



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Medi-Cal Renewal Specialist Energy Education & Budgeting** 9am-10am & 1pm-2pm Play Time for Little Minds 9am-10am Zumba 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Playdate Hour (Self Led) 10am-11am Disaster Preparedness 11am-11:30am (Spanish) Reading & Crafts Club for Littles 11:15am-12pm Zumba Gold 12pm-1pm Computer Basics 12:30pm-1:30pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Chair Yoga 1pm-2pm Word Fundamentals** 1:30pm-3:30pm Eat Well 2pm-3pm HIIT 3pm-4pm Family Fun Hour 4pm-5pm Bootcamp 4pm-5pm Zumba 5pm-6pm Pound Fitness for Kids 5pm-6pm</p>	<p>3</p> <p>Medi-Cal Renewal Specialist Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 10am-11am Zumba 10am-11am Your Health and Wellness Benefits 10am-11am Citizenship Class 10am-11am & 4pm-5pm</p> <p>Goodwill Hiring Event 10am-1pm</p> <p>Reading & Crafts Club for Littles 11:15am-12pm Zumba Gold 12pm-1pm Computer Basics 12:30pm-1:30pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Sewing Class 1pm-3pm Word Fundamentals** 1:30pm-3:30pm Eat Well 2pm-3pm Family Fun Hour 4pm-5pm Bootcamp 4pm-5pm Zumba Core 5pm-6pm Pound Fitness for Kids 5pm-6pm</p>	<p>4</p> <p>Medi-Cal Eligibility Worker Bootcamp 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Chapter Chats & Activities 9am-10:30am A Better Me 10am-11am Job Club** 10am-12pm Nutrition Fundamentals 11am-12pm Grief & Loss Support Group 11am-12pm (Spanish) Zumba Chair 1pm-2pm</p> <p>Ice Cream Social Join us for a treat 3pm-5pm</p> <p>Pound Fitness 4pm-5pm Family Fun Hour 4pm-5pm Low Impact Training 5pm-6pm Kids Fitness 5pm-6pm</p>	<p>5</p> <p>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Power Yoga 10am-11am Excel Fundamentals** 10am-12pm Lactation New Parent Group 10am-12pm English as a Second Language 10am-11am & 4pm-5pm Zumbini 10:15am-11am & 11:15am-12pm HIIT 11am-12pm Zumba Gold 12pm-1pm</p> <p>Mommy Social For babies 0-3 years and expecting mommies Come join us and meet with other mommies. Receive a free gift! While Supplies Last! 12pm-1pm</p> <p>PowerPoint Fundamentals** 12:30pm-2:30pm Midwifery-Led Prenatal Group 12:30pm-2:30pm Chair Fitness 1pm-2pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Dance Fitness 4pm-5pm Dance for Kids 4pm-5pm Restorative Yoga 5pm-6pm Yoga Kids 5pm-6pm</p>	<p>6</p> <p>Kickboxing 9am-10am Chapter Chats & Activities 9am-10:30am Strength & Conditioning 10am-11am Playdate Hour (Self Led) 10am-11am Reading & Crafts Club for Littles 11:15am-12pm Chair Fitness 1pm-2pm Low Impact Training 2pm-3pm Movement & Mobility 4pm-5pm Family Movie Night 4pm-5:30pm <i>Light snacks provided.</i> <i>While Supplies last.</i> Yin Yoga 5pm-6pm</p>
<p>9</p> <p>Zumba Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Breathe Well, Live Well 2 9am-10am Playdate Hour (Self Led) 9am-10am & 10am-11am Movement & Mobility 10am-11am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Healthy Living: My Best Self 1 10:30am-11:30am (Spanish) Chair Kickboxing 12pm-1pm Low Impact Training 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Becoming a Mom 2 1:30pm-2:30pm (Spanish) Meditation 2pm-3pm My Life, My Choice 3pm-4pm</p> <p>Ice Cream Social Join us for a treat 3pm-5pm</p> <p>Chair Fitness 4pm-5pm Arts & Crafts for Kids 4pm-5pm Hatha Yoga 5pm-6pm Yoga Kids 5pm-6pm</p>	<p>10</p> <p>Medi-Cal Renewal Specialist Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 10am-11am Zumba 10am-11am Your Health and Wellness Benefits 10am-11am Citizenship Class 10am-11am & 4pm-5pm</p> <p>Goodwill Hiring Event 10am-1pm</p> <p>Reading & Crafts Club for Littles 11:15am-12pm Zumba Gold 12pm-1pm Computer Basics 12:30pm-1:30pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Sewing Class 1pm-3pm Word Fundamentals** 1:30pm-3:30pm Eat Well 2pm-3pm Family Fun Hour 4pm-5pm Bootcamp 4pm-5pm Zumba Core 5pm-6pm Pound Fitness for Kids 5pm-6pm</p>	<p>11</p> <p>Bootcamp 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Chapter Chats & Activities 9am-10:30am CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Job Club** 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Nutrition Fundamentals 11am-12pm Zumba Chair 1pm-2pm</p> <p>Ice Cream Social Join us for a treat 3pm-5pm</p> <p>Pound Fitness 4pm-5pm Family Fun Hour 4pm-5pm Low Impact Training 5pm-6pm Kids Fitness 5pm-6pm</p>	<p>12</p> <p>Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am</p> <p>Partner Network Meeting 9am-11am</p> <p>Power Yoga 10am-11am Excel Fundamentals** 10am-12pm Lactation New Parent Group 10am-12pm English as a Second Language 10am-11am & 4pm-5pm Zumbini 10:15am-11am & 11:15am-12pm HIIT 11am-12pm Zumba Gold 12pm-1pm</p> <p>Mommy Social For babies 0-3 years and expecting mommies Come join us and meet with other mommies. Receive a free gift! While Supplies Last! 12pm-1pm</p> <p>PowerPoint Fundamentals** 12:30pm-2:30pm Midwifery-Led Prenatal Group 12:30pm-2:30pm Chair Fitness 1pm-2pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Dance Fitness 4pm-5pm Dance for Kids 4pm-5pm Restorative Yoga 5pm-6pm Yoga Kids 5pm-6pm</p>	<p>13</p> <p>Kickboxing 9am-10am Chapter Chats & Activities 9am-10:30am Strength & Conditioning 10am-11am Playdate Hour (Self Led) 10am-11am Reading & Crafts Club for Littles 11:15am-12pm Zumba 1pm-2pm Zumba Chair 2pm-3pm Family Game Night 3:30pm-5:30pm <i>Light snacks provided.</i> <i>While Supplies last.</i> Movement & Mobility 4pm-5pm Yin Yoga 5pm-6pm</p>
<p>16</p> <p>Zumba Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm</p> <p>VITA Free Tax Preparation** 9am-4pm Call to schedule your appointment 909-723-1566</p> <p>Playdate Hour (Self Led) 9am-10am & 10am-11am Movement & Mobility 10am-11am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Chair Kickboxing 12pm-1pm Community Health Worker Workshop 12pm-12:45pm Low Impact Training 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Meditation 2pm-3pm</p> <p>Ice Cream Social Join us for a treat 3pm-5pm</p> <p>Art Class 3:30pm-4:30pm Chair Fitness 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Hatha Yoga 5pm-6pm Yoga Kids 5pm-6pm</p>	<p>17</p> <p>Medi-Cal Renewal Specialist Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Zumba Chair 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Rest & Cervical Health 11am-12pm</p> <p>Emergency Preparedness Safety Fair 11am-1pm Join us to learn ways you can prepare for emergencies. Light Lunch Provided While Supplies Last</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Computer Basics 12:30pm-1:30pm Chair Yoga 1pm-2pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Word Fundamentals** 1:30pm-3:30pm Eat Well 2pm-3pm HIIT 3pm-4pm Bootcamp 4pm-5pm Family Fun Hour 4pm-5pm Zumba Core 5pm-6pm Pound Fitness for Kids 5pm-6pm</p>	<p>18</p> <p>Medi-Cal Eligibility Worker Bootcamp 9am-10am Becoming a Mom 9 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Chapter Chats & Activities 9am-10:30am A Better Me 10am-11am Lactation New Parent Group 10am-12pm Job Club** 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Healthy Living: My Best Self 2 10:30am-11:30am (Spanish) Nutrition Fundamentals 11am-12pm Grief & Loss Support Group 11am-12pm</p> <p>Mommy Social For babies 0-3 years and expecting mommies Come join us and meet with other mommies. Receive a free gift! While Supplies Last! 12pm-1pm</p> <p>Midwifery-Led Prenatal Group 12:30pm-2:30pm Chair fitness 1pm-2pm Breathe Well, Live Well 1 1:30pm-2:30pm (Spanish) Living Well 2 3pm-4pm</p> <p>Ice Cream Social Join us for a treat 3pm-5pm</p> <p>Pound Fitness 4pm-5pm Family Fun Hour 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Low Impact Training 5pm-6pm Bullying & Safer Social Media 5pm-6pm</p>	<p>19</p> <p>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Power Yoga 10am-11am Excel Fundamentals** 10am-12pm English as a Second Language 10am-11am & 4pm-5pm Zumbini 10:15am-11am & 11:15am-12pm HIIT 11am-12pm Zumba Gold 12pm-1pm PowerPoint Fundamentals** 12:30pm-2:30pm Chair Fitness 1pm-2pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Dance Fitness 4pm-5pm Dance for Kids 4pm-5pm Restorative Yoga 5pm-6pm Yoga Kids 5pm-6pm</p>	<p>20</p> <p>Kickboxing 9am-10am Chapter Chats & Activities 9am-10:30am Strength & Conditioning 10am-11am Playdate Hour (Self Led) 10am-11am Reading & Crafts Club for Littles 11:15am-12pm Zumba 1pm-2pm Zumba Chair 2pm-3pm Movement & Mobility 4pm-5pm Family Movie Night 4pm-5:30pm <i>Light snacks provided.</i> <i>While Supplies last.</i> Parent Club 4pm-5:30pm Teen Leadership Club 4pm-5:30pm Yin Yoga 5pm-6pm</p>
<p>23</p> <p>Zumba Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm</p> <p>VITA Free Tax Preparation** 9am-4pm Call to schedule your appointment 909-723-1566</p> <p>Healthy Heart 1 9am-10am Playdate Hour (Self Led) 9am-10am & 10am-11am Movement & Mobility 10am-11am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Healthy Living: My Best Self 3 10:30am-11:30am (Spanish) Chair Kickboxing 12pm-1pm Low Impact Training 1pm-2pm Understanding Diabetes 2 1:30pm-2:30pm (Spanish) Goodwill Orientation 1:30pm-2:30pm Meditation 2pm-3pm Understanding Diabetes 9 3pm-4pm Chair Fitness 4pm-5pm Family Arts & Crafts 4pm-5pm <i>Invite grandparents to the family fun. Snacks & refreshments provided. While supplies last.</i> Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Hatha Yoga 5pm-6pm Yoga Kids 5pm-6pm</p>	<p>24</p> <p>Medi-Cal Renewal Specialist Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am Zumba 10am-11am Family Play Time 10am-11am Resume & Development** 10am-12pm Citizenship Class 10am-11am & 4pm-5pm Disaster Preparedness 11am-11:30am (Spanish) Reading & Crafts Club for Littles 11:15am-12pm Zumba Gold 12pm-1pm Computer Basics 12:30pm-1:30pm Chair Yoga 1pm-2pm Your Health and Wellness Benefits 1pm-2pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Word Fundamentals** 1:30pm-3:30pm Eat Well 2pm-3pm HIIT 3pm-4pm Bootcamp 4pm-5pm Family Fun Hour 4pm-5pm Zumba Core 5pm-6pm Pound Fitness for Kids 5pm-6pm</p>	<p>25</p> <p>Community Wellness Center CLOSED</p>	<p>26</p> <p>Energy Education & Budgeting** 9am-10am & 1pm-2pm</p> <p>Birthday Bash Ages 0-5 with parents 10am-12pm <i>Bring your tiny human and celebrate with us!</i></p> <p>Lactation New Parent Group 10am-12pm English as a Second Language 10am-11am & 4pm-5pm HIIT 11am-12pm Zumba Gold 12pm-1pm Medicare 101 1pm-2pm & 2pm-3pm (Spanish)</p> <p>Mommy Social For babies 0-3 years and expecting mommies Come join us and meet with other mommies. Receive a free gift! While Supplies Last! 12pm-1pm</p> <p>Midwifery-Led Prenatal Group 12:30pm-2:30pm Chair Fitness 1pm-2pm Spa Water Social 1pm-3pm <i>Take a break and enjoy a refreshment</i> Eat Well 2pm-3pm Dance Fitness 4pm-5pm Dance for Kids 4pm-5pm Restorative Yoga 5pm-6pm Yoga Kids 5pm-6pm</p>	<p>27</p> <p>Kickboxing 9am-10am Playdate Hour (Self Led) 10am-11am Chapter Chats & Activities 9am-10:30am Strength & Conditioning 10am-11am Reading & Crafts Club for Littles 11:15am-12pm Zumba 1pm-2pm Zumba Chair 2pm-3pm Family Game Night 3:30pm-5:30pm <i>Light snacks provided.</i> <i>While Supplies last.</i> Movement & Mobility 4pm-5pm Parent Club 4pm-5:30pm Teen Leadership Club 4pm-5:30pm Yin Yoga 5pm-6pm</p>



Legend
**Pre-registration Required

Blue font color - Infant & toddler classes ages 0-5 with parents

Purple font color - Kids classes ages 5-11 with parents

Green font color - Teens classes ages 12-17

Black font color - Classes for ages 12 and older

Do you need assistance filling out your Medi-Cal Renewal? Call us at 1-888-860-1296 or visit our center to make an appointment.

Do you need help with benefits, updating demographics, or changing your provider? We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today!

Medi-Cal Eligibility Worker - Get Medi-Cal application assistance and more from the on-site Medi-Cal worker. Schedule your appointment at the center. ❤️

To better serve you, the Community Wellness Center will operate on a revised schedule for a limited time, with closures on Saturdays. We appreciate your understanding and support as we actively enhance