud Cerebral 1 -2 p.m. Ing.	Junta del CAC 10 a.m. -12:30 p.m. 15 Boot Camp Para Niños 5-6 p.m.	Zumba 9-10 a.m. 16 Dietista Registrada- Consultas 9-10 a.m. Comer Para Bajar el Colesterol - Parte 1 10-11a.m. Ing./Esp. Dietista Registrada- Consultas 12- 1 p.m.
Zumba 9-10 a.m. 18 Sodio 10:05 -11:05 a.m. Ing. Cocinando Saludable Para Niños: Frutas y Verduras Coloridas [Clase 2 de 6] 1-2:30 p.m. Ing.	Grupo de Padres 9-10:30 a.m. Esp. 19 Cocinando Saludable [Clase 6 de 6] 11:15 a.m.-1:15 p.m. Ing. RCP/Primeros Auxilios 2-5 p.m. Ing. Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 20 DEEP [Clase 2 de 6] 10:15 a.m.-12:15 p.m. Esp. Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 21 Sodio 10:05 -11:05 a.m. Esp.	Zumba 9-10 a.m. 22 Quemar Calorías 10:15 a.m. -12:15 p.m. Ing. Boot Camp Para Niños 5-6 p.m.	Zumba 9-10 a.m. 23 Dietista Registrada- Consultas 9-10 a.m. Comer Para Bajar el Colesterol - Parte 2 10-11a.m. Ing./Esp. Dietista Registrada- Consultas 12- 1 p.m.
Zumba 9-10 a.m. 25 El Agua y su Importancia 10:05 -11:05 a.m. Ing. Cocinando Saludable Para Niños: Calidad de Grano Entero [Clase 3 de 6] 1-2:30 p.m. Ing.	Grupo de Padres 9-10:30 a.m. Ing. 26 Cocinando Saludable [Clase 1 de 6] 11:15 a.m.-1:15 p.m. Esp. Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 27 DEEP [Clase 3 de 6] 10:15 a.m.-12:15 p.m. Esp. Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 28 El Agua y su Importancia 10:05 -11:05 a.m. Esp.	Zumba 9-10 a.m. 29 Orientación Para Nuevos Miembros 10:15-11:15 a.m. Ing./Esp. Boot Camp Para Niños 5-6 p.m.	Zumba 9-10 a.m. 30 Dietista Registrada- Consultas 9-10 a.m. Agua de Diseñador: ¿Mejor Que lo Real? 10-11a.m. Ing./Esp. Dietista Registrada- Consultas 12- 1 p.m.

Clases GRATIS de Salud y Ejercicio

*Espacio de las clases es limitado (primero en llegar, primero en servir).

Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. **Cuidado de niños disponible durante las clases.**

- ▶ **RCP/Primeros Auxilios-** ¡Salve una vida! Obtenga su certificación en RCP y Primeros Auxilios para adultos, niños y bebés. Regístrese en línea: <http://www.acls123.com/free> o preséntese al centro el mismo día. **(Solamente tomamos 15 participantes el mismo día)**
- ▶ **Orientación Para Miembros de L.A. Care-** Si no ha recibido una orientación antes, entonces ¡esta clase es perfecta para usted! Asista a nuestra orientación y descubra que ofrece su plan de salud, cómo cambiar su médico y/o su plan médico. Se le otorgará una tarjeta de regalo de \$10 a miembros que atiendan. **(Solo una tarjeta de regalo por familia; refiera un miembro de L.A. Care y reciba un premio)**
- ▶ **Grupo de Bienestar- Signos y Síntomas de los Trastornos del Estado de Ánimo-** Discutir los diversos trastornos del desorden del estado de ánimo y las formas de manejar y apoyar a alguien que tal vez conozcas.
- ▶ **Cocinando Saludable Para Niños-** ¡Niños de 8 a 11 años de edad son bienvenidos a asistir a esta serie práctica y aprender a preparar comidas saludables para vivir una vida sana!
- ▶ **Manteniendo la Salud Cerebral-** ¿Sabía que su cerebro es un órgano? Descubra que dicen los estudios sobre cómo mantener nuestra memoria fuerte a medida que envejecemos-incluso consejos nutricionales, como mantenerse activo y formas de desafiar su cerebro. Esta sesión incluye varios juegos interactivos.

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Lunes a Viernes: 9 a.m. - 6 p.m.
Sábado: 9 a.m. - 1 p.m.



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