

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
<div></div>		<div><div><div></div><div>Medi-Cal Renewal Specialist</div></div><div><div>HIIT 9am-10am</div><div>Playdate Hour (Self Led) 9am-10am</div><div>Energy Education & Budgeting** 9am-10am & 1pm-2pm</div><div>Nourish & Flourish 10am-11am</div><div><i>Nutrition for your brains wellness</i></div><div>Resume & Development** 10am-12pm</div><div>Citizenship Class 10am-11am & 4pm-5pm</div><div>Zumbini 10:15am-11am</div><div>Bootcamp Training 11am-12pm</div><div>Stories & Crafts for Littles 11:15am-12pm</div><div>Chair Kickboxing 12pm-1pm</div><div>Nutrition Fundamentals 12pm-1pm (Spanish)</div><div>Flex & Move 1pm-2pm</div></div><div><div></div><div>Well Child & Young Adult Clinic</div><div>1pm-6pm</div></div><div><div>Chat with the coach 1:30pm-2:30pm</div><div>Pound Fitness 2pm-3pm</div><div>Healthy Habits with Lizette 2:30pm-3:30pm</div><div>Homework Support 3pm-4:30pm</div></div><div><div>Creative Family Workshop</div><div>3pm-5:45pm</div><div>Ages 0-5 & 13-17 with parents</div></div><div><div>Self Care & Crafts 4pm-5pm</div><div>Triple Play 4:30pm-5:45pm</div><div><i>Fitness for mind & body</i></div><div>Zumba 5pm-6pm</div></div></div>		<div><div><div></div><div>Zumba</div></div><div><div>9am-10am</div><div>Playdate Hour (Self Led) 9am-10am</div><div>Energy Education & Budgeting** 9am-10am & 1pm-2pm</div><div>Chapter Chats & Activities 10am-11am</div><div>Job Club** 10am-12pm</div><div>Giggles & Games 10:15am-11am</div><div>Diabetes Among Friends #1 10:30am-11:30am (Spanish)</div><div>Zumba Chair 11am-12pm</div><div>Little Learners 11:15am-12pm</div><div>Diabetes Among Friends #1 12pm-1pm</div><div>Movement & Mobility 12:30pm-1:30pm</div><div>Chat with the Coach in the Kitchen 1pm-2pm</div><div>Beginning Zumba 2:30pm-3:30pm</div></div><div><div></div><div>Boys & Girls Club</div><div>3pm-6pm</div><div>Homework support & activities.</div></div><div><div>Creative Arts for Teens</div><div>4pm-5:30pm</div><div>Parent Club 4pm-5:30pm</div><div>HIIT 4pm-5pm</div><div>Zumba Kids 4:15pm-5pm</div><div>Bootcamp Kids Training 5pm-5:45pm</div><div>Zumba Toning 5pm-6pm</div></div></div>		<div><div></div></div>		<div><div><div><div></div><div>Bootcamp Training</div></div><div><div>9am-10am</div><div>Chapter Chats & Activities</div><div>Nourish & Flourish 10am-11am</div><div><i>Nutrition for your brains wellness</i></div><div>Zumbini 10:15am-11am</div><div>Little Learners 11:15am-12pm</div><div><i>Educational stations for parents to teach their child</i></div><div>Flex & Move 11am-12pm</div><div>Zumba Chair 12pm-1pm</div><div>Healthy Habits with Lizette 1pm-2pm</div><div>Yin Yoga 2pm-3pm</div><div>HIIT 3pm-4pm</div></div><div><div></div><div>Boys & Girls Club</div><div>3pm-6pm</div><div>Homework support & activities.</div></div><div><div>Teen Leadership</div><div>4pm-5:30pm</div><div>Zumba 4pm-5pm</div></div><div><div>Family Game Night</div><div>4pm-5:30pm</div><div>Bring the whole family</div><div>Ages 5-11 with parents</div><div>Light snacks provided.</div><div>While Supplies last.</div></div><div><div></div><div>Pound Fitness</div><div>5pm-6pm</div></div></div></div>	
8		9		10		11		12	
<div><div>Cal Fresh Applications</div><div>10am-2pm</div></div> <div><div>Giggles & Games</div><div>10:15am-11am</div></div> <div><div>Movement & Mobility 11am-12pm</div><div>HACSB Application Overview 11am-12pm</div></div> <div><div>Little Learners 11:15am-12pm</div><div>Chair Yoga 12pm-1pm</div><div>Chat with the Coach 1pm-2pm</div><div>Goodwill Orientation 1:30pm-2:30pm</div><div>Nourish & Flourish 2pm-3pm</div><div><i>Nutrition for your wellness</i></div><div>Energy Flow 2:30pm-3:30pm</div></div> <div><div></div><div>Boys & Girls Club</div><div>3pm-6pm</div><div>Homework support & activities.</div></div> <div><div>Creative Arts for Teens</div><div>4pm-5:30pm</div><div>Parent Club 4pm-5:30pm</div><div>Taste Bud Adventures 4pm-4:45pm</div><div>Knit & Crochet (Self Led) 4pm-5pm</div><div>Yoga Kids 5pm-5:45pm</div><div>Restorative Yoga 5pm-6pm</div></div>		<div><div><div></div><div>Medi-Cal Renewal Specialist</div></div><div><div>HIIT 9am-10am</div><div>Playdate Hour (Self Led) 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12pm-1pm</div><div>Midwifery-Led Prenatal Group 12:30pm-2:30pm</div><div>Flex & Move 1pm-2pm</div><div>Energy Flow 2pm-3pm</div><div>Tea Meditation 3pm-4pm</div><div>HIIT 3pm-4pm</div><div>Homework Support 3pm-4:30pm</div><div>Knit & Crochet (Self Led) 3pm-4pm</div><div>Hatha Yoga 4pm-5pm</div></div><div><div>Creative Family Workshop</div><div>3pm-5:45pm</div><div>Ages 0-5 & 13-17 with parents</div></div><div><div>Triple Play 4:30pm-5:45pm</div><div><i>Fitness for mind & body</i></div><div>Circuit Training 5pm-6pm</div></div></div></div>		<div><div><div><div></div><div>Bootcamp Training</div></div><div><div>9am-10am</div><div>Chapter Chats & Activities</div><div>Nourish & Flourish 10am-11am</div><div><i>Nutrition for your brains wellness</i></div><div>Giggles & Games 10:15am-11am</div><div>Flex & Move 11am-12pm</div><div>Breast & Cervical Health 11am-12pm</div><div>Little Learners 11:15am-12pm</div><div><i>Educational stations for parents to teach their child</i></div><div>Chair 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15		16		17		18		19	
<div><div>Cal Fresh Applications</div><div>10am-2pm</div></div> <div><div>Giggles & Games</div><div>10:15am-11am</div></div> <div><div>Movement & Mobility 11am-12pm</div><div>Little Learners 11:15am-12pm</div><div>Chair Yoga 12pm-1pm</div><div>Chat with the Coach 1pm-2pm</div><div>Goodwill Orientation 1:30pm-2:30pm</div><div>Nourish & Flourish 2pm-3pm</div><div><i>Nutrition for your wellness</i></div><div>Energy Flow 2:30pm-3:30pm</div></div> <div><div></div><div>Boys & Girls Club</div><div>3pm-6pm</div><div>Homework support & activities.</div></div> <div><div>Art Class 4pm-5:30pm</div><div>Creative Arts for Teens 4pm-5:30pm</div><div>Parent Club 4pm-5:30pm</div><div>Taste Bud Adventures 4pm-4:45pm</div><div>Knit & Crochet (Self Led) 4pm-5pm</div><div>Yoga Kids 5pm-5:45pm</div><div>Restorative Yoga 5pm-6pm</div></div>		<div><div><div></div><div>Medi-Cal Renewal Specialist</div></div><div><div>HIIT 9am-10am</div><div>Playdate Hour (Self Led) 9am-10am</div><div>Energy Education & 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22		23		24		25		26	
<div><div>Cal Fresh Applications</div><div>10am-2pm</div></div> <div><div>Giggles & Games</div><div>10:15am-11am</div></div> <div><div>Movement & Mobility 11am-12pm</div><div>Little Learners 11:15am-12pm</div><div>Chair Yoga 12pm-1pm</div><div>Chat with the Coach 1pm-2pm</div><div>Goodwill Orientation 1:30pm-2:30pm</div><div>Nourish & Flourish 2pm-3pm</div><div><i>Nutrition for your wellness</i></div><div>Energy Flow 2:30pm-3:30pm</div></div> <div><div></div><div>Boys & Girls Club</div><div>3pm-6pm</div><div>Homework support & activities.</div></div> <div><div>Creative Arts for Teens</div><div>4pm-5:30pm</div><div>Parent Club 4pm-5:30pm</div><div>Taste Bud Adventures 4pm-4:45pm</div><div>Knit & Crochet (Self Led) 4pm-5pm</div><div>Yoga Kids 5pm-5:45pm</div><div>Restorative Yoga 5pm-6pm</div></div>		<div><div><div></div><div>Medi-Cal Renewal Specialist</div></div><div><div>HIIT 9am-10am</div><div>Playdate Hour (Self Led) 9am-10am</div><div>Energy Education & Budgeting** 9am-10am & 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whole family</div></div><div><div></div><div>Pound Fitness</div><div>5pm-6pm</div></div></div></div>	
29		30		Legend		Do you need assistance renewing your Medi-Cal or applying for IEHP health coverage? Call us at 1-866-294-4347 or visit our center to make an appointment.			
<div><div>Cal Fresh Applications</div><div>10am-2pm</div></div> <div><div>Giggles & Games</div><div>10:15am-11am</div></div> <div><div>Movement & Mobility 11am-12pm</div><div>HACSB Application Overview 11am-12pm</div></div> <div><div>Little Learners 11:15am-12pm</div><div>Chair Yoga 12pm-1pm</div><div>Chat with the Coach 1pm-2pm</div><div>Goodwill Orientation 1:30pm-2:30pm</div><div>Nourish & Flourish 2pm-3pm</div><div><i>Nutrition for your wellness</i></div><div>Energy Flow 2:30pm-3:30pm</div></div> <div><div></div><div>Boys & Girls Club</div><div>3pm-6pm</div><div>Homework support & activities.</div></div> <div><div>Creative Arts for Teens</div><div>4pm-5:30pm</div><div>Parent Club 4pm-5:30pm</div><div>Taste Bud Adventures 4pm-4:45pm</div><div>Knit & Crochet (Self Led) 4pm-5pm</div><div>Yoga Kids 5pm-5:45pm</div><div>Restorative Yoga 5pm-6pm</div></div>		<div><div><div></div><div>Medi-Cal Renewal Specialist</div></div><div><div>HIIT 9am-10am</div><div>Playdate Hour (Self Led) 9am-10am</div><div>Energy Education & Budgeting** 9am-10am & 1pm-2pm</div><div>Nourish & Flourish 10am-11am</div><div><i>Nutrition for your brains wellness</i></div><div>Family Playtime 10am-11am</div><div>Resume & Development** 10am-12pm</div><div>Citizenship Class 10am-11am & 4pm-5pm</div><div>Diabetes Among Friends #3 10:30am-11:30am (Spanish)</div><div>Zumbini 11:15am-12pm</div><div>Bootcamp Training 11am-12pm</div><div>Chair Kickboxing 12pm-1pm</div><div>Nutrition Fundamentals 12pm-1pm (Spanish)</div><div>Diabetes Among Friends #3 12pm-1pm</div><div>Stories & Crafts for Littles 1pm-1:45pm</div><div>Flex & Move 1pm-2pm</div></div><div><div></div><div>Well Child & Young Adult Clinic</div><div>1pm-6pm</div></div><div><div>Chat with the coach 1:30pm-2:30pm</div><div>Pound Fitness 2pm-3pm</div><div>Healthy Habits with Lizette 2:30pm-3:30pm</div><div>Homework Support 3pm-4:30pm</div></div><div><div>Creative Family Workshop</div><div>3pm-5:45pm</div><div>Ages 0-5 & 13-17 with parents</div></div><div><div>Self Care & Crafts 4pm-5pm</div><div>Triple Play 4:30pm-5:45pm</div><div><i>Fitness for mind & body</i></div><div>Zumba 5pm-6pm</div></div></div>		<div><div>Legend</div><div>**Pre-registration and/or application required</div><div>Blue font color - Infant & toddler classes ages 0-4 with parents</div><div>Purple font color - Kids classes ages 5-11 with parents</div><div>Green font color - Teens classes ages 12-17</div><div>Black font color - Classes for ages 12 and older</div><div>Light Blue font color - Boys & Girls Club classes for kids ages 6-12 with parent on premises</div><div>STEM - Science, Engineering, Technology, Math</div><div>HACSB - Housing Authority of the County of San Bernardino</div></div>		<div><div></div><div>Do you need help with benefits, updating demographics, or changing your provider? We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today!</div></div> <div><div></div><div>Well Child & Young Adult Clinic</div><div>1pm-6pm</div><div>Every Tuesday</div><div>Is your child due for a WellCare Visit? Call 866-228-4347 option 5 to verify eligibility and schedule an appointment or walk-in to participate.</div><div>Active IEHP Direct members ages 3-21.</div></div> <div><div></div><div>Great Futures Start Here!**</div><div>Boys & Girls Club provides Homework Support (Tutoring), STEM, Triple Play, Art and more! Snack and light dinner provided. After school programming for children ages 6-12. Application is required. For more information call 909-856-8689. Scan QR code to apply.</div><div></div></div> <div><div>September is National Self Care Month!</div><div>Look for  to join a FREE class about self care.</div><div>Hispanic Heritage Month is from Sept. 15- Oct. 15</div><div>Look for  to join a themed class.</div></div>			