

MONDAY

Breakfast with Lizette 9am-10am **2**
Healthy Heart #2 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Cal Fresh Applications
10am-2pm

Zumba 10am-11am
Little Learners 10:15am-11am
Nutrition Fundamentals
11am-12pm
Diabetes Among Friends #2
11am-12pm (Spanish)
Zumba Chair 12pm-1pm
Breathe Well, Live Well #1
1pm-2pm
Cozy Coffee/Hot Cocoa Corner
2pm-3pm
Self Care Through Art 3pm-4pm
Boys & Girls Club 3pm-6pm
Healthy Living My Best Self #3
4pm-5pm (Spanish)
Playdate Hour (Self Led)
4pm-6pm
Podcast for Teens
4:30pm-5:50pm
Pound Fitness 5pm-6pm

Breakfast with Lizette **9**
9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Cal Fresh Applications
10am-2pm

Zumba
10am-11am
Little Learners
10:15am-11am
Digital Tools for a Healthier You
11am-12pm
Nutrition Fundamentals
11am-12pm
HACSB Application Overview
11am-12pm
Zumba Chair
12pm-1pm
Cozy Coffee/Hot Cocoa Corner
2pm-3pm
Boys & Girls Club
3pm-6pm
Restorative Yoga 4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Podcast for Teens
4:30pm-5:50pm
Pound Fitness
5pm-6pm

TUESDAY

Medi-Cal Renewal Specialist **3**
Zumba 9am-10am
Playtime for Little Minds
9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Resume Writing
10am-11am
Citizenship Class
10am-12pm & 4pm-6pm
Zumba Gold 10am-11am
Zumbini 10:15am-11am
Healthy Habits with Lizette
12pm-1pm
Zumba Chair 1pm-2pm
Word Fundamentals
2pm-3pm
Intro to Artificial Intelligence
3pm-4pm
Home Work Support 3pm-4pm
Self Care & Crafts 4pm-5pm
Build A Bite 
4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Triple Play 5pm-5:45pm
Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist **10**
Zumba
9am-10am
Mindful Living #3 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Resume Writing 10am-11am
Citizenship Class
10am-12pm & 4pm-6pm
Zumba Gold 10am-11am
Zumbini 10:15am-11am
Healthy Living My Best Self #4
11am-12pm (Spanish)
Healthy Habits with Lizette
12pm-1pm
Zumba Chair 1pm-2pm
Diabetes Among Friends #2
1pm-2pm
Word Fundamentals 2pm-3pm
Intro to Artificial Intelligence
3pm-4pm
Homework Support 3pm-4pm
Self Care & Crafts 4pm-5pm
Healthy Heart #3
4pm-5pm (Spanish)
Build A Bite 4pm-5pm
Playdate Hour (Self Led) 4pm-6pm
Triple Play 5pm-5:45pm
Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist **16**
Tone & Sculpt 9am-10am
Diabetes Among Friends #3
9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Resume Writing 10am-11am
Citizenship Class
10am-12pm & 4pm-6pm
Zumbini 10:15am-11am
Chair Fitness 11am-12pm
Healthy Heart #1
11am-12pm (Spanish)
Healthy Habits with Lizette
12pm-1pm
Color Meditation 1pm-2pm
Healthy Living My Best Self #3
1pm-2pm
Word Fundamentals 2pm-3pm
Intro to Artificial Intelligence
3pm-4pm
Homework Support 3pm-4pm
Mindful Living #3
4pm-5pm (Spanish)
Build A Bite 4pm-5pm
Playdate Hour (Self Led) 4pm-6pm
Triple Play 5pm-5:45pm
Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist **23**
Zumba 9am-10am
Healthy Heart #3 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Resume Writing 10am-11am
Citizenship Class
10am-12pm & 4pm-6pm
Family Playtime 10am-11am
Zumba Gold 10am-11am
Breathe Well, Live Well #1
11am-12pm (Spanish)
Sunshine Circle 11:15am-12pm
Healthy Habits with Lizette
12pm-1pm
Zumba Chair 1pm-2pm
Healthy Living My Best Self #4
1pm-2pm
Digital Tools for a Healthier You
2pm-3pm (Spanish)
Word Fundamentals 2pm-3pm
Intro to Artificial Intelligence
3pm-4pm
Homework Support 3pm-4pm
Diabetes Among Friends #3
4pm-5pm (Spanish)
Build A Bite 4pm-5pm
Playdate Hour (Self Led) 4pm-6pm
Triple Play 5pm-5:45pm
Pound Fitness 5pm-6pm

WEDNESDAY

Strength Training 9am-10am
Playdate Hour (Self Led)
9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Chapter Chats & Activities
10am-11am
A Better Me
10am-11am
Interview Prep 10am-11am
Little Learners 10:15am-11am
Pound Fitness 11am-12pm
Grief & Loss
11am-12pm
Giggles & Games
11:15am-12pm
Express Fitness
12pm-12:30pm
Boys & Girls Club 3pm-6pm
Zumba 4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Podcast for Teens
4:30pm-5:50pm
Zumba Toning
5pm-6pm

Strength Training 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
Interview Prep 10am-11am
A Better Me 10am-11am
Little Learners 10:15am-11am
Giggles & Games
11:15am-12pm
Pound Fitness
11am-12pm
Grief & Loss
11am-12pm
Express Fitness
12pm-12:30pm
Boys & Girls Club 3pm-6pm
Zumba 4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Podcast for Teens
4:30pm-5:50pm
Zumba Toning
5pm-6pm

Strength Training 9am-10am
Playdate Hour (Self Led)
9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Job Searching 10am-11am
Little Learners 10:15am-11am
Community Vital Signs Initiative
11am-1pm
For more information please call
Karen Rodriguez (909)520-1410
Giggles & Games
11:15am-12pm
Express Fitness
12pm-12:30pm
Boys & Girls Club
3pm-6pm
Zumba 4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Podcast for Teens
4:30pm-5:50pm
Zumba Toning 5pm-6pm

Strength Training 9am-10am
Playdate Hour (Self Led)
9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Chapter Chats & Activities
10am-11am
Money Basics
10am-11am
Little Learners
10:15am-11am
Giggles & Games
11:15am-12pm
Pound Fitness
11am-12pm
Express Fitness
12pm-12:30pm
Boys & Girls Club
3pm-6pm
Zumba 4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Podcast for Teens
4:30pm-5:50pm
Zumba Toning
5pm-6pm

Boys & Girls Club Great Futures Start Here!**
After school programming for children ages 6-12.
Application is required.
For more information call
909-856-8689 or Scan QR code to apply.

Do you need assistance renewing your Medi-Cal or applying for IEHP health coverage?
Call us at **1-888-860-1296** 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!

THURSDAY

Zumba Gold 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
Zumbini 11:15am-12pm
Pound Fitness
12pm-1pm
Barre 1pm-2pm
Computer Basics
1:30pm-3pm
Nourish & Flourish 
2pm-3pm
Boys & Girls Club 3pm-4pm
Excel Fundamentals
3pm-4:30pm
Build A Bite 4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Triple Play 5pm-5:45pm
Restorative Yoga
5pm-6pm

Zumba Gold 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Partner Network Meeting
9:30am-11am
Pregnancy & Postpartum Group
10am-1pm
Well Child & Young Adult Clinic
10am-6pm

English as a Second Language
10am-12pm & 4pm-6pm
Tiny Tots Nutrition 10:15am-11am
Zumbini 11:15am-12pm
IEHP Member Benefits
11:30am-12:30pm &
12:30-1:30pm (Spanish)
Pound Fitness 12pm-1pm
Barre 1pm-2pm
Computer Basics 1:30pm-3pm
Nourish & Flourish 2pm-3pm
Boys & Girls Club 3pm-4pm
Excel Fundamentals 3pm-4:30pm
Build A Bite 4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Triple Play 5pm-5:45pm
Restorative Yoga 5pm-6pm

CLOSED
9am-2pm

Nourish & Flourish
2pm-3pm
Boys & Girls Club
3pm-4pm
Excel Fundamentals
3pm-4:30pm
Build A Bite 
4pm-5pm
Express Fitness
4pm-4:30pm
Playdate Hour (Self Led)
4pm-5pm
English as a Second Language
4pm-5pm

Zumba Gold 9am-10am
Energy Education & Budgeting**
9am-10am &
1pm-2pm
English as a Second Language
10am-12pm & 4pm-6pm
Well Child & Young Adult Clinic
11am-7pm

Sunshine Circle
11:15am-12pm
Pound Fitness
12pm-1pm
Barre 1pm-2pm
Computer Basics 1:30pm-3pm
Medicare 101
2pm-3pm & 3pm-4pm (Spanish)
Boys & Girls Club 3pm-4pm
Excel Fundamentals
3pm-4:30pm
Build A Bite 
4pm-5pm
Playdate Hour (Self Led)
4pm-6pm
Triple Play 5pm-5:45pm
Self Care & Crafts
5pm-6pm

Dance Fitness 9am-10am
Active IEHP Members Only CPR
9:30am-12:30pm
1:30pm-4:30pm (Spanish)

Sunshine Circle
10:15am-11am
Knit & Crochet (Self Led)
11am-12pm
Stories & Crafts for Littles
11:15am-12pm
Belly Dancing
12pm-1pm
Nutrition Fundamentals
1pm-2pm (Spanish)

Black History Celebration
Come for a night of games,
prizes and food!
Light dinner & Snacks.
While Supplies Last.
3:30pm-5:30pm

Crafty Crew Collective
4pm-5:30pm
Bring the whole family
Come create a snack & craft
that are themed

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 parent on premises

Well Child & Young Adult Clinic
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!



February is **American Heart Month**.
Take steps to lower your risk for heart disease. Check out our Free heart-healthy classes this month. Wear **RED** on the days you see the hearts.