













Community Resource Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March is National Nutrition Month. Choose healthy food and set healthy habits.</p> <p>Look for  and join our FREE nutrition classes.</p>	<p>Meet with our Community Health Worker (CHW) and get connected to services in your area, like food, housing, jobs, and childcare.</p>	<p> 1</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>Avacado Egg Salad — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Spring Garden (Bilingual) 1pm-2pm</p>	<p>2</p> <p>Latin Dance 9am-10am</p> <p>Line Dance 10:30am-11:30am</p> <p>Caregivers Toolbox: Woman's Health 1pm-3pm</p> <p>Zumba 5pm-6pm</p>	<p>3</p> <p>Healthy Heart #4 9am-10am</p> <p>Zumba 9am-10am</p> <p>Eat Healthy, Be Active #1 10:30am-11:30am</p> <p>Zumbini (Ages 0-3) 11am-11:45am</p> <p>Living Well in the Community #6 12pm-1pm</p> <p>Yoga for Seniors & People w/ disabilities Canceled</p> <p>Latin Dance 5pm-6pm</p>	<p>4</p> <p>Zumba 8:30am-9:30am</p> <p>Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p> 6</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>Cheesy Cauliflower Mash — Food Demo 11:30am-12:30pm</p> <p>Zumbini (Ages 0-3) 5pm-5:45pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>7</p> <p>Line Dance 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>Understanding Diabetes #6 (Spanish) 10:30am-11:30am</p> <p>Zumba Gold 12pm-1pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>My Life, My Choice 2:30pm-3:30pm</p> <p>Understanding Diabetes #6 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p> 8</p> <p>Strength and Conditioning 9am-10am</p> <p>Collection Agencies & Third Party Services (Bilingual) 10am-11am</p> <p>Zumba Chair 10:15am-11:15am</p> <p>Cheesy Cauliflower Mash — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Be Prepared, Save a Life 11:30am-1pm</p>	<p>9</p> <p>Latin Dance 9am-10am</p> <p>Line Dance 10:30am-11:30am</p> <p>Caregivers Toolbox: Woman's Health (Spanish) 10am-12pm</p> <p>CPR 12pm-3pm</p> <p>Zumba 5pm-6pm</p>	<p>10</p> <p>Asthma Self-Management #2 (Spanish) 9am-10am</p> <p>Zumba 9am-10am</p> <p>Eat Healthy, Be Active #3 (Spanish) 10:30am-11:30am</p> <p>Zumbini (Ages 0-3) 11am-11:45am</p> <p>Healthy Heart #1 (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>11</p> <p>Zumba 8:30am-9:30am</p> <p>Leprechaun Garden for Kids (Ages 4-11) 10:30am-11:15am</p> <p>Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p> 13</p> <p>Zumba 9am-10am</p> <p>Reproductive Anatomy & Physiology 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>Fruit & Yogurt Parfaits — Food Demo 11:30am-12:30pm</p> <p>Zumbini (Ages 0-3) 5pm-5:45pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>14</p> <p>Line Dance 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>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Asthma Self-Management #1 2:30pm-3:30pm</p> <p>Understanding Diabetes #7 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p> 15</p> <p>Strength and Conditioning 9am-10am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Fruit & Yogurt Parfaits — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Leprechaun Garden (Bilingual) 2pm-3pm</p>	<p>16</p> <p>CLOSED 9am-11:30am</p> <p>Latin Dance Canceled</p> <p>Line Dance Canceled</p> <p>Zumba 5pm-6pm</p>	<p>17</p> <p>Healthy Heart #1 9am-10am</p> <p>Zumba 9am-10am</p> <p>My Life, My Choice (Spanish) 10:30am-11:30am</p> <p>Zumbini (Ages 0-3) 11am-11:45am</p> <p>Living Well in the Community #7 12pm-1pm</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>18</p> <p>Zumba 8:30am-9:30am</p> <p>Eat Healthy, Be Active #3 (Spanish) 9:45am-10:45am</p> <p>Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p> 20</p> <p>Zumba 9am-10am</p> <p>Reproductive Anatomy & Physiology (Spanish) 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>Thai Pad Woon Sen — Food Demo 11:30am-12:30pm</p> <p>Zumbini (Ages 0-3) 5pm-5:45pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>21</p> <p>Line Dance 9am-10am</p> <p>Healthy Heart #2 (Spanish) 10:30am-11:30am</p> <p>Meditation Canceled</p> <p>Zumba Gold 12pm-1pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Understanding Diabetes #7 2:30pm-3:30pm</p> <p>Becoming a Mom #3 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p> 22</p> <p>Strength and Conditioning 9am-10am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Thai Pad Woon Sen — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Very Berry Angel Food Cake — Kids Food Demo (Ages 4-11) 1pm-1:45pm</p> <p>Your Health and Wellness Benefits 2pm-3pm</p> <p>Zumba Kids (Ages 4-11) 2pm-2:45pm</p>	<p>23</p> <p>Latin Dance 9am-10am</p> <p>Line Dance 10:30am-11:30am</p> <p>CPR (Spanish) 12pm-3pm</p> <p>Movie Time for Kids (Ages 0-17) 1pm-3pm</p> <p>Zumba 5pm-6pm</p>	<p>24</p> <p>Living Well in the Community #8 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>My Life, My Choice 12pm-1pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Latin Dance 5pm-6pm</p>	<p> 25</p> <p>Zumba 8:30am-9:30am</p> <p>Fruit & Yogurt Parfaits — Kids Food Demo (Ages 4-11) 10:30am-11:15am</p> <p>Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p> 27</p> <p>Zumba 9am-10am</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>Turkey Veggie Wraps — Food Demo 11:30am-12:30pm</p> <p>Zumbini (Ages 0-3) 5pm-5:45pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>28</p> <p>Line Dance 9am-10am</p> <p>Eat Healthy, Be Active #3 10:30am-11:30am</p> <p>Meditation 10:30am-11:30am</p> <p>Zumba Gold 12pm-1pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Asthma Self-Management #2 2:30pm-3:30pm</p> <p>Understanding Diabetes #8 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p> 29</p> <p>Strength and Conditioning 9am-10am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Turkey Veggie Wraps — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Magic Show for Kids (Ages 0-17) 12:30pm-1:30pm</p> <p>Zumba Kids (Ages 4-11) 2pm-2:45pm</p>	<p>30</p> <p>Latin Dance 9am-10am</p> <p>Line Dance 10:30am-11:30am</p> <p>Arts & Crafts for Kids (Ages 4-11) 12pm-1pm</p> <p>Zumba 5pm-6pm</p>	<p>31</p> <p>Becoming a Mom #1 9am-10am</p> <p>Zumba 9am-10am</p> <p>Healthy Heart #2 (Spanish) 10:30am-11:30am</p> <p>Zumbini (Ages 0-3) 11am-11:45am</p> <p>Asthma Self-Management #1 12pm-1pm</p> <p>Spring Garden for Kids (Ages 4-11) 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Latin Dance 5pm-6pm</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
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 Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

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