

Community Resource Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>June is PRIDE month. Join us to learn more about the LGBTQ community.</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>August 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> </div>			<p>1</p> <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Baked Crockpot Apples—Food Demo (Bilingual) 11:45am-12:45pm Bingocize (Bilingual) 1:30pm-2:30pm Line Dance 2pm-3pm Medi-Cal Dental Benefits 3:30pm-4:30pm (Spanish) Yoga 5pm-6pm</p>	<p>2</p> <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Medicare 101 12pm-12:30pm (Spanish) Game Hour for Kids (ages 4-17) 1:30pm-2:30pm Resume Writing Skills 3pm-4:30pm Zumba 5pm-6pm</p>	<p>3</p> <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am Banana Berry Smoothie — Kids Food Demo (ages 4-11) 12pm-12:45pm</p>
<p>5</p> <p>Zumba 9am-10am Understanding Diabetes #4 10am-11am Line Dance 11am-12pm Eat Healthy Be Active #2 (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>6</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Latin Dance 9am-10am Your Health & Wellness Benefits 10am-11am Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Yoga for Kids (ages 4-11) 4pm-4:45pm Yoga 5pm-6pm</p>	<p>7</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba 9am-10am Caregivers Toolbox: Resilient Aging 10am-12pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Becoming a Mom #7 1pm-2pm Understanding Diabetes #3 (Spanish) 2:30pm-3:30pm Healthy Heart #3 (Spanish) 4pm-5pm Aerobic Boxing 5pm-6pm</p>	<p>8</p> <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Vegetable of the Month—Food Demo 11:45am-12:45pm Bingocize (Bilingual) 1:30pm-2:30pm Line Dance 2pm-3pm Game Hour for Kids (ages 4-17) 3pm-4pm Yoga 5pm-6pm</p>	<p>9</p> <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Apple Sandwiches—Kids Food Demo (ages 4-11) 12:30pm-1:15pm Resume Writing Skills (Spanish) 3pm-4:30pm Zumba 5pm-6pm</p>	<p>10</p> <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am Father's Day Garden for Kids (ages 4-11) 12pm-12:45pm</p>
<p>12</p> <p>Zumba 9am-10am Understanding Diabetes #5 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 Breathe Well, Live Well #2 (Spanish) 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Arts & Crafts for Kids (ages 4-17) 4pm-5pm</p>	<p>13</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Latin Dance 9am-10am Your Health & Wellness Benefits (Spanish) 10am-11am Zumbini (ages 0-3) 11am-11:45am LGBTQ+: Pride Month!* (Bilingual) 12pm-1pm Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Vietnamese Sweet Corn Pudding —Kids Food Demo (ages 4-11) 3pm-3:45pm Yoga 5pm-6pm <small>*Light lunch will be provided for participants during the 12pm class.</small></p>	<p>14</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba 9am-10am Summer Vegetables (Bilingual) 10am-11am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Living Well in the Community #3 1pm-2pm Understanding Diabetes #4 (Spanish) 2:30pm-3:30pm Yoga for Kids (ages 4-11) 3pm-3:45pm Eat Healthy Be Active #2 4pm-5pm Aerobic Boxing 5pm-6pm</p>	<p>15</p> <p style="background-color: #0056b3; color: white; text-align: center; padding: 5px;">CLOSED 9am-10am</p> <p>Strength and Conditioning Canceled Zumba 10:30am-11:30am Easy Raw Energy Bites — Food Demo 12pm-1pm Bingocize (Bilingual) 1:30pm-2:30pm Line Dance 2pm-3pm Game Hour for Kids (ages 4-17) 3pm-4pm Yoga 5pm-6pm</p>	<p>16</p> <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Slamming & Phone Use in Emergencies (Bilingual) 12pm-1pm Movie Time for Kids (ages 4-17) 2:30pm-4:30pm Job Search Strategies 3pm-4:30pm Zumba 5pm-6pm</p>	<p>17</p> <div style="text-align: center;"> <p>CLOSED in observance of <i>Juneteenth</i></p> </div>
<p>19</p> <div style="text-align: center;"> <p>CLOSED in observance of <i>Juneteenth</i></p> </div>	<p>20</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Latin Dance 9am-10am Immigration & Policy Updates (Bilingual) 10am-11am Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Bingocize (Bilingual) 1:30pm-2:30pm Game Hour for Kids (ages 4-17) 3pm-4pm Yoga 5pm-6pm</p>	<p>21</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba 9am-10am Colorful Meal with Chef Mario (Bilingual) 10am-11am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Breathe Well, Live Well #2 1pm-2pm Understanding Diabetes #5 (Spanish) 2:30pm-3:30pm Yoga for Kids (ages 4-11) 3pm-3:45pm Healthy Heart #1 4pm-5pm Aerobic Boxing 5pm-6pm</p>	<p>22</p> <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Bingocize (Bilingual) 1:30pm-2:30pm Game Hour for Kids (ages 4-17) 3pm-4pm Line Dance 2pm-3pm Fun with Dads (Father figures and kids 4+) 4pm-5:30pm Yoga 5pm-6pm</p>	<p>23</p> <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Caregivers Toolbox: Resilient Aging (Spanish) 1pm-3pm Job Search Strategies (Spanish) 3pm-4:30pm Zumba 5pm-6pm</p>	<p>24</p> <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am</p>
<p>26</p> <p>Zumba 9am-10am Understanding Diabetes #6 10am-11am Line Dance 11am-12pm Becoming a Mom #6 (Spanish) 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Living Well in the Community #4 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Arts & Crafts for Kids (ages 4-17) 4pm-5pm</p>	<p>27</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 Game Hour for Kids (ages 4-17) 3pm-4pm Yoga 5pm-6pm</p>	<p>28</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba 9am-10am My Life My Choice (Spanish) 10:30am-11:30am Understanding Diabetes #6 (Spanish) 12pm-1pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Yoga for Kids (ages 4-11) 3pm-3:45pm Eat Healthy Be Active #3 4pm-5pm Aerobic Boxing 5pm-6pm</p>	<p>29</p> <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Movie Time for Kids (ages 4-17) 12pm-2pm Bingocize (Bilingual) 1:30pm-2:30pm Line Dance 2pm-3pm Game Hour for Kids (ages 4-17) 3pm-4pm Yoga 5pm-6pm</p>	<p>30</p> <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm CPR (Spanish) 12pm-3pm Arts & Crafts for Kids (ages 4-17) 4pm-5pm Zumba 5pm-6pm</p>	<div style="text-align: center;"> <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p> </div>

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