



Community Resource Center – Victorville

Everyone is Welcome! Join us and you will:

- Learn how to use IEHP benefits
- Find out how to get coverage you can afford
- Take health and fitness classes
- Connect with community programs



12353 Mariposa Road, Suites C-2 & C-3, Victorville, CA 92395

(near Villarta Supermarkets)

Starting in June, the CRC will be open Monday-Friday, 9am-6pm, and on Saturday, 8:30am-1pm.

June 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|
| | | 1 | 2 | 3 | 4 |
| | | <p>Yoga 9am-10am Becoming a Mom Prenatal Workshop 9am-10am Eat Healthy, Be Active (Spanish) 10:30am-11:30am Meditation (Spanish) 10:30am-11:30am Meditation 11:30am-12:30pm Nutrition: Healthy Lunch Options 12:30pm-1:30pm Tai Chi 1pm-2pm Eat Healthy, Be Active 1pm-2pm Zumba 5pm-6pm</p> | <p>Free COVID-19 Vaccines 10am-2pm </p> <p>Zumba Gold 10am-11am Tai Chi for Arthritis 11am-12pm Nutrition: Lettuce Wrap Turkey Burgers 10:30am-11:30am Nutrition: Lettuce Wrap Turkey Burgers (Spanish) 11:45am-12:45pm Microsoft Word #1 1pm-3pm Zumba 4pm-5pm</p> | <p>Aerobic Kickboxing 9am-10am Circle Time (Ages 0-5 with parents) 10am-10:30am Yoga for Seniors & People with Disabilities 10:30am-11:30am Nutrition: Healthy Breakfast Options 11am-12pm Tone & Sculpt 1:30pm-2:30pm</p> | CLOSED |
| 6 | 7 | 8 | 9 | 10 | 11 |
| <p>Restorative Flow 9am-10am Becoming a Mom Prenatal Workshop 10am-11am Eat Healthy, Be Active 11:30am-12:30pm Nutrition: Protein Packed Smoothies 12:30pm-1:30pm Tai Chi 1pm-2pm Family Asthma 1:30pm-2:30pm Meditation (Bilingual) 2pm-2:45pm Kid's Nutrition: Summertime Smoothie 2pm-2:45pm Kid's Fitness 3pm-3:45pm Zumba 4pm-5pm Final Your Calm 4pm-5pm</p> | <p>Zumba Chair 9am-10am Loving Solutions Parenting Class 10am-12pm What is Domestic Violence? (Spanish) 10:30am-12pm Microsoft Word #2 1pm-3pm Yoga for Seniors & People with Disabilities 1:30pm-2:30pm Kid's Nutrition: Watermelon Fun 1pm-1:45pm Nutrition: Fruit Salad 2:30pm-3:30pm Tone & Sculpt 4pm-5pm</p> | <p>Healthy Heart (Spanish) 9am-10am Yoga 9am-10am Living Well (Spanish) 10:30am-11:30am What is Domestic Violence? 10:30am-12pm Meditation (Spanish) 10:30am-11:30am Meditation 11:30am-12:30pm Nutrition: Healthy Breakfast Options 12:30pm-1:30pm Tai Chi 1pm-2pm Becoming a Mom Prenatal Workshop 1pm-2pm Eat Healthy, Be Active 2:30pm-3:30pm Zumba 5pm-6pm</p> | <p>Zumba Gold 10am-11am Healthy Relationships 10am-11am Nutrition: Chicken Kabobs 10:30am-11:30am Tai Chi for Arthritis (Spanish) 11:45am-12:45pm Microsoft Word #3 1pm-3pm Kid's Arts & Crafts: Ties & Turtles Father's Day Workshop 1pm-2pm Family Meditation 2:30pm-3:30pm Zumba 4pm-5pm</p> | <p>Aerobic Kickboxing 9am-10am Circle Time (Ages 0-5 with parents) 10am-10:30am Yoga for Seniors & People with Disabilities 10:30am-11:30am Nutrition: Healthy Lunch Options 11am-12pm Tone & Sculpt 1:30pm-2:30pm</p> | <p>Zumba 9am-10am Zumba Kids 10:30am-11:15am Kids Nutrition: Fruit and Peanut Butter Pitas Pockets 11:30am-12:15pm</p> |
| 13 | 14 | 15 | 16 | 17 | 18 |
| <p>Restorative Flow 9am-10am Becoming a Mom Prenatal Workshop 10am-11am Eat Healthy, Be Active 11:30am-12:30pm CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Nutrition: Power Pasta 12:30pm-1:30pm Tai Chi 1pm-2pm Family Asthma 1:30pm-2:30pm Nutrition for Kids: Power Pasta 2pm-2:45pm Meditation (Bilingual) 2pm-2:45pm Kid's Fitness 3pm-3:45pm Final Your Calm 4pm-5pm Zumba 4pm-5pm</p> | <p>Zumba Chair 9am-10am Loving Solutions Parenting Class 10am-12pm Nutrition: Meal Prep Made Easy 10am-11am Bilingual Families (Spanish) 10:30am-12pm Microsoft Excel #1 1pm-3pm Kid's Nutrition: Rainbows & Unicorn Smoothies 1pm-1:45pm Yoga for Seniors & People with Disabilities 1:30pm-2:30pm Nutrition: Smoothie Bowls 2:30pm-3:30pm Tone & Sculpt 4pm-5pm</p> | <p>Yoga 9am-10am Living Well in the Community 9am-10am Physical Activity is Key to Living Well 10am-11am Bilingual Families 10:30am-12pm Meditation (Spanish) 10:30am-11:30am Meditation 11:30am-12:30pm Nutrition: Zucchini Boats 12:30pm-1:30pm Tai Chi 1pm-2pm Eat Healthy, Be Active 1pm-2pm Understanding Diabetes 2:30pm-3:30pm Zumba 5pm-6pm</p> | <p>Zumba Gold 10am-11am Healthy Relationships (Spanish) 10am-11am Nutrition: Turkey Dogs & Fruit Kabobs 10:30am-11:30am 11:45am-12:45pm (Spanish) Tai Chi for Arthritis 11am-12pm Microsoft Excel #2 1pm-3pm Family Meditation 2:30pm-3:30pm Zumba 4pm-5pm</p> | <p>CRC closed 9am-12pm</p> <p>TEEN SCENE!</p> <p>Nutrition: Protein Packed Breakfasts 12pm-1pm Stress and Resilience 1pm-2pm Nutrition: Quick & Easy Dinners 1:30pm-2:30pm Creative Arts 2pm-3pm Bullying & Social Media 2:30pm-3:30pm Gender & Sexuality 3:30pm-4:30pm Creative Arts & Life Skills 3:30pm-4:30pm</p> | CLOSED |
| 20 | 21 | 22 | 23 | 24 | 25 |
| <p>CLOSED in observance of Juneteenth</p> | <p>Zumba Chair 9am-10am Loving Solutions Parenting Class 10am-12pm How to Avoid Arguing with Your Kids (Spanish) 10:30am-12pm Microsoft Excel #3 1pm-3pm Kid's Nutrition: Vegetable Medley Pasta 1pm-1:45pm Yoga for Seniors & People with Disabilities 1:30pm-2:30pm Nutrition: Vegetable Medley Pasta 2:30pm-3:30pm Tone & Sculpt 4pm-5pm</p> | <p>CRC closed 9am-10:30am</p> <p>Meditation (Spanish) 10:30am-11:30am 11:30am-12:30pm How to Avoid Arguing with Your Kids 10:30am-12pm Nutrition: Healthy Lunch Options 12:30pm-1:30pm Tai Chi 1pm-2pm Zumba 5pm-6pm</p> | <p>Zumba Gold 10am-11am Taming Their Wiggles & Giggles 10am-12pm Nutrition: Cheesy Broccoli Quesadillas 10:30am-11:30am Nutrition: Cheesy Broccoli Quesadillas (Spanish) 11:45am-12:45pm Microsoft PowerPoint #1 1pm-3pm Kid's Nutrition: Bagel Fruit Pizzas 1:30pm-2:15pm Family Meditation 2:30pm-3:30pm Zumba 4pm-5pm</p> | <p>Aerobic Kickboxing 9am-10am Circle Time (Ages 0-5 with parents) 10am-10:30am Going the Extra Smile (ages 0-5 with parents) 11am-11:30am Yoga for Seniors & People with Disabilities 10:30am-11:30am Nutrition: Zoodles 11am-12pm Tone & Sculpt 1:30pm-2:30pm</p> | <p>Zumba 9am-10am Zumba Kids 10:30am-11:30am Kids Nutrition: Muscle Power Smoothies 11:30am-12:15pm</p> |
| 27 | 28 | 29 | 30 | | |
| <p>Restorative Flow 9am-10am Becoming a Mom Prenatal Workshop 10am-11am Eat Healthy, Be Active 11:30am-12:30pm Family Asthma 11:30am-12:30pm Nutrition: Power Burritos 12:30pm-1:30pm Tai Chi 1pm-2pm Final Your Calm 1:30pm-2:30pm Meditation (Bilingual) 2pm-2:45pm Nutrition for Kids: Zoo Snacks 2pm-2:45pm Kid's Fitness 3pm-3:45pm Zumba 4pm-5pm Healthy Heart (Spanish) 4pm-5pm</p> | <p>Zumba Chair 9am-10am Loving Solutions Parenting Class 10am-12pm Keys to a Healthy Relationship (Spanish) 10:30am-12pm Microsoft PowerPoint #2 1pm-3pm Kid's Nutrition: Taco Tuesday 1pm-1:45pm Yoga for Seniors & People with Disabilities 1:30pm-2:30pm Arts & Crafts for Kids: 4th of July Craft (Kids ages 5-11 with parents) 2pm-3pm Nutrition: Taco Tuesday 2:30pm-3:30pm Tone & Sculpt 4pm-5pm</p> | <p>Yoga 9am-10am Living Well in the Community 9am-10am Physical Activity is Key to Living Well (Spanish) 10am-11am Keys to a Healthy Relationship 10:30am-12pm Meditation (Spanish) 10:30am-11:30am Meditation 11:30am-12:30pm Nutrition: Raw Energy Bites 12:30pm-1:30pm Tai Chi 1pm-2pm Eat Healthy, Be Active 1pm-2pm Understanding Diabetes (Spanish) 2:30pm-3:30pm Zumba 5pm-6pm</p> | <p>Zumba Gold 10am-11am Nutrition: Sweet Corn Black Bean Salad 10:30am-11:30am Nutrition: Sweet Corn Black Bean Salad (Spanish) 11:45am-12:45pm Kid's Nutrition: Banana Nut Roll 1:30pm-2:15pm Microsoft Powerpoint #3 1pm-3pm Family Meditation 2:30pm-3:30pm Zumba 4pm-5pm</p> | | |



A Public Entity
Inland Empire Health Plan

P.O. BOX 1800
Rancho Cucamonga, CA 91729-1800



Visit www.iehp.org/crc for a full list of FREE health and fitness classes each month.

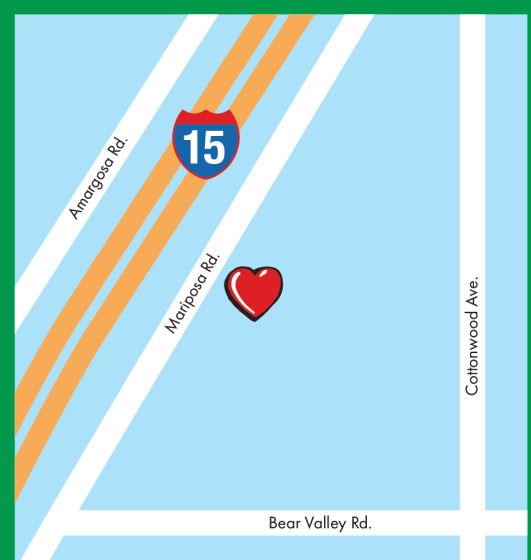
| Class Information | Adults 12 + | Seniors | Kids (Ages 5-11) | English | Spanish |
|---|----------------|---------|---------------------|---------|---------|
| Juneteenth, the first federal holiday since Martin Luther King, Jr. Day in 1983, commemorates the end of slavery for the last slaves in Texas, nearly two years after Abraham Lincoln's Emancipation Proclamation. | | | | | |
| Fitness and Dance Classes (ages 12 and up): Stay active with Zumba, Zumba Gold, Zumba Chair, Aerobic Kickboxing, Yoga, Yoga for Seniors & People with Disabilities, Tone & Sculpt, Meditation, and Tai Chi. | ✓ | ✓ | | ✓ | ✓ |
| Becoming a Mom: Start your pregnancy well with our 10- week workshop designed to support you on your pregnancy journey. Open to all pregnant women who want to learn more about prenatal, postpartum and infant care, this workshop also addresses community resources to help you during and after pregnancy. | ✓ | ✓ | | ✓ | ✓ |
| Circle Time: For toddlers up to age five, this class offers learning and language for little ones and their parents/caregivers, focusing on healthy behaviors and developmental milestones. | ✓ | ✓ | ✓ | ✓ | |
| CPR (first 30 people who register): Get certified for two years for CPR and First Aid through American Heart Association. Registration starts one hour prior to the start of class on a first come first serve basis. Call 1-866-228-4347 to learn more. | ✓ | ✓ | | ✓ | ✓ |
| Eat Healthy, Be Active: This series of four, two-hour workshops focus on wellness through healthy eating and exercise. Enjoy hands-on activities, view short videos, and get a workbook to take home. (Weight tracking is not required). | ✓ | ✓ | | ✓ | ✓ |
| Find Your Calm: In this four-part class, you will learn how stress affects your body and health, and how to manage it. | ✓ | ✓ | | ✓ | ✓ |
| Loving Solutions: Open to all parents and guardians of kids aged 5 to 12. You must pre-register to attend. Please call (760) 955-3576. Space is limited. This is a 10-week class and all materials are provided to those enrolled. Certificates presented upon completion. | ✓ | ✓ | | ✓ | ✓ |
| Taming Their Wiggles: (parents of children ages 3-14): Learn ways to help meet a child's sensory needs and build daily routines. Parents will create a fun activity to do at home with their kids. Training includes all needed materials. | ✓ | ✓ | | ✓ | |
| Tai Chi for Arthritis: Manage arthritis symptoms and pain, and increase your strength, flexibility and balance. This one-hour class mostly involves walking and doing stretch and balances exercises (using a chair). | ✓ | ✓ | | ✓ | |
| Going the Extra Smile: Healthy Teeth for You and Me (for parents of children 0-5 years old) – Learn habits for good oral health. Take home a toothbrush and toothpaste kit for young children. | ✓ | ✓ | ✓ | ✓ | ✓ |
| Physical Activity - the Key to Living Well: Learn a few good habits to get you moving for great health. | ✓ | ✓ | | ✓ | ✓ |
| Artes Creativas y Habilidades para la Vida: Para jóvenes entre los 11 y los 19 años. Recorra al arte para fijar metas y desarrollar habilidades para la vida mientras pasa momentos memorables y hace amigos. | ✓ | ✓ | | ✓ | ✓ |

Now with three locations for your convenience in Victorville, San Bernardino and Riverside!



SCAN ME!

Use your phone to scan the QR code to view our full schedule of FREE health and fitness classes, or visit www.iehp.org/crc.



Metro: Lines Bear Valley Rd. & Mariposa Rd. Bus 53
Mall of Victor Valley, 3 min (non-stop)
Stop ID: 50133 Amargosa Rd. & Bear Valley

FREE Parking Available

12353 Mariposa Road, Suites C-2 & C-3, Victorville, CA 92395 (near Vallarta Supermarkets)
1-866-228-4347. TTY users should call **711**.

