

Community Resource Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>June is PRIDE month. Join us to learn more about the LGBTQ community.</p> <p>August 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>	<p>1 Latin Dance 9am-10am Line Dance 10:30am-11:30am Yin Yoga 12pm-1pm Game Hour for Kids (Ages 4-17) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>2 Healthy Heart #3 9am-10am Zumba 9am-10am Eat Healthy, Be Active #2 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am Living Well in the Community #1 12pm-1pm Yoga for Seniors & People w/ disabilities 2pm-3pm Latin Dance 5pm-6pm</p>	<p>3 Zumba 8:30am-9:30am Summer Garden for Kids (Ages 4-11) 10:30am-11:15am Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p>5 Zumba 9am-10am Golden Mandarin Beets — Food Demo 10am-11am Strength and Conditioning 10:30am-11:30am Golden Mandarin Beets — Food Demo 11:30am-12:30pm Summer Garden (Bilingual) 2pm-3pm Zumbini (Ages 0-3) 5pm-5:45pm Aerobic Boxing 5pm-6pm</p>	<p>6 Gender and Identity (Spanish) 9am-10am Line Dance 9am-10am My Life, My Choice 10:30am-11:30am Meditation 10:30am-11:30am Zumba Gold 12pm-1pm Breathe Well, Live Well #1 1pm-2pm Yoga for Seniors & People w/disabilities 2pm-3pm Eat Healthy, Be Active #4 (Spanish) 4pm-5pm Zumba 5pm-6pm</p>	<p>7 IEHP Renewal Specialist Strength and Conditioning 9am-10am Immigration Policy Updates (Bilingual) 10am-11am Zumba Chair 10:30am-11:30am Golden Mandarin Beets — Food Demo (Spanish) 11:30am-12:30pm Apple Sandwiches — Kids Food Demo (Ages 4-11) 1pm-1:45pm Mock Interviewing (Spanish) 1pm-3pm Arts and Crafts for Kids (Ages 4-11) 2:15pm-3pm Zumba for Kids (Ages 4-11) 4pm-4:45pm</p>	<p>8 Latin Dance 9am-10am Mock Interviewing 9:30am-11:30am Line Dance 10:30am-11:30am Self-Care: Healthy Relationships 11:30am-12:30pm Yin Yoga 12pm-1pm Caregivers Toolbox: Resilient Aging 1pm-3pm Zumba 5pm-6pm</p>	<p>9 Understanding Diabetes #4 (Spanish) 9am-10am Zumba 9am-10am Eat Healthy, Be Active #3 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am Healthy Heart #1 (Spanish) 12pm-1pm Caregivers Toolbox: Resilient Aging (Spanish) 2pm-4pm Yoga for Seniors & People w/disabilities 2pm-3pm Latin Dance 5pm-6pm</p>	<p>10 Zumba 8:30am-9:30am Banana Berry Smoothie — Kids Food Demo (Ages 4-11) 10:30am-11:15am Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p>12 Zumba 9am-10am Easy Raw Energy Bites — Food Demo 10am-11am Strength and Conditioning 10:30am-11:30am Easy Raw Energy Bites — Food Demo 11:30am-12:30pm Your Health and Wellness Benefits (Spanish) 1pm-2pm Father's Day Garden (Bilingual) 2pm-3pm Zumbini (Ages 0-3) 5pm-5:45pm Aerobic Boxing 5pm-6pm</p>	<p>13 Gender and Identity 9am-10am Line Dance 9am-10am Eat Healthy, Be Active #4 10:30am-11:30am Meditation 10:30am-11:30am Zumba Gold 12pm-1pm Breathe Well, Live Well #1 (Spanish) 1pm-2pm Yoga for Seniors & People w/ disabilities 2pm-3pm Understanding Diabetes #4 4pm-5pm Zumba 5pm-6pm</p>	<p>14 IEHP Renewal Specialist Strength and Conditioning 9am-10am Slamming & Phone Use in Emergencies (Bilingual) 10am-11am Zumba Chair 10:30am-11:30am Easy Raw Energy Bites — Food Demo (Spanish) 11:30am-12:30pm Vietnamese Corn Pudding — Kids Food Demo (Ages 4-11) 1pm-1:45pm Arts and Crafts for Kids (Ages 4-11) 2:15pm-3pm *Free Vaccine. Today Only 1pm-4:30pm</p>	<p>15 CLOSED 9am-10am Latin Dance Canceled Line Dance 10:30am-11:30am CPR 12pm-3pm Yin Yoga 12pm-1pm Father's Day Garden for Kids (Ages 4-11) 3pm-3:45pm Game Hour for Kids (Ages 4-17) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>16 Understanding Diabetes #5 (Spanish) 9am-10am Zumba 9am-10am Living Well in the Community #2 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am Healthy Heart #2 (Spanish) 12pm-1pm Medi-cal Dental Benefits 1pm-2pm Yoga for Seniors & People w/disabilities 2pm-3pm Latin Dance 5pm-6pm</p>	<p>17  CLOSED in observance of <i>Juneteenth</i></p>
<p>19  CLOSED in observance of <i>Juneteenth</i></p>	<p>20 Line Dance 9am-10am Eat Healthy, Be Active #1 (Spanish) 10:30am-11:30am Meditation 10:30am-11:30am Zumba Gold 12pm-1pm Understanding Diabetes #5 1pm-2pm Yoga for Seniors & People w/ disabilities 2pm-3pm Becoming a Mom #1 (Spanish) 4pm-5pm Zumba 5pm-6pm</p>	<p>21 IEHP Renewal Specialist Strength and Conditioning 9am-10am Your Health and Wellness Benefits 10am-11am Zumba Chair 10:30am-11:30am Food Demo (Spanish) Canceled Financial Literacy & Smart Money Habits (Spanish) 1pm-3pm Movie Time for Kids (Ages 0-17) 1:30pm-3:30pm Zumba for Kids (Ages 4-11) 4pm-4:45pm</p>	<p>22 Latin Dance 9am-10am Financial Literacy & Smart Money Habits 9:30am-11:30am Line Dance 10:30am-11:30am CPR (Spanish) 12pm-3pm Yin Yoga 12pm-1pm *LGBTQ+: PRIDE Month (bilingual) 1:30pm-2:30pm Zumba 5pm-6pm <i>*Light lunch will be provided for the 1:30pm session.</i></p>	<p>23 Breathe Well, Live Well #2 9am-10am Zumba 9am-10am Healthy Heart #4 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am Becoming a Mom #3 12pm-1pm Medi-cal Dental Benefits (Spanish) 1pm-2pm Yoga for Seniors & People w/ disabilities 2pm-3pm Latin Dance 5pm-6pm</p>	<p>24 Zumba 8:30am-9:30am Eat Healthy, Be Active #2 9:45am-10:45am Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p>26 Zumba 9am-10am Breast & Cervical Health (Bilingual) 10am-11:30am Strength and Conditioning 10:30am-11:30am Food Demo Canceled Zumbini (Ages 0-3) 5pm-5:45pm Aerobic Boxing 5pm-6pm</p>	<p>27 Colorful Meal w/Chef Mario - Food Demo (Bilingual) 9am-10am Line Dance 9am-10am Eat Healthy, Be Active #2 (Spanish) 10:30am-11:30am Meditation 10:30am-11:30am Zumba Gold 12pm-1pm My Life, My Choice (Spanish) 1pm-2pm Yoga for Seniors & People w/ disabilities 2pm-3pm Understanding Diabetes #6 4pm-5pm Zumba 5pm-6pm</p>	<p>28 IEHP Renewal Specialist Strength and Conditioning 9am-10am Zumba Chair 10:30am-11:30am Food Demo (Spanish) Canceled Movie Time for Kids (Ages 0-17) 1:30pm-3:30pm Zumba for Kids (Ages 4-11) 4pm-4:45pm</p>	<p>29 Latin Dance Canceled Line Dance Canceled Yin Yoga 12pm-1pm Making Fun Gardens for Kids (Ages 4-11) 3pm-3:45pm Game Hour for Kids (Ages 4-17) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>30 Living Well in the Community #3 9am-10am Zumba 9am-10am Breathe Well, Live Well #2 (Spanish) 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am Understanding Diabetes #6 (Spanish) 12pm-1pm Yoga for Seniors & People w/ disabilities 2pm-3pm Latin Dance Canceled</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