COMMUNITY WELLNESS CENTER











CLASS CALENDAR **APRIL 2024**

SATURDAY

HOUSING AUTHORITY OF THE COUNTY OF SAN BERNARDING **VICTORVILLE MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** 1 Medi-Cal Renewal Specialist 2 Strength & Conditioning 9am-10am Energy Education & Budgeting** Zumba Core 9am-10am Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm 5 Zumba Toning 9am-10am Food Demonstration with Russell Cal Fresh Applications VITA Free Tax Preparation** VITA Free Tax Preparation* 9am-10am & 1pm-2pm 10am-2pm 9am-4pm 9:30am-5pm Healthy Living: My Best Self#3 Zumba 10am-11am Call to schedule your appointment 909-723-1566 Call to schedule your appointment Zumbini (ages 0-5 with parents) 9:30am-10:30am (Spanish)
Family Nutrition (ages 0-5 with parents) Reading Club for Littles Zumba Kids 877-410-8829 ages 0-5 with parents) (ages 5-11 with parents) Chair Fitness 12pm-1pm Energy Education & Budgeting* Kickboxing 10am-11am Beginning Zumba 10am-11am 10am-11am Zumbini (ages 0-5 with parents) 15am-11am & 11:15am-12pm Yin Yoga 1pm-2pm Healthy Heart #1 1pm-2pm Goodwill Orientation 9am-10am & 1pm-2pm Job Club** 10am-12pm English as a Second Language **Zumba** 10am-11am 10am-11am & 4pm-5pm
Food Demonstration with Russell 10:15am-11am & 11:15am-12pm Understanding Diabetes 5 11am-12pm Citizenship Class Breathe Well, Live Well #1 1:30pm-2:30pm Meditation 2pm-3pm Mindful Living #3 11:15am-1zpm

Brunch Club (18+) 10am-11am & 4pm-5pm Resume & Development*** 1:30pm-2:30pm (Spanish) Chair Fitness 12pm-1pm IEHP Benefits Class 10:30am-11:30am (Spanish) 11am-12pm **Beginning Zumba** 11am-12pm 10:30am-12:30pm **Zumba** 11am-12pm 2:30pm-3:30pm (Spanish)
Kickboxing 3pm-4pm
Fitness Kids (ages 5-11 with Meditation 1pm-2pm (Spanish) Movement & Mobility 2pm-3pm Food Demonstration with Russell Zumba Chair 11am-12pm **Zumbini** (ages 0-5 with parents) Beginner Yoga 11am-12pm Chair Yoga 1pm-2pm Nutrition Kids (ages 5-11 with parents) 1pm-2pm 10:15am-11am & 11:15am-12 Zumba Gold 2pm-3pm *Low intensity class that will increa Food Demonstration with Russell Food Demonstration with Russell 11am-12pm range of motion for muscle activation parents) 4pm-5pm **Living Well #4** 4pm-5pm PiYo 3pm-4pm 12pm-1pm **Zumba Chair** 1pm-2pm Beginning Zumba 3pm-4pm 2pm-3pm **Meditation** 3pm-4pm **Nutrition for Kids** (ages 5-11 with and injury prevention Fitness Kids-m Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Restorative Yoga 4pm-5pm Zumba Kids (ages 5-11 with parents) Zumba 4pm-5pm Nutrition for Kids (ages 5-11 with ages 5-11 with parents) 12pm-1pm Chair Yoga 2pm-3pm Restorarive Yoga Parent Club 4pm-5:30pm Latin Dance 5pm-6pm Zumba Toning 4pm-5pm Yoga for Kids (ages 5-11 with parents) 4pm-5pm

Creative Arts for Teens parents) 4pm-4:45pn Parent Club 4pm-5:30pm **U-Jam** 5pm-6pm Meditation for Kids (ages 5-11 rents) 4pm-5pm Yoga Kids (ages 5-11 with parents) (ages 12-17 years) 4pm-5:30pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm Mindful Movers for Kids (ages 5-11 with parents) 5pm-6pm Meditation 5pm-6pm 5pm-6pm Dance Kids (ages 5-11 with parents) Hatha Yoga 5pm-6pm Zumba Kids (ages 5-11 with parents) with parents) 5pm-6pm Medi-Cal Renewal Specialist 12 Strength & Conditioning Strength & Conditioning 9am-10am Energy Education & Budgeting** Zumba Toning 9am-10am Energy Education & Budgeting** Zumba Core 9am-10am 11 Energy Education & Budgeting**
9am-10am & 1pm-2pm VITA Free Tax Preparation** 9am-4pm 9am-10am Family Friday 9am-10am & 1pm-2pm 9am-10am & 1pm-2pm Zumba Chair Being Self Sufficient 10am-11am Family Story Time (ages 0-5 with Call to schedule your appointment 909-723-1566 Zumba 10am-11am 10am-11am Reading Club for Littles (ages 0-5 with parents) Fitness Kids (ages 5-11 with parents) Cal Fresh Applications Ages 0-8 with parents CPR 9:30am-12:30pm & Energy Education & Budgeting 10am-2pm 1:30pm-4:30pm (Spanish) m-11am & 11:15am-12pm 10am-1pm 10am-11am 9am-10am & 1pm-2pm Fentanyl Victim Support Group English as a Second Language Family Nutrition (ages 0-5 with parents) n honor of Week of the You Latin Dance Zumba 10am-11am 10am-11am 10am-11am & 4pm-5pm 11am-12pm Citizenship Class Zumbini (ages 0-5 with parents) Mindful Living #1 9:30am-10:30am (Spanish) Food Demonstration with Russell Zumba Kids 10am-11am & 4pm-5pm Resume & Development*** 10·15am-11am & 11:15am-12pm 11am-12pm (ages 0-11 with parents) Chair Fitness 12pm-1pm Yin Yoga 1pm-2pm My Life, My Choice 1pm-2pm Beginning Zumba 11am-12pm Meditation 1pm-2pm (Spanish) Movement & Mobility 2pm-3pm *Low intensity class that will increase A Better Me 10am-11am 11am-12pm 10am-12pm Job Club** 10am-12pm Kickboxing **Zumbini** (ages 0-5 with parents) Healthy Heart #2 11am-12pm Grief & Loss Support Group 12pm-1pm Dance Kids Goodwill Orientation **Breast & Cervical Health** 1:30pm-2:30pm Meditation 2pm-3pm 11am-12pm **Chair Fitness** 12pm-1pm range of motion for muscle activation ages 5-11 with parents) 11am-12pm and injury prevention Restorative Yoga 12pm-1pm Healthy Heart #2 2:30pm-3:30pm (Spanish) Food Demonstration with Russell Family Movie Food Demonstration with Russell 12pm-1pm Sewing Class 1pm-3pm 4pm-5pm Zumba Kids (ages 5-11 with parents) Night 1pm-2pm Kickboxing 3pm-4pm Fitness Kids (ages 5-11 with Understanding Diabetes #6 Ages 5-11 with parents Chair Yoga 2pm-3pm 1:30pm-2:30pm (Spanish) **Zumba Gold** 2pm-3pm 3:30pm-5:30pm Zumba Toning 4pm-5pm Yoga for Kids (ages 5-11 with **U-Jam** 5pm-6pm Vision Screenings Available Living Well #5 4pm-5pm Yoga Kids (ages 5-11 with parents) PiYo 3pm-4pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Light snacks provided. While Supplies last. parents) 4pm-5pm Zumba 4pm-5pm 5pm-6pm Meditation 5pm-6pm Nutrition for Kids (ages 5-11 with Mindful Movers for Kids Dance Kids (ages 5-11 with parents) Parent Club 4pm-5:30pm parents) 4pm-5pm 3:30pm-4pm **Movie** 4pm-5:30pm Latin Dance 5pm-6pm Meditation for Kids (ages 5-11 Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm with parents) 5pm-6pm Parent Club 4pm-5:30pm Parent Club 4pm-5:30pm Hatha Yoga 5pm-6pm **Teen Leadership Club** (ages 12-17 years) 4pm-5:30pm Zumba Kids (ages 5-11 with parents) 5pm-6pm Zumba Core 9am-10am Energy Education & Budgeting** Medi-Cal Renewal Specialist 17 18 Kickboxing 15 19 10am-11am VITA Free Tax Preparation** 9am-4pm 9am-10am & 1pm-2pm **CLOSED CLOSED Beginning Zumba** Call to schedule your appointment Cal Fresh Applications 10am-11am Zumba Chair 909-723-1566 10am-2pm 9am-11am 9am-2pm Energy Education & Budgeting** 1am-12pm Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm Chair Fitness 12pm-1pm Beginner Yoga 9am-10am & 1pm-2pm Mindful Living #1 2pm-3pm Partner Network Meeting** Birthday Bash Chair Yoga Yin Yoga 1pm-2pm Healthy Living My Best Self #3 Ages 0-5 with parents Pre-registration required Anniversary Dance Party 1pm-2pm 10am-12pm 12pm-2pm 1pm-2pm Goodwill Orientation Celebrate with us! Journey to the Center of 2:30pm-4:30pm Energy Education & Budgeting** 1:30pm-2:30pm Citizenship Class **Nutrition** 1pm-2pm English as a Second Language Meditation 2pm-3pm 10am-11am & 4pm-5pm Resume & Development*** Ages 5-11 with parents Becoming a Mom #8 2:30pm-3:30pm (Spanish) 4pm-5pm Join us for family fun with tons of 10am-12pm **Zumba Chair** 1pm-2pm Kickboxing 3pm-4pm nutrition facts Family Dance Party Art Class (ages 5-11 with parents) 3:30pm-4:30pm Food Demonstration with Russell 3:30pm-5:30pm Ages 5-11 with parents 3:30pm-4:30pm Breathe Well, Live Well #2 2pm-3pm Zumba Toning 4pm-5pm Yoga for Kids (ages 5-11 with Celebrate with us! 4pm-5pm 3:30pm-5:30pm Meditation for Kids (ages 5-11 parents) 4pm-5pm Meditation 5pm-6pm Healthy Living My Best Self #4 3:30pm-4:30pm (Spanish) Understanding Diabetes #6 5pm-6pm with parents) 4:30pm-5:30pm Latin Dance 5pm-6pm Dance Kids (ages 5-11 with parents) Zumba Core 9am-10am Medi-Cal Renewal Specialist Energy Education & Budgeting* Zumba Toning 9am-10am Kickboxing Zumba Toning 26 22 25 Energy Education & Budgeting** 9am-10am & 1pm-2pm **Child Abuse Prevention Awareness** Beginning Zumba Month Symposium

Energy Education & Budgeting**
9am-10am & 1pm-2pm Being Self Sufficient 10am-11am

Cal Fresh Applications 10am-2pm

Zumbini (ages 0-5 with parents) Chair Fitness 12pm-1pm Yin Yoga 1pm-2pm Healthy Heart #3 1pm-2pm

Goodwill Orientation 1:30pm-2:30pm Meditation 2pm-3pm My Life, My Choice 2:30pm-3:30pm (Spanish) Kickboxing 3pm-4pm

Becoming a Mom #5 4pm-5pm Fitness Kids (ages 5-11 with parents) 4pm-5pm Latin Dance 5pm-6pm Meditation for Kids (ages 5-11

with parents) 5pm-6pm

Zumba Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm

Cal Fresh Applications

10am-2pm 5am-11am & 11:15am-12pm Chair Fitness 12pm-1pm Yin Yoga 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Meditation 2pm-3pm Kickboxing 3pm-4pm

Fitness Kids (ages 5-11 with parents) 4pm-5pm Creative Arts for Teens ages 12-17 years) 4pm-5:30pm Parent Club 4pm-5:30pm Latin Dance 5pm-6pm

Meditation for Kids (ages 5-11 with parents) 5pm-6pm

Dance Kids (ages 5-11 with parents) 5pm-6pm Medi-Cal Renewal Specialist

VITA Free Tax Preparation** 9am-4pm

Call to schedule your appointment

8:30am-12:30pm

VITA Free Tax Preparation** 9am-4pm

Call to schedule your appointment 909-723-1566

Film screening and presentations to educate

arents, guardians & professionals s

amilies on sexual abuse pillars: prevention, investigation, prosecution & restoration. Scan QR code to register

Energy Education & Budgeting

Food Demonstration with Russell

9am-10am & 1pm-2pm **Zumba** 10am-11am

10am-11am & 4pm-5pm

Sewing Class 1pm-3pm

Zumba Toning 4pm-5pm

ents) 4pm-5pm

Meditation 5pm-6pm

Chair Yoga 2pm-3pm IEHP Benefits Class 2pm-3pm

Yoga for Kids (ages 5-11 with

Resume & Development**

Citizenship Class

10am-12pm

12pm-1pm

29

909-723-1566 Energy Education & Budgeting**
9am-10am & 1pm-2pm Beginning Zumba 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development**

10am-12pm Zumbini (ages 0-5 with parents) Food Demonstration with Russell Zumba Chair 1pm-2pm Chair Yoga 2pm-3pm

Zumba Toning 4pm-5pm Yoga for Kids (ages 5-11 with parents) 4pm-5pm Meditation 5pm-6pm Dance Kids (ages 5-11 with parents) Hora de jugar en familia (ages 0-5 with

10am-1pm or parents and caregivers of babies ages 0-4 or parents and catagords of sources & support in educational program providing resources & support in healthy child development.

Pamper My Baby**

A Better Me 10am-11am Job Club** 10am-12pm mily Nutrition (ages 0-5 with parents) Grief & Loss Support Group

11am-12pm (Spanish) Food Demonstration with Russell Zumba Gold 2pm-3pm Mindful Living #2 2pm-3pm Beginning Zumba 3pm-4pm Breathe Well, Live Well #2 3:30pm-4:30pm (Spanish) Zumba 4pm-5pm Nutrition for Kids (ages 5-11 with

Hatha Yoga 5pm-6pm Living Well #6 5pm-6pm Zumba Kids (ages 5-11 with parents) 5pm-6pm

9am-10am & 1pm-2pm Zumba 10am-11am Reading Club for Littles (ages 0-5 with parents)

5am-11am & 11:15am-12pm English as a Second Language 10am-11am & 4pm-5pm
Food Demonstration with Russell

11am-12pm **Beginning Zumba** 11am-12pm Meditation 1pm-2pm (Spanish) Movement & Mobility 2pm-3pm Low intensity class that will increase range of motion for muscle activation Medicare 101

2pm-3pm 3pm-4pm (Spanish) Community Health Worker Workshop 3pm-3:45pm 4pm-5pm **Zumba Kids** (ages 5-11 with parents)

4pm-5pm U-Jam 5pm-6pm Yoga Kids (ages 5-11 with parents) 5pm-6pm

IE HP Community Wellness Center

anniversary Celebration!

Community Wellness Center VICTORVILLE

10am-1pm Join us for this fun & FREE event for the whole family.

20

Kickboxina

Nutrition Kids (ages 5-11 with parents) 10am-11am **Zumbini** (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm Food Demonstration with Russell 11am-12pm Fitness Kids

(ages 5-11 with parents) 11am-12pm Dance Kids (ages 5-11 with parents) 2pm-1pm Meditation

12:15pm-1pm

🕎 Do you need assistance filling out your Medi-Cal Renewal? Celebrating Five Years in VICTORVILLE IEHP is here to help. Call us at

10am-11am CPR (For IEHP Members only)

Kid Zone

Ages 5-11 with parents

Family Arts & Crafts 4pm-5pm

nvite grandparents to the family fun. Snacks & refreshments provided.

Windful Movers for Kids 5pm-6pm

10am-1pm Zumba Chair

11am-12pm

Chair Yoga

1pm-2pm

2pm-3pm

Beginner Yoga

Tabata Training

Meditation 3pm-4pm

1-888-860-1296 or visit our center to make an appointment.



Tiny Human Zone

Classes for infant & toddler ages 0-5 with parents

Kid Zone - Classes for kids ages 5-11 with parents

Teen Zone - Classes for teens ages 12-17

12353 Mariposa Suites C-2 & C-3, Victorville, CA 92395 (near Vallarta Supermarket) * Monday-Friday, 9am-6pm Saturdays, 9am-1pm 1-866-228-4347 TTY users should call 711 * www.iehp.org/crcClasses * All classes aré first comé first sérve. Classes are subject to change.

As we celebrate our 5-year anniversary milestone,

we are filled with gratitude, we are truly grateful to

have such an incredible community. Thank you!