

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Mindful Living #1</b> 9am-10am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Healthy Heart #2</b> 11am-12pm (Spanish) <b>Healthy Heart #1</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Beginning Zumba</b> 4pm-5pm <b>Diabetes Among Friends #4</b> 4pm-5pm (Spanish) <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b> 9am-10am <b>Bootcamp Training</b> 9am-10am <b>Playtime for Little Minds</b> 9am-10am <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumba Gold</b> 10am-11am <b>Sunshine Circle</b> 10:15am-11am <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Word Fundamentals</b> 2pm-3pm <b>Intro to Artificial Intelligence</b> 3pm-4pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Zumba</b> 4pm-5pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>A Better Me</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Grief &amp; Loss</b> 10am-11am (Spanish) <b>Interview Prep</b> 10am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 10am-6pm</p> <p><b>Little Learners</b> 10:15am-11am <b>Pound Fitness</b> 11am-12pm <b>Giggles &amp; Games</b> 11:15am-12pm <b>Chair Fitness</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Express</b> 5pm-5:30pm</p>	<p><b>Zumba Gold</b> 9am-10am <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Tiny Tots Nutrition</b> 10:15am-11am <b>Sunshine Circle</b> 11:15am-12pm <b>Pound Fitness</b> 12pm-1pm <b>Barre</b> 1pm-2pm <b>Computer Basics</b> 1:30pm-3pm <b>Nourish &amp; Flourish</b> 2pm-3pm <b>Excel Fundamentals</b> 3pm-4:30pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Color Meditation</b> 4pm-5pm <b>Tone &amp; Sculpt</b> 5pm-6pm</p>	<p><b>Strength Training</b> 9am-10am</p> <p><b>International Women's Day</b> 11am-1pm Selfcare Activities &amp; Guest Speaker on Breast &amp; Cervical Health. Light Lunch Provided. While Supplies Last.</p> <p><b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Core Dancing</b> 1pm-2pm <b>Nutrition Fundamentals</b> 3pm-4pm (Spanish) <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Eat Smart, Be Active</b> 4pm-5:30pm</p>
<p><b>VITA Free Tax Preparation**</b> 8:30am-11am Call to schedule your appointment 877-410-8829</p> <p><b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Quitting Tobacco- Where to Start</b> 11am-12pm <b>HACSB Application Overview</b> 11am-12pm <b>Breath Well, Live Well #2</b> 1pm-2pm (Spanish) <b>Diabetes Among Friends #4</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Beginning Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b> 9am-10am <b>Bootcamp Training</b> 9am-10am <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumba Gold</b> 10am-11am <b>Digital Tools for a Healthier You</b> 10am-11am (Spanish) <b>Sunshine Circle</b> 10:15am-11am &amp; 11:15-12pm <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Word Fundamentals</b> 2pm-3pm <b>Intro to Artificial Intelligence</b> 3pm-4pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Zumba</b> 4pm-5pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>A Better Me</b> 9am-10am <b>CPR</b> 9:30am-12:30pm 1:30pm-4:30pm (Spanish) <b>Grief &amp; Loss</b> 10am-11am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Job Searching</b> 10am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 10am-6pm</p> <p><b>Little Learners</b> 10:15am-11am <b>Pound Fitness</b> 11am-12pm <b>Giggles &amp; Games</b> 11:15am-12pm <b>Chair Fitness</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Mindful Living #1</b> 4pm-5pm (Spanish) <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Express</b> 5pm-5:30pm</p>	<p><b>Zumba Gold</b> 9am-10am <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Tiny Tots Nutrition</b> 10:15am-11am <b>Sunshine Circle</b> 11:15am-12pm <b>Pound Fitness</b> 12pm-1pm <b>Barre</b> 1pm-2pm <b>Computer Basics</b> 1:30pm-3pm <b>Nourish &amp; Flourish</b> 2pm-3pm <b>Excel Fundamentals</b> 3pm-4:30pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Color Meditation</b> 4pm-5pm <b>Tone &amp; Sculpt</b> 5pm-6pm</p>	<p><b>Strength Training</b> 9am-10am <b>Brunch with Lizette</b> 10am-11am <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Tiny Tots Nutrition</b> 12pm-12:45pm <b>Core Dancing</b> 1pm-2pm <b>Nutrition Fundamentals</b> 3pm-4pm (Spanish) <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Eat Smart, Be Active</b> 4pm-5:30pm</p>
<p><b>Zumba</b> 9am-10am <b>Mindful Living #2</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Tiny Tot Nutrition</b> 10:15am-11am <b>Healthy Heart #3</b> 11am-12pm (Spanish) <b>Healthy Heart #2</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Healthy Living My Best Self #1</b> 4pm-5pm (Spanish) <b>Beginning Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b> 9am-10am <b>Zumba</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumba Gold</b> 10am-11am <b>Little Learners</b> 10:15am-11am <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Word Fundamentals</b> 2pm-3pm <b>Intro to Artificial Intelligence</b> 3pm-4pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Zumba</b> 4pm-5pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Money Basics</b> 10am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 10am-6pm</p> <p><b>Pound Fitness</b> 11am-12pm <b>Healthy Habits with Lizette</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Knit &amp; Crochet (Self Led)</b> 5pm-6pm</p>	<p><b>Zumba Gold</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Pregnancy &amp; Postpartum Group</b> 10am-1pm <b>Tiny Tots Nutrition</b> 10:15am-11am <b>Nourish &amp; Flourish</b> 2pm-3pm <b>Medicare 101</b> 2pm-3pm &amp; 3pm-4pm (Spanish) <b>Excel Fundamentals</b> 3pm-4:30pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Zumba</b> 4pm-5pm <b>Beginning Zumba</b> 5pm-6pm</p>	<p><b>Strength Training</b> 9am-10am <b>Brunch with Lizette</b> 10am-11am <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Tiny Tots Nutrition</b> 12pm-12:45pm <b>Core Dancing</b> 1pm-2pm <b>Nutrition Fundamentals</b> 3pm-4pm (Spanish) <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Eat Smart, Be Active</b> 4pm-5:30pm</p>
<p><b>Zumba</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Breakfast with Lizette</b> 10am-11am <b>Little Learners</b> 10:15am-11am <b>Zumba Chair</b> 11am-12pm <b>Spring into Art with Boys &amp; Girls Club</b> 11am-1pm <b>Digital Tools for a Healthier You</b> 1pm-2pm <b>Nutrition Fundamentals</b> 1pm-2pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Snack Time with Lizette</b> 4pm-4:45pm <b>Beginning Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b> 9am-10am <b>Bootcamp Training</b> 9am-10am <b>Breathe Well, Live Well #2</b> 9am-10am <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumba Gold</b> 10am-11am <b>Mindful Living #2</b> 11am-12pm (Spanish) <b>Spring into Art with Boys &amp; Girls Club</b> 11am-1pm <b>Sunshine Circle</b> 11:15am-12pm <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Diabetes Among Friends #5</b> 1pm-2pm <b>Word Fundamentals</b> 2pm-3pm <b>Intro to Artificial Intelligence</b> 3pm-4pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Snack Time with Lizette</b> 4pm-4:45pm <b>Zumba</b> 4pm-5pm <b>Quitting Tobacco- Where to Start</b> 4pm-5pm (Spanish) <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>A Better Me</b> 9am-10am <b>Grief &amp; Loss</b> 10am-11am (Spanish) <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Keeping a Job</b> 10am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 11am-7pm</p> <p><b>Little Learners</b> 10:15am-11am <b>Spring into Art with Boys &amp; Girls Club</b> 11am-1pm <b>Giggles &amp; Games</b> 11:15am-12pm <b>Pound Fitness</b> 11am-12pm <b>Express Fitness</b> 12:30pm-1pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Snack Time with Lizette</b> 4pm-4:45pm <b>Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Express</b> 5pm-5:30pm</p>		
<p><b>Zumba</b> 9am-10am <b>Healthy Living My Best Self #1</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Breakfast with Lizette</b> 10am-11am <b>Little Learners</b> 10:15am-11am <b>Zumba Chair</b> 11am-12pm <b>Diabetes Among Friends #5</b> 11am-12pm (Spanish) <b>HACSB Application Overview</b> 11am-12pm <b>Nutrition Fundamentals</b> 1pm-2pm <b>Healthy Heart #3</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour</b> 3pm-6pm <b>Healthy Heart #1</b> 4pm-5pm (Spanish) <b>Beginning Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b> 9am-10am <b>Bootcamp Training</b> 9am-10am <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Family Playtime</b> 10am-11am <b>Zumba Gold</b> 10am-11am</p> <p><b>Goodwill Hiring Event</b> 10am-1pm For more information call 760-780-4970 Ext. 4850</p> <p><b>Sunshine Circle</b> 10:15am-11am <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Word Fundamentals</b> 2pm-3pm <b>Intro to Artificial Intelligence</b> 3pm-4pm <b>Playdate Hour</b> 3pm-6pm <b>Homework Support</b> 3pm-4pm <b>Build A Bite</b> 4pm-5pm <b>Triple Play</b> 5pm-5:45pm <b>Zumba</b> 4pm-5pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Do you need assistance renewing your Medi-Cal or applying for IEHP health coverage?</b> Call us at 1-888-860-1296 or visit our center to make an appointment.</p> <p><b>Do you need help with benefits, updating demographics, or changing your provider?</b> We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today!</p> <p><b>Well Child &amp; Young Adult Clinic</b> 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!</p> <p>March is <b>National Nutrition Month</b>. Choose healthy food and set healthy habits for a healthy body. Look for  and join our <b>FREE</b> nutrition classes.</p> <p><b>Boys &amp; Girls Club Great Futures Start Here!</b> **After school programming for children ages 6-12. Application is required. For more information call 909-856-8689 or Scan QR code to apply.</p>		<p><b>Active IEHP Members Only CPR</b> 9:30am-12:30pm 1:30pm-4:30pm (Spanish)</p> <p><b>Brunch with Lizette</b> 10am-11am <b>Spring into Art with Boys &amp; Girls Club</b> 11am-1pm <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Tiny Tots Nutrition</b> 12pm-12:45pm <b>Core Dancing</b> 1pm-2pm</p> <p><b>VITA Free Tax Preparation**</b> 2pm-5pm Call to schedule your appointment 877-410-8829</p> <p><b>Nutrition Fundamentals</b> 3pm-4pm (Spanish) <b>Eat Smart, Be Active</b> 4pm-5:30pm</p>
<p><b>Legend</b> **Pre-registration and/or application required <b>Blue font color</b> - Infant &amp; toddler classes ages 0-4 with parents <b>Green font color</b> - Teens classes ages 12-17 <b>Black font color</b> - Classes for ages 12 and older <b>Orange</b> - Well Child &amp; Young Adult Clinic <b>HACSB</b> - Housing Authority of the County of San Bernardino <b>Purple font color</b> - Boys &amp; Girls Club classes for kids ages 6-12 with parent on premises</p>				