

Community Resource Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Zumba 9am-10am Understanding Diabetes #1 10am-11am Line Dance 11am-12pm Eat Healthy, Be Active #3 (Spanish) 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm My Life My Choice 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Arts & Crafts for Kids (ages 4-17) 4pm-5pm</p>	<p>2</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Latin Dance 9am-10am Medicare 101 10am-10:30am (Spanish) 10:30am-11am Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Breast & Cervical Health (Bilingual) 1:30pm-2:30pm How to Keep a Job 3pm-4:30pm Yoga 5pm-6pm</p>	<p>3</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba 9am-10am Sleep Hygiene (Spanish) 10am-11am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Becoming a Mom #4 (Spanish) 1pm-2pm Understanding Diabetes #9 (Spanish) 2:30pm-3:30pm Healthy Heart #2 (Spanish) 4pm-5pm Aerobic Boxing 5pm-6pm</p>	<p>4</p> <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Veggie Scramble Wraps— Food Demo (Bilingual) 11:45am-12:45pm Meditation 12:30pm-1:30pm Line Dance 2pm-3pm How to Keep a Job (Spanish) 3pm-4:30pm Yoga 5pm-6pm</p>	<p>5</p> <p>Yoga 9am-10am Creamy Peanut Butter Banana Smoothie— Food Demo (Bilingual) 10:30am-11:30am Stress Management* 12pm-1pm 12pm-1pm (Spanish) Meditation 1:30pm-2:30pm Laughter and Self-Care Comedy Show (Bilingual) 3:30pm-4:30pm Zumba 5pm-6pm</p> <p>STRESS-LESS DAY!</p> <p>*Light lunch will be provided for participants during the 12pm class.</p>	<p>6</p> <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am Fruit Salad Sundae— Food Demo for Kids (ages 4-11) 12pm-12:45pm</p>
<p>8</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Zumba 9am-10am Understanding Diabetes #2 10am-11am Line Dance 11am-12pm Eat Healthy, Be Active #4 (Spanish) 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Breathe Well, Live Well #2 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Kids Game Hour (ages 4-17) 4pm-5pm</p>	<p>9</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Latin Dance 9am-10am Sleep Hygiene 10am-11am Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Financial Literacy (Spanish) 3pm-4:30pm Yoga 5pm-6pm</p>	<p>10</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba 9am-10am Mother's Day Meal with Chef Mario —Food Demo (Bilingual) 10:30am-11:30am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Living Well in the Community #10 1pm-2pm Understanding Diabetes #1 (Spanish) 2:30pm-3:30pm Eat Healthy, Be Active #3 4pm-5pm Aerobic Boxing 5pm-6pm</p>	<p>11</p> <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Easy Turkey Skillet Dinner— Food Demo (Bilingual) 11:45am-12:45pm Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Line Dance 2pm-3pm Gardening: Miniature Rose Garden (Bilingual) 3pm-4pm Yoga 5pm-6pm</p>	<p>12</p> <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm</p> <p>Maternal Wellness Day 2pm-5pm</p> <p>Do something for yourself. Ask us how to register.</p> <p>*Free! Mommy & Baby Goodies, while supplies last.</p>	<p>13</p> <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am Mother's Day Garden— Gardening for Kids (ages 4-11) 12pm-12:45pm</p>
<p>15</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Zumba 9am-10am Understanding Diabetes #3 10am-11am Line Dance 11am-12pm Eat Healthy, Be Active #1 (Spanish) 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Healthy Heart #3 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Arts & Crafts for Kids (ages 4-17) 4pm-5pm</p>	<p>16</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Latin Dance 9am-10am Immigration and Policy Updates (Bilingual) 10am-11am Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Be Prepared, Save a Life (Bilingual) 3pm-5pm Yoga 5pm-6pm</p>	<p>17</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba 9am-10am Your Health and Wellness Benefits (Spanish) 10am-11am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm My Life, My Choice (Spanish) 1pm-2pm Becoming a Mom #6 2:30pm-3:30pm Living Well in the Community #1 4pm-5pm Aerobic Boxing 5pm-6pm</p>	<p>18</p> <p>CLOSED 9am-11:30am</p> <p>Strength and Conditioning Canceled Zumba Canceled Three Sister Salad—Food Demo (Bilingual) 12pm-1pm Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Line Dance 2pm-3pm Yoga 5pm-6pm</p>	<p>19</p> <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm CARE, FERA & Level Pay Plan (Bilingual) 1pm-2pm Financial Literacy 3pm-4:30pm Zumba 5pm-6pm</p>	<p>20</p> <p>CRC Anniversary Celebration 9am-12pm</p> <p>Fun for the whole family! Balloon twister, superheroes, class demos and more! Free goodies while supplies last.</p>
<p>22</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Zumba 9am-10am Breathe Well, Live Well #1 (Spanish) 10am-11am Line Dance 11am-12pm Eat Healthy, Be Active #4 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Healthy Heart #4 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm</p>	<p>23</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Latin Dance 9am-10am CPR 10am-1pm Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Alzheimer's Awareness Forum (Bilingual) 3pm-4pm Yoga 5pm-6pm</p>	<p>24</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba 9am-10am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Understanding Diabetes #2 (Spanish) 1pm-2pm My Life, My Choice 2:30pm-3:30pm Eat Healthy, Be Active #1 4pm-5pm Aerobic Boxing 5pm-6pm</p>	<p>25</p> <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Slow Cooker Salsa Chicken —Food Demo (Bilingual) 11:45am-12:45pm Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Line Dance 2pm-3pm Yoga 5pm-6pm</p>	<p>26</p> <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Your Health and Wellness Benefits 12:30pm-1:30pm Zumba 5pm-6pm</p>	<p>27</p> <p>CLOSED</p>
<p>29</p> <p>CLOSED</p>	<p>30</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Latin Dance 9am-10am CPR (Spanish) 10am-1pm Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Yoga 5pm-6pm</p>	<p>31</p> <p><i>IEHP Renewal Specialist</i></p> <p>CLOSED 9am-12pm</p> <p>Zumba Canceled Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Living Well in the Community #2 1pm-2pm Becoming a Mom #5 (Spanish) 2:30pm-3:30pm Breathe Well, Live Well #1 4pm-5pm Aerobic Boxing 5pm-6pm</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 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 every Wednesday. Meet with our Renewal Specialist at the CRC.</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.

805 West 2nd Street, Suite C, San Bernardino, CA 92410
(at the Marshalls Plaza)

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

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

www.iehp.org/crcClasses