

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Circuit Train With Alex 9am-10am 3 Playdate Hour (Self Led) 9am-10am Breathe Well, Live Well #2 9am-10am (Spanish) Cal Fresh Applications 10am-2pm</p> <p>Giggles & Games 10:15am-11am Healthy Heart #2 10:30am-11:30am (Spanish) Little Learners 11:15am-12pm Chair Yoga 12pm-1pm Healthy Heart #1 12pm-1pm Nutrition Fundamentals 2pm-3pm Breathe Well, Live Well #2 2:30pm-3:30pm Boys & Girls Club 3pm-6pm <i>Homework support & activities.</i> Self Care Through Art 3pm-4pm Arts & Crafts for Kids 4pm-4:45pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm</p>	<p>Medi-Cal Renewal Specialist Playtime for Little Minds 9am-10am 4</p> <p>Goodwill Hiring Event 10am-2pm For more information call 760-885-7491</p> <p>Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Zumbini 10:15am-12pm Zumba Gold 11am-12pm Disaster Preparedness 11am-11:30am (Spanish) Digital Tools for a Healthier You 11am-12pm (Spanish) Zumba Chair 12pm-1pm Nourish & Flourish 12pm-1pm & 1pm-2pm (Spanish) Tea Meditation 2pm-2:45pm Homework Support 3pm-4pm Self Care & Crafts 4pm-5pm Snack Attack with Alex 4pm-4:45pm Kidfit Sports Training 5pm-5:45pm Pound Fitness 5pm-6pm</p>	<p>Zumba Toning 9am-10am 5 Playdate Hour (Self Led) 9am-10am Job Club** 10am-12pm Chapter Chats & Activities 10am-11am Little Learners 10:15am-11am Zumba 11am-12pm Flex & Move 12pm-1pm Guys Club for Nutrition & Movement 1pm-2pm <i>Food Demo</i> Breast & Cervical Health 1pm-2pm Boys & Girls Club 3pm-6pm <i>Homework support & activities.</i> Family Zumba 4:15pm-5pm Creative Arts for Teens 4:30pm-5:50pm Bootcamp Kids Training 5pm-5:45pm</p>	<p>HIIT 9am-10am 6 Playdate Hour (Self Led) 9am-10am English as a Second Language 10am-12pm & 4pm-6pm</p> <p>Well Child & Young Adult Clinic 10am-6pm</p> <p>Tiny Tots Nutrition 10:15am-11am Stories & Crafts for Littles 11:15am-12pm Chair Yoga 12pm-1pm Healthy Habits with Lizette 1pm-2pm Homework Support 3pm-4:30pm Hatha Yoga 4pm-5pm Snack Attack with Alex 4pm-4:45pm Kidfit Sports Training 5pm-5:45pm Selfcare & Crafts 5pm-6pm</p>	<p>Bootcamp Training 9am-10am 7 Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Zumbini 10:15am-11am Brunch with Lizette 11am-12pm <i>Food Demo</i> Little Learners 11:15am-12pm Yin Yoga 2pm-3pm Guys Club for Nutrition & Movement 3pm-4pm <i>Food Demo</i> Teen Leadership 4:30pm-5:50pm</p> <p>Bingo Night <i>Bring the whole family 4pm-5:30pm</i> All Ages & child with parents <i>Light snacks provided. While Supplies last.</i></p>
<p>Zumba 9am-10am 10 Playdate Hour (Self Led) 9am-10am Healthy Living my Best Self #4 9am-10am (Spanish) Cal Fresh Applications 10am-2pm</p> <p>Giggles & Games 10:15am-11am Diabetes Among Friends #6 10:30am-11:30am (Spanish) HACSB Application Overview 11am-12pm Little Learners 11:15am-12pm Chair Yoga 12pm-1pm Diabetes Among Friends #6 12pm-1pm Nutrition Fundamentals 2pm-3pm Healthy Living my Best Self #2 2:30pm-3:30pm Boys & Girls Club 3pm-6pm <i>Homework support & activities.</i> Snack Time with Lizette 4pm-4:45pm Knit & Crochet (Self Led) 4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm</p>	<p>CLOSED in observance of Veteran's Day</p>	<p>Zumba Toning 9am-10am 12 Playdate Hour (Self Led) 9am-10am A Better Me 9am-10am CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Chapter Chats & Activities 10am-11am Grief & Loss Support Group 10am-11am Job Club** 10am-12pm Little Learners 10:15am-11am Zumba 11am-12pm Flex & Move 12pm-1pm</p> <p>CLOSED 2pm-5pm</p>	<p>Zumba Gold 9am-10am 13 Partner Network Meeting 9am-11am</p> <p>Pregnancy & Postpartum Group 10am-1pm English as a Second Language 10am-12pm & 4pm-6pm</p> <p>Well Child & Young Adult Clinic 10am-6pm</p> <p>Tiny Tots Nutrition 10:15am-11am Stories & Crafts for Littles 11:15am-12pm IEHP 101 Benefits 11:30am-12:30pm & 12:30-1:30pm (Spanish) Pound Fitness 12pm-1pm Healthy Habits with Lizette 1pm-2pm Hatha Yoga 4pm-5pm Snack Attack with Alex 4pm-4:45pm Kidfit Sports Training 5pm-5:45pm Selfcare & Crafts 5pm-6pm</p>	<p>Bootcamp Training 9am-10am 14 Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Zumbini 10:15am-11am Brunch with Lizette 11am-12pm <i>Food Demo</i> Little Learners 11:15am-12pm Zumba Chair 12pm-1pm Yin Yoga 2pm-3pm Guys Club for Nutrition & Movement 3pm-4pm <i>Food Demo</i> Zumba 4pm-5pm Teen Leadership 4:30pm-5:50pm</p> <p>Movie Night <i>Bring the whole family 4pm-5:30pm</i> All Ages & child with parents <i>Light snacks provided. While Supplies last.</i></p> <p>Pound Fitness 5pm-6pm</p>
<p>Kickboxing 9am-10am 17 Playdate Hour (Self Led) 9am-10am Healthy Heart #3 9am-10am (Spanish) Cal Fresh Applications 10am-2pm</p> <p>Giggles & Games 10:15am-11am Mindful Living #2 10:30am-11:30am (Spanish) Movement & Mobility 11am-12pm Little Learners 11:15am-12pm Chair Yoga 12pm-1pm Mindful Living #2 12pm-1pm Nutrition Fundamentals 2pm-3pm Healthy Heart #2 2:30pm-3:30pm Boys & Girls Club 3pm-6pm <i>Homework support & activities.</i> Art Class 4pm-5:30pm Knit & Crochet (Self Led) 4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm</p>	<p>Medi-Cal Renewal Specialist 9am-10am 18</p> <p>Strength & Conditioning 9am-10am Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Zumbini 10:15am-11am & 11:15am-12pm Zumba Gold 11am-12pm Nourish & Flourish 12pm-1pm (Spanish) Chair Kickboxing 12pm-1pm Tea Meditation 2pm-2:45pm Boys & Girls Club 3pm-6pm <i>Homework support & activities.</i> Self Care & Crafts 4pm-5pm Family Zumba 4:15pm-5pm Pound Fitness 5pm-6pm</p>	<p>Zumba Toning 9am-10am 19 Playdate Hour (Self Led) 9am-10am 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Little Learners 10:15am-11am Zumba 11am-12pm Movement & Mobility 12:30pm-1:30pm Digital Tools for a Healthier You 2pm-3pm Boys & Girls Club 3pm-6pm <i>Homework support & activities.</i> Creative Arts for Teens 4:30pm-5:50pm Family Zumba 4:45pm-5:30pm</p>	<p>Community Wellness Center CLOSED</p>	<p>Zumba 9am-10am 21 Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Brunch with Lizette 11am-12pm <i>Food Demo</i> Zumbini 10:15am-11am Little Learners 11:15am-12pm Zumba Chair 12pm-1pm</p> <p>Video Game Tournament 1pm-3pm</p> <p>Yin Yoga 2pm-3pm Teen Leadership 4:30pm-5:50pm Pound Fitness 5pm-6pm</p>
<p>Yoga 9am-10am 24 Playdate Hour (Self Led) 9am-10am Know Your Rights ** 9:30am-10:30am Cal Fresh Applications 10am-2pm</p> <p>Giggles & Games 10:15am-11am HACSB Application Overview 11am-12pm Little Learners 11:15am-12pm Chair Yoga 12pm-1pm</p> <p>Video Game Tournament 1pm-3pm</p> <p>Nutrition Fundamentals 2pm-3pm Knit & Crochet (Self Led) 4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm</p>	<p>Medi-Cal Renewal Specialist 9am-5pm 25</p> <p>Free Onsite Mammograms!!** <i>Registration Required. Must meet eligibility requirements to participate.</i> Call for more information 866-228-4347 option 5</p> <p>Zumba 9am-10am Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Family Playtime 10am-11:30am</p> <p>Video Game Tournament 1pm-3pm</p> <p>Community Harvest 4pm-5:30pm Everyone Welcome! <i>Celebrate and break bread with IEHP If you want to bring an item, store bought is welcome and appreciated.</i></p>	<p>Zumba Toning 9am-10am 26 Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Pregnancy & Postpartum Group 10am-1pm Little Learners 10:15am-11am Zumba 11am-12pm Guys Club for Nutrition & Movement 1pm-2pm <i>Food Demo</i></p> <p>Video Game Tournament 1pm-3pm</p> <p>Creative Arts for Teens 4:30pm-5:50pm Family Zumba 4:45pm-5:30pm</p>	<p>CLOSED in observance of THANKSGIVING</p>	<p>Well Child & Young Adult Clinic 10am-6pm <i>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. Active IEHP Direct members ages 3-21 welcome!</i></p> <p>Great Futures Start Here!!** After school programming for children ages 6-12. Application is required. For more information call 909-856-8689. Scan QR code to apply.</p> <p>Men's Health Month <i>Look for the and join a free class</i></p>

Legend
**Pre-registration and/or application required
Blue font color - Infant & toddler classes ages 0-4 with parents
Purple font color - Kids classes ages 5-11 with parents
Green font color - Teens classes ages 12-17
Black font color - Classes for ages 12 and older
Dark Orange - All age classes
HACSB - Housing Authority of the County of San Bernardino
STEM - Science, Engineering, Technology, Math
Dark Blue font color - Boy & Girls Club classes for kids ages 6-12 with parent on premises

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.

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!

Well Child & Young Adult Clinic 10am-6pm
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. Active IEHP Direct members ages 3-21 welcome!

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