

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Cal Fresh Applications 10am-2pm Healthy Heart #1 10am-11am (Spanish) Giggles & Games 10:15am-11am Little Learners 11:15am-12pm Breathe Well, Live Well #1 11:30am-12:30am Chair Yoga 12pm-1pm Diabetes Among Friends #7 2:30pm-3:30pm (Spanish) Boys & Girls Club 3pm-6pm Homework support & afterschool activities. Diabetes Among Friends #7 4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm	Medi-Cal Renewal Specialist 9am-10am Playtime for Little Minds 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Zumbini 10:15am-12pm Zumba Gold 11am-12pm Disaster Preparedness 11am-11:30am (Spanish) Healthy Habits with Lizette 12pm-1pm Digital Tools for a Healthier You 1pm-2pm (Spanish) Zumba Chair 1pm-2pm Tea Meditation 2pm-2:45pm Boys & Girls Club 3pm-6pm Homework support & afterschool activities. Self Care & Crafts 4pm-5pm Pound Fitness 5pm-6pm	Zumba Toning 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm A Better Me 10am-11am Job Club** 10am-12pm Chapter Chats & Activities 10am-11am Little Learners 10:15am-11am Zumba 11am-12pm Grief & Loss Support Group 11am-12pm Boys & Girls Club 3pm-6pm Homework support & afterschool activities. Family Zumba 4:45pm-5:45pm Creative Arts for Teens 4:30pm-5:50pm	Zumba Gold 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm English as a Second Language 10am-12pm & 4pm-6pm Well Child & Young Adult Clinic 10am-6pm Tiny Tots Nutrition 10:15am-11am Stories & Crafts for Littles 11:15am-12pm Pound Fitness 12pm-1pm Nourish & Flourish 1pm-2pm (Spanish) Cozy Coffee/Hot Coco Corner 3pm-4pm Boys & Girls Club 3pm-6pm Homework support & afterschool activities. Selfcare & Crafts 4pm-5pm Hatha Yoga 5pm-6pm	Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Brunch with Lizette 11am-12pm Food Demo Little Learners 11:15am-12pm Breast & Cervical Health 1pm-2pm Yin Yoga 2pm-3pm Teen Leadership 4:30pm-5:50pm Bingo Night 4pm-5:30pm Bring the whole family All Ages & child with parents Light snacks provided. While Supplies last. Pound Fitness 5pm-6pm
Breakfast with Lizette 9am-10am Cal Fresh Applications 10am-2pm Energy Education & Budgeting** 9am-10am & 1pm-2pm Know Your Rights ** 9:30am-10:30am Giggles & Games 10:15am-11am Healthy Living My Best Self #1 10am-11am (Spanish) HACSB Application Overview 11am-12pm Little Learners 11:15am-12pm Healthy Heart #3 11:30am-12:30pm Chair Yoga 12pm-1pm Nutrition Fundamentals 2pm-3pm Diabetes Among Friends #8 2:30pm-3:30pm (Spanish) Boys & Girls Club 3pm-6pm Diabetes Among Friends #8 4pm-5pm Snack Time with Lizette 4pm-4:45pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm	Medi-Cal Renewal Specialist 9am-5pm Free Onsite Mammograms!!** Registration Required. Must meet eligibility requirements to participate . Call for more information 866-228-4347 option 5 Energy Education & Budgeting** 9am-10am & 1pm-2pm Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Zumbini 10:15am-11am & 11:15am-12pm Zumba Gold 11am-12pm Healthy Habits with Lizette 12pm-1pm Zumba Chair 1pm-2pm Tea Meditation 2pm-2:45pm Boys & Girls Club 3pm-4pm Self Care & Crafts 4pm-5pm Snack Attack with Alex 4pm-4:45pm Kidfit Sports Training 5pm-5:45pm Pound Fitness 5pm-6pm	Zumba Toning 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Little Learners 10:15am-11am Zumba 11am-12pm Flex & Move 12pm-1pm Guys Club for Nutrition & Movement 2pm-3pm Food Demo Boys & Girls Club 3pm-6pm Family Zumba 4:45pm-5:45pm Creative Arts for Teens 4:30pm-5:50pm	Zumba Gold 9am-10am Pregnancy & Postpartum Group 10am-1pm Energy Education & Budgeting** 9am-10am & 1pm-2pm English as a Second Language 10am-12pm & 4pm-6pm Well Child & Young Adult Clinic 10am-6pm 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 Nourish & Flourish 1pm-2pm (Spanish) Boys & Girls Club 3pm-4:30pm Movie Night 4pm-5:45pm Bring the whole family All Ages & child with parents Light dinner & snacks provided. While Supplies last.	Bootcamp Training 9am-10am Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Zumbini 10:15am-11am Brunch with Lizette 11am-12pm Food Demo Little Learners 11:15am-12pm Zumba Chair 12pm-1pm Yin Yoga 2pm-3pm CLOSED 3pm-5pm
Breakfast with Lizette 9am-10am Cal Fresh Applications 10am-2pm Breathe Well, Live Well #1 10am-11am (Spanish) Giggles & Games 10:15am-11am Movement & Mobility 11am-12pm Little Learners 11:15am-12pm Healthy Living My Best Self #3 11:30am-12:30pm Chair Yoga 12pm-1pm Mindful Living #2 12pm-1pm Nutrition Fundamentals 2pm-3pm Diabetes Among Friends #9 2:30pm-3:30pm (Spanish) Boys & Girls Club 3pm-6pm Diabetes Among Friends #9 4pm-5pm Snack Time with Lizette 4pm-4:45pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm	Medi-Cal Renewal Specialist 9am-10am Digital Tools for a Healthier You 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Zumbini 10:15am-11am & 11:15am-12pm Zumba Gold 11am-12pm Healthy Habits with Lizette 12pm-1pm Zumba Chair 1pm-2pm Tea Meditation 2pm-2:45pm Boys & Girls Club 3pm-4pm Self Care & Crafts 4pm-5pm Snack Attack with Alex 4pm-4:45pm Kidfit Sports Training 5pm-6pm Pound Fitness 5pm-6pm	Zumba Toning 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Pregnancy & Postpartum Group 10am-1pm Little Learners 10:15am-11am Zumba 11am-12pm Flex & Move 12pm-1pm Guys Club for Nutrition & Movement 2pm-3pm Food Demo Boys & Girls Club 3pm-6pm Creative Arts for Teens 4:30pm-5:50pm Family Zumba 4:45pm-5:45pm	Community Wellness Center CLOSED	Bootcamp Training 9am-10am Chapter Chats & Activities 10am-11am Zumba Chair 11am-12pm Winter Wonderland 2pm-5pm Everyone Welcome!! Join us for pictures with Santa, face painting, cookie decorating, hot coco, craft time and more. Each child will leave with a gift from IEHP. While Supplies last.
Breakfast with Lizette 9am-10am Cal Fresh Applications 10am-2pm Energy Education & Budgeting** 9am-10am & 1pm-2pm Know Your Rights ** 9:30am-10:30am Giggles & Games 10:15am-11am HACSB Application Overview 11am-12pm Little Learners 11:15am-12pm Chair Yoga 12pm-1pm Video Game Tournament 12pm-2pm Nutrition Fundamentals 2pm-3pm Boys & Girls Club 3pm-6pm Snack Time with Lizette 4pm-4:45pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm	Medi-Cal Renewal Specialist 9am-10am Playdate Hour (Self Led) 9am-10am & 10am-11am Energy Education & Budgeting** 9am-10am & 1pm-2pm Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Zumba Gold 11am-12pm Little Learners 11:15am-12pm Video Game Tournament 12pm-2pm Zumba Chair 1pm-2pm Tea Meditation 2pm-2:45pm Boys & Girls Club 3pm-4pm Self Care & Crafts 4pm-5pm Snack Attack with Alex 4pm-4:45pm Kidfit Sports Training 5pm-5:45pm Pound Fitness 5pm-6pm	Zumba Toning 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Little Learners 10:15am-11am Zumba 11am-12pm Video Game Tournament 12pm-2pm Boys & Girls Club 3pm-4pm Creative Arts for Teens 4:30pm-5:50pm Family Zumba 4pm-5pm	CLOSED in observance of Christmas Day	
Breakfast with Lizette 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Cal Fresh Applications 10am-2pm Giggles & Games 10:15am-11am Little Learners 11:15am-12pm Video Game Tournament 12pm-2pm Chair Yoga 12pm-1pm Nutrition Fundamentals 2pm-3pm Boys & Girls Club 3pm-6pm Snack Time with Lizette 4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm	Medi-Cal Renewal Specialist 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Zumba Gold 11am-12pm Zumbini 10:15am-11am & 11:15am-12pm Healthy Habits with Lizette 12pm-1pm Video Game Tournament 12pm-2pm Tea Meditation 2pm-2:45pm Boys & Girls Club 3pm-4pm Self Care & Crafts 4pm-5pm Snack Attack with Alex 4pm-4:45pm Kidfit Sports Training 5pm-5:45pm Pound Fitness 5pm-6pm	Zumba Toning 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Little Learners 10:15am-11am Zumba 11am-12pm Flex & Move 12pm-1pm Video Game Tournament 12pm-2pm Guys Club for Nutrition & Movement 2pm-3pm Food Demo Boys & Girls Club 3pm-4pm Creative Arts for Teens 4:30pm-5:50pm Family Zumba 4pm-5pm	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 Dark Blue font color - Boy & Girls Club classes for kids ages 6-12 with parents on premises 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 3-21welcome! 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!	