


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Week of the Young Child</b> <i>A fun-filled week celebrating early learning, young children, families, &amp; communities.</i></p> <p><b>Look for</b>  <b>and join our FREE week of the young child workshops.</b></p>	<p><b>Medi-Cal Renewal Specialist</b> 1</p> <p>Zumba Toning 9am-10am Play Time for Little Minds 9am-10am Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm Bootcamp Training 9:30am-10:30am Zumba 10am-11am Citizenship Class 10am-11am &amp; 4pm-5pm Resume &amp; Development** 10am-12pm Zumbini 10:15am-11am &amp; 11:15am-12pm Dance Fitness 10:30am-11:30am Circuit Training 11am-12pm Computer Basics 12pm-1:30pm Low-Impact 1pm-2pm Word Fundamentals 1:30pm-2:30pm Self Care &amp; Crafts 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Belly Dancing 4pm-5pm Tasty Eats for Kids with Alex 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm</p>	<p><b>Medi-Cal Eligibility Worker</b> 2</p> <p>HIIT 9am-10am Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm Playdate Hour (Self Led) 10am-11am Zumba Chair 9:30am-10:30am Healthy Living My Best Self #3 9:30am-10:30am Chapter Chats &amp; Activities 10am-11am Grief &amp; Loss Support Group 10am-11am (Spanish) Job Club** 10am-12pm A Better Me 11am-12pm Understanding Diabetes #6 11am-12pm Giggles &amp; Games 11:15am-12pm Healthy Habits with Alex 12pm-1pm Express Exercise 1pm-1:30pm Quick full body workout Healthy Living My Best Self #4 1:30pm-2:30pm (Spanish) Tea Meditation 3pm-4pm Understanding Diabetes #7 3pm-4pm (Spanish)</p> <p><b>Great Futures Start Here!**</b> After School Program</p> <p>Power Hour (homework support) 3pm-4pm Healthy Habits 4pm-4:30pm Triple Play 4:30pm-5:30pm Youth for Unity, Torch Club, Smart Moves 5:30pm-6pm</p> <p>Art Class 3:30pm-4:30pm Flex &amp; Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm Beginning Zumba 5pm-6pm</p>	<p><b>Power Yoga</b> 9am-10am Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm Playdate Hour (Self Led) 9am-10am &amp; 10am-11am Zumba Toning 9:30am-10:30am Nutrition Fundamentals 10am-11am English as a Second Language 10am-11am &amp; 4pm-5pm Lactation New Parent Group 10am-12pm Zumba 10:30am-11:30am Stories &amp; Crafts for Littles 11:15-12pm Belly Dancing 11:30am-12:30pm Excel Fundamentals** 12pm-1:30pm Healthy Habits with Lizette 12:30pm-1:30pm Midwifery-Led Prenatal Group 12:30pm-2:30pm Chair Fitness 1pm-2pm PowerPoint Fundamentals** 1:30pm-2:30pm Yin Yoga 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Zumba Chair 4pm-5pm Arts &amp; Crafts for Kids 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm</p>	<p><b>Zumba Chair</b> 9am-10am Kickboxing 9:30am-10:30am Chapter Chats &amp; Activities 10am-11am</p> <p><b>Little Explorers</b> 10:30am-12pm  Little Learners 10:30am-11:15am Educational stations for parents to teach their child Zumbini 11:15am-12pm</p> <p>Strength &amp; Conditioning 10:30am-11:30am Circuit Training 11am-12pm Zumba Gold 11:30am-12:30pm Healthy Habits with Lizette 12:30pm-1:30pm Beginning Zumba 1pm-2pm Chair Yoga 2pm-3pm Power Yoga 4pm-5pm Teen Leadership 4pm-5:30pm Parent Club 4pm-5:30pm Family Fitness Hour 4:15pm-5pm Bootcamp Kids 5pm-5:45pm HIIT 5pm-6pm Bump &amp; Balance 5pm-6pm Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.</p>
<p>Circuit Training 9am-10am Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm Kickboxing 9:30am-10:30am Rise &amp; Shine 9:30am-10am  Nutrition Fundamentals 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>VITA Free Tax Preparation**</b> 10am-3pm Call to schedule your appointment 909-723-1566</p>	<p><b>Medi-Cal Renewal Specialist</b> 8</p> <p><b>Join us for Family Friendly</b> Games   Activities   Fun 9am-5pm </p> <p><b>Well Child &amp; Young Adult Clinic</b> Active IEHP members ages 3-21 Is your child due for a WellCare Visit? Call 951-444-0467 to verify eligibility and schedule an appointment or walk-in to participate.</p> <p>Zumba Toning 9am-10am Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm Blue Smoothie Tuesday 9:15am-10am  Healthy Living My Best Self #4 9:30am-10:30am Zumba 10am-11am Citizenship Class 10am-11am &amp; 4pm-5pm Resume &amp; Development** 10am-12pm Zumbini 10:15am-11am &amp; 11:15am-12pm Disaster Preparedness 11am-11:30am (Spanish) Understanding Diabetes #7 11am-12pm Sewing Class 1pm-3pm Word Fundamentals 1:30pm-2:30pm Healthy Heart #1 1:30pm-2:30pm (Spanish) Intro to Artificial Intelligence 2:30pm-3:30pm Understanding Diabetes #8 3pm-4pm (Spanish) Belly Dancing 4pm-5pm Tasty Eats for Kids with Alex 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm</p>	<p><b>Medi-Cal Eligibility Worker</b> 9</p> <p>HIIT 9am-10am Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm Playdate Hour (Self Led) 10am-11am Zumba Chair 9:30am-10:30am CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Your Health and Wellness Benefits 10am-11am (Spanish) Job Club** 10am-12pm Giggles &amp; Games 11:15am-12pm  Digital Health Literacy 11:30am-12:30pm (Spanish) Healthy Habits with Alex 12pm-1pm Express Exercise 1pm-1:30pm Quick full body workout Tea Meditation 3pm-4pm</p> <p><b>Great Futures Start Here!**</b> After School Program</p> <p>Power Hour (homework support) 3pm-4pm Healthy Habits 4pm-4:30pm Triple Play 4:30pm-5:30pm Youth for Unity, Torch Club, Smart Moves 5:30pm-6pm</p> <p>Flex &amp; Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm Beginning Zumba 5pm-6pm</p>	<p><b>Power Yoga</b> 9am-10am Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</p> <p><b>Giggles &amp; Games</b> 9am-10am Smile with Potter the Otter 10am-11am  Stories &amp; Crafts for Littles 11am-12pm</p> <p>Zumba Toning 9:30am-10:30am Nutrition Fundamentals 10am-11am English as a Second Language 10am-11am &amp; 4pm-5pm Zumba 10:30am-11:30am Belly Dancing 11:30am-12:30pm Excel Fundamentals** 12pm-1:30pm Healthy Habits with Lizette 12:30pm-1:30pm Chair Fitness 1pm-2pm PowerPoint Fundamentals** 1:30pm-2:30pm Yin Yoga 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Zumba Chair 4pm-5pm Arts &amp; Crafts for Kids 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm</p>	<p><b>Zumba Chair</b> 9am-10am Playdate Hour (Self Led) 9am-10am Kickboxing 9:30am-10:30am Chapter Chats &amp; Activities 10am-11am Strength &amp; Conditioning 10:30am-11:30am Circuit Training 11am-12pm</p> <p><b>Family Fun Block</b> 10am-12pm  Join us for a block of games, snack &amp; dancing to celebrate the littles.</p> <p>Zumba Gold 11:30am-12:30pm Healthy Habits with Lizette 12:30pm-1:30pm Beginning Zumba 1pm-2pm Chair Yoga 2pm-3pm Power Yoga 4pm-5pm Teen Leadership 4pm-5:30pm Parent Club 4pm-5:30pm Family Fitness Hour 4:15pm-5pm Bootcamp Kids 5pm-5:45pm HIIT 5pm-6pm Bump &amp; Balance 5pm-6pm Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.</p>
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