










Community Resource Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Zumba 9am-10am</p> <p>Your Health and Wellness Benefits 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>Veggie Scramble Wraps — Food Demo 11:30am-12:30pm</p> <p>Zumbini (Ages 0-3) 5pm-5:45pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>2</p> <p>Line Dance 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>My Life, My Choice (Spanish) 10:30am-11:30am</p> <p>Zumba Gold 12pm-1pm</p> <p>Breathe Well, Live Well #1 1pm-2pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Eat Healthy, Be Active #1 4pm-5pm</p> <p>Zumba 5pm-6pm</p> 	<p>3</p> <p>IEHP Renewal Specialist</p> <p>Strength and Conditioning 9am-10am</p> <p>Immigration Policy Updates (Bilingual) 10am-11am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Veggie Scramble Wraps — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Interviewing Skills (Spanish) 1pm-3pm</p>	<p>4</p> <p>Latin Dance 9am-10am</p> <p>Interviewing Skills 9:30am-11:30am</p> <p>Line Dance 10:30am-11:30am</p> <p>Self-Care: Ways to Take Better Care of Yourself 11:30am-12:30pm</p> <p>Yin Yoga 12pm-1pm</p> <p>Caregivers Toolbox: Sleep Hygiene 1pm-3pm</p> <p>Zumba 5pm-6pm</p>	<p>5</p> <p>Healthy Heart #2 9am-10am</p> <p>Zumba 9am-10am</p> <p>Eat Healthy, Be Active #4 (Spanish) 10:30am-11:30am</p> <p>Zumbini (Ages 0-3) 11am-11:45am</p> <p>Living Well in the Community#9 12pm-1pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Medicare 101 3pm-3:30pm</p> <p>3:30pm-4pm (Spanish)</p> <p>Latin Dance 5pm-6pm</p>	<p>6</p>  <p>CRC Anniversary Celebration 9am-12pm</p>  <p>Fun for the whole family! Get FREE goodies, while supplies last. *Free vaccines. Today only. www.ruhealth.org/ph-covid-19-vaccine-registration</p>
<p>8</p> <p>Zumba 9am-10am</p> <p>Pregnancy and Delivery 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>Easy Turkey Skillet Dinner— Food Demo 11:30am-12:30pm</p> <p>Your Health and Wellness Benefits (Spanish) 1pm-2pm</p> <p>Zumbini (Ages 0-3) 5pm-5:45pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>9</p> <p>Line Dance 9am-10am</p> <p>Mother's Day Meal w/Chef Mario (Bilingual) 9am-10am</p> <p>Eat Healthy, Be Active #2 10:30am-11:30am</p> <p>Meditation 10:30am-11:30am</p> <p>Zumba Gold 12pm-1pm</p> <p>Breathe Well, Live Well #2 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Understanding Diabetes #1 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>10</p> <p>IEHP Renewal Specialist</p> <p>Strength and Conditioning 9am-10am</p> <p>CARE, FERA & Level Pay Plan (Bilingual) 10am-11am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Easy Turkey Skillet Dinner — Food Demo 11:30am-12:30pm</p> <p>Miniature Rose Garden (Bilingual) 2pm-3pm</p> <p>Arts and Crafts for Kids (Ages 4-11) 5pm-5:45pm</p> 	<p>11</p> <p>Latin Dance 9am-10am</p> <p>Line Dance 10:30am-11:30am</p> <p>CPR 12pm-3pm</p> <p>Yin Yoga 12pm-1pm</p> <p>Zumba 5pm-6pm</p> 	<p>12</p> <p>Understanding Diabetes #1 (Spanish) 9am-10am</p> <p>Zumba 9am-10am</p> <p>Eat Healthy, Be Active #1 (Spanish) 10:30am-11:30am</p> <p>Zumbini (Ages 0-3) 11am-11:45am</p> <p>Healthy Heart #3 (Spanish) 12pm-1pm</p> <p>Caregivers Toolbox: Sleep Hygiene (Spanish) 1pm-3pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Latin Dance 5pm-6pm</p>	<p>13</p> <p>Zumba 8:30am-9:30am</p> <p>Mother's Day Garden for Kids (Ages 4-11) 10am-10:45am</p> <p>Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p>15</p> <p>Zumba 9am-10am</p> <p>Pregnancy and Delivery (Spanish) 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>Three Sister Salad — Food Demo 11:30am-12:30pm</p> <p>Maternal Wellness Day 2pm-5pm Prenatal & Postpartum Support Ask us how to register.</p>  <p>*Free! Mommy & Baby Goodies, while supplies last.</p>	<p>16</p> <p>Line Dance 9am-10am</p> <p>Eat Healthy, Be Active #4 10:30am-11:30am</p> <p>Meditation 10:30am-11:30am</p> <p>Zumba Gold 12pm-1pm</p> <p>Understanding Diabetes #2 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>My Life, My Choice 4pm-5pm</p> <p>Zumba 5pm-6pm</p> 	<p>17</p> <p>IEHP Renewal Specialist</p> <p>Strength and Conditioning 9am-10am</p> <p>Be Prepared, Save a Life 10am-11:30am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Three Sister Salad — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Arts and Crafts for Kids (Ages 4-11) 5pm-5:45pm</p> 	<p>18</p> <p>CLOSED 9am-11:30am</p> <p>Latin Dance Canceled</p> <p>Line Dance Canceled</p> <p>Yin Yoga 12pm-1pm</p> <p>Zumba 5pm-6pm</p>	<p>19</p> <p>Understanding Diabetes #2 (Spanish) 9am-10am</p> <p>Zumba 9am-10am</p> <p>Living Well in the Community #10 10:30am-11:30am</p> <p>Zumbini (Ages 0-3) 11am-11:45am</p> <p>Healthy Heart #4 (Spanish) 12pm-1pm</p> <p>Medi-cal Dental Benefits 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Latin Dance 5pm-6pm</p> 	<p>20</p> <p>Zumba 8:30am-9:30am</p> <p>Eat Healthy, Be Active #1 9:45am-10:45am</p> <p>Zumba Kids (Ages 4-11) 11:30am-12:15pm</p> <p>Fruit Salad Sundae — Kids Food Demo 12:15pm-1pm</p> 
<p>22</p> <p>STRESS-LESS DAY!</p> <p>Laughter & Self-Care Comedy Show 9am-10am (Spanish) 10:15am-11:15am</p> <p>Meditation 9am-10am 10:15am-11:15am (Spanish)</p> <p>*Find Your Calm (Bilingual) 11:30am-12:30pm</p> <p>Zumba Chair 1pm-2pm</p> <p>Zumbini (Ages 0-3) 5pm-5:45pm</p> <p>Aerobic Boxing 5pm-6pm.</p> <p>*A light lunch will be provided for the 11:30am class</p> 	<p>23</p> <p>Line Dance 9am-10am</p> <p>Eat Healthy, Be Active #2 (Spanish) 10:30am-11:30am</p> <p>Meditation 10:30am-11:30am</p> <p>Zumba Gold 12pm-1pm</p> <p>Becoming a Mom #2 1pm-2pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Understanding Diabetes #3 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>24</p> <p>IEHP Renewal Specialist</p> <p>Strength and Conditioning 9am-10am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Slow Cooker Salsa Chicken — Food Demo 12:30am-1:30pm</p> <p>Mock Interviewing (Spanish) 1pm-3pm</p>	<p>25</p> <p>Latin Dance 9am-10am</p> <p>Mock Interviewing 9:30am-11:30am</p> <p>Line Dance 10:30am-11:30am</p> <p>CPR (Spanish) 12pm-3pm</p> <p>Yin Yoga 12pm-1pm</p> <p>Zumba 5pm-6pm</p>	<p>26</p> <p>Zumba 9am-10am</p> <p>Zumbini (Ages 0-3) 11am-11:45am</p> <p>Medi-cal Dental Benefits (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Latin Dance 5pm-6pm</p> 	<p>27</p> <p>CLOSED</p> 
<p>29</p> <p>CLOSED</p> 	<p>30</p> <p>Line Dance 9am-10am</p> <p>Eat Healthy, Be Active #3 (Spanish) 10:30am-11:30am</p> <p>Meditation 10:30am-11:30am</p> <p>Zumba Gold 12pm-1pm</p> <p>Breathe Well, Live Well #2 1pm-2pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Understanding Diabetes #3 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>31</p> <p>IEHP Renewal Specialist</p> <p>CLOSED 9am-12pm</p> <p>Strength and Conditioning Canceled</p> <p>Zumba Chair Canceled</p> <p>Slow Cooker Salsa Chicken — Food Demo (Spanish) 12:30am-1:30pm</p> <p>Tomato Garden (Bilingual) 2pm-3pm</p>	<p>May is Mental Health Awareness Month. Reduce stress, clear your mind, and increase your energy. Join our FREE classes.</p> <p>Wear GREEN on the days you see  to show your support for Mental Health Awareness.</p> <p>July Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. Let us schedule an appointment with our Renewal Specialist every Wednesday</p>	<p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p> 	

We heal and inspire the human spirit.

Classes are subject to change.
All classes are first come, first serve.

 3590 Tyler Street, Suite 101, Riverside, CA 92503
(across from Galleria at Tyler)

 Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

 1-866-228-4347 • TTY users should call 711

 www.iehp.org/crcClasses