

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<div><b>Legend</b> <b>**Pre-registration and/or application required</b> <b>Blue font color</b> - Infant &amp; toddler classes ages 0-4 with parents <b>Purple font color</b> - Kids classes ages 5-11 with parents <b>Green font color</b> - Teens classes ages 12-17 <b>Black font color</b> - Classes for ages 12 and older Dark Orange - All age classes <b>HACSB</b> - Housing Authority of the County of San Bernardino <b>Dark Blue font color</b> - Boy &amp; Girls Club classes for kids ages 6-12 with parent on premises</div>				<div><b>Well Child &amp; Young Adult Clinic</b>  <i>Is your child due for a WellCare Visit?</i> <i>Call 866-228-4347 option 5 to verify eligibility and schedule an appointment or walk-in to participate.</i> Active IEHP Direct members ages 3-21 welcome!</div>		<div><b>CLOSED</b> in observance of New Year's Day</div>		<div><b>1</b> <b>Bootcamp Training</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Zumbini</b> 10:15am-11am <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Flex &amp; Move</b> 12pm-1pm <b>Nutrition Fundamentals</b> 1pm-2pm (Spanish) <b>Video Game Tournament</b> 12pm-2pm <b>Yin Yoga</b> 2pm-3pm <b>Circuit Training</b> 5pm-6pm</div>			
<div><b>Do you need assistance renewing your Medi-Cal or applying for IEHP health coverage?</b> Call us at <b>1-888-860-1296</b> or visit our center to make an appointment. <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!</div>				<div><b>Boys &amp; Girls Club</b> <b>Great Futures Start Here! **</b> 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><b>5</b> <b>Pound Fitness</b> 9am-10am <b>Breathe Well, Live Well #2</b> 9am-10am (Spanish) <b>Cal Fresh Applications</b> 10am-2pm <b>Zumba Chair</b> 10am-11am <b>Giggles &amp; Games</b> 10:15am-11am <b>Healthy Living My Best Self #1</b> 11am-12pm (Spanish) <b>Little Learners</b> 11:15am-12pm <b>Zumba</b> 12pm-1pm <b>Healthy Heart #1</b> 1pm-2pm <b>Nutrition Fundamentals</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Mindful Living #1</b> 4pm-5pm (Spanish) <b>Snack Time with Lizette</b> 4pm-4:45pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Restorative Yoga</b> 5pm-6pm</div>		<div><b>Medi-Cal Renewal Specialist</b> <b>Zumba</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Zumba Gold</b> 11am-12pm <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Tea Meditation</b> 2pm-2:45pm <b>Boys &amp; Girls Club</b> 3pm-4pm <b>Self Care &amp; Crafts</b> 4pm-5pm <b>Snack Attack with Alex</b> 4pm-4:45pm <b>Kidfit Sports Training</b> 5pm-5:45pm <b>Pound Fitness</b> 5pm-6pm</div>		<div><b>7</b> <b>Zumba Toning</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Interview Prep</b> 10am-11am <b>Well Child &amp; Young Adult Clinic</b> 10am-6pm <b>Little Learners</b> 10:15am-11am <b>Zumba</b> 11am-12pm <b>Flex &amp; Move</b> 12pm-1pm <b>Guys Club for Nutrition &amp; Movement</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Family Zumba</b> 4:45pm-5:45pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Circuit Training</b> 5pm-6pm</div>		<div><b>8</b> <b>Zumba Gold</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Tiny Tots Nutrition</b> 10:15am-11am <b>Zumbini</b> 11:15am-12pm <b>Pound Fitness</b> 12pm-1pm <b>Nourish &amp; Flourish</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-4pm <b>Snack Attack with Alex</b> 4pm-4:45pm <b>Cozy Coffee/Hot Coco Corner</b> 4pm-5pm <b>Kidfit Sports Training</b> 5pm-5:45pm <b>Restorative Yoga</b> 5pm-6pm</div>		<div><b>9</b> <b>Bootcamp Training</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Zumbini</b> 10:15am-11am <b>Brunch with Lizette</b> 11am-12pm <b>Food Demo</b> 11:15am-12pm <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Flex &amp; Move</b> 12pm-1pm <b>Nutrition Fundamentals</b> 1pm-2pm (Spanish) <b>Yin Yoga</b> 2pm-3pm <b>Guys Club for Nutrition &amp; Movement</b> 3pm-4pm <b>Crafty Crew Collective</b> <i>Come create a snack &amp; craft that are themed</i> <i>Bring the whole family</i> 4pm-5:30pm</div>			
<div><b>12</b> <b>Pound Fitness</b> 9am-10am <b>Healthy Living My Best Self #1</b> 9am-10am (Spanish) <b>Cal Fresh Applications</b> 10am-2pm <b>Zumba Chair</b> 10am-11am <b>Giggles &amp; Games</b> 10:15am-11am <b>HACSB Application Overview</b> 11am-12pm <b>Quitting Tobacco</b> 11am-12pm (Spanish) <b>Little Learners</b> 11:15am-12pm <b>Zumba</b> 12pm-1pm <b>Mindful Living #1</b> 1pm-2pm <b>Nutrition Fundamentals</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Diabetes Among Friends #1</b> 4pm-5pm (Spanish) <b>Snack Time with Lizette</b> 4pm-4:45pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Restorative Yoga</b> 5pm-6pm</div>		<div><b>Medi-Cal Renewal Specialist</b> <b>Zumba</b> 9am-10am <b>Digital Tools for a Healthier You</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Zumba Gold</b> 11am-12pm <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Tea Meditation</b> 2pm-2:45pm <b>Boys &amp; Girls Club</b> 3pm-4pm <b>Self Care &amp; Crafts</b> 4pm-5pm <b>Snack Attack with Alex</b> 4pm-4:45pm <b>Kidfit Sports Training</b> 5pm-6pm <b>Pound Fitness</b> 5pm-6pm</div>		<div><b>14</b> <b>Zumba Toning</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>CPR</b> 9:30am-12:30pm <b>1:30pm-4:30pm (Spanish)</b> <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Job Searching</b> 10am-11am <b>Well Child &amp; Young Adult Clinic</b> 10am-6pm <b>Little Learners</b> 10:15am-11am <b>Zumba</b> 11am-12pm <b>Flex &amp; Move</b> 12pm-1pm <b>Guys Club for Nutrition &amp; Movement</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Family Zumba</b> 4pm-5pm <b>Circuit Training</b> 5pm-6pm</div>		<div><b>15</b> <b>Zumba Gold</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Birthday Bash</b> For kids ages 0-4 with parents 10am-12pm <i>Bring your tiny humans and celebrate with us!</i> <b>Pound Fitness</b> 12pm-1pm <b>Nourish &amp; Flourish</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-4pm <b>Snack Attack with Alex</b> 4pm-4:45pm <b>Cozy Coffee/Hot Coco Corner</b> 4pm-5pm <b>Kidfit Sports Training</b> 5pm-5:45pm <b>Restorative Yoga</b> 5pm-6pm</div>		<div><b>16</b> <b>Bootcamp Training</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Zumbini</b> 10:15am-11am <b>Brunch with Lizette</b> 11am-12pm <b>Food Demo</b> 11:15am-12pm <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Flex &amp; Move</b> 12pm-1pm <b>Nutrition Fundamentals</b> 1pm-2pm (Spanish) <b>Yin Yoga</b> 2pm-3pm <b>Guys Club for Nutrition &amp; Movement</b> 3pm-4pm <b>Bingo Night</b> <i>Bring the whole family</i> 4pm-5:30pm All Ages &amp; child with parents Light snacks provided. While Supplies last.</div>			
<div><b>CLOSED</b> in observance of Martin Luther King, Jr. Day</div>		<div><b>19</b> <b>Medi-Cal Renewal Specialist</b> <b>Zumba</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Mindful Living #2</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Healthy Heart #1</b> 1pm-2pm (Spanish) <b>Zumbini</b> 10:15am-11am <b>Diabetes Among Friends #1</b> 1pm-2pm <b>Tea Meditation</b> 2pm-2:45pm <b>Boys &amp; Girls Club</b> 3pm-4pm <b>Healthy Living My Best Self #1</b> 4pm-5pm (Spanish) <b>Snack Attack with Alex</b> 4pm-4:45pm <b>Kidfit Sports Training</b> 5pm-5:45pm <b>Pound Fitness</b> 5pm-6pm</div>		<div><b>20</b> <b>Zumba Toning</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Money Basics</b> 10am-11am <b>Well Child &amp; Young Adult Clinic</b> 10am-6pm <b>Pregnancy &amp; Postpartum Group</b> 10am-1pm <b>Little Learners</b> 10:15am-11am <b>Zumba</b> 11am-12pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Family Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Circuit Training</b> 5pm-6pm</div>		<div><b>21</b> <b>Zumba Gold</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Tiny Tots Nutrition</b> 10:15am-11am <b>Zumbini</b> 11:15am-12pm <b>Pound Fitness</b> 12pm-1pm <b>Nourish &amp; Flourish</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-4pm <b>Snack Attack with Alex</b> 4pm-4:45pm <b>Cozy Coffee/Hot Coco Corner</b> 4pm-5pm <b>Kidfit Sports Training</b> 5pm-5:45pm <b>Restorative Yoga</b> 5pm-6pm</div>		<div><b>22</b> <b>Bootcamp Training</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Zumbini</b> 10:15am-11am <b>Brunch with Lizette</b> 11am-12pm <b>Food Demo</b> 11:15am-12pm <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Flex &amp; Move</b> 12pm-1pm <b>Yin Yoga</b> 2pm-3pm <b>Nutrition Fundamentals</b> 1pm-2pm (Spanish) <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Movie Night</b> <i>Bring the whole family</i> 4pm-5:45pm All Ages &amp; child with parents Light dinner &amp; snacks provided. While Supplies last.</div>			
<div><b>26</b> <b>Pound Fitness</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Cal Fresh Applications</b> 10am-2pm <b>Zumba Chair</b> 10am-11am <b>Giggles &amp; Games</b> 10:15am-11am <b>HACSB Application Overview</b> 11am-12pm <b>Little Learners</b> 11:15am-12pm <b>Zumba</b> 12pm-1pm <b>Nutrition Fundamentals</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Snack Time with Lizette</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Restorative Yoga</b> 5pm-6pm</div>		<div><b>Medi-Cal Renewal Specialist</b> <b>Zumba</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumba Gold</b> 11am-12pm <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Tea Meditation</b> 2pm-2:45pm <b>Boys &amp; Girls Club</b> 3pm-4pm <b>Self Care &amp; Crafts</b> 4pm-5pm <b>Snack Attack with Alex</b> 4pm-4:45pm <b>Kidfit Sports Training</b> 5pm-5:45pm <b>Pound Fitness</b> 5pm-6pm</div>		<div><b>27</b> <b>Zumba Toning</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Digital Tools for a Healthier You</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Keeping a Job</b> 10am-11am <b>Little Learners</b> 10:15am-11am <b>Zumba</b> 11am-12pm <b>Well Child &amp; Young Adult Clinic</b> 11am-7pm <b>Flex &amp; Move</b> 12pm-1pm <b>Guys Club for Nutrition &amp; Movement</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Family Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Circuit Training</b> 5pm-6pm</div>		<div><b>28</b> <b>Community Wellness Center</b> <b>CLOSED</b></div>		<div><b>29</b> <b>Bootcamp Training</b> 9am-10am <b>Quitting Tobacco</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Zumbini</b> 10:15am-11am <b>Brunch with Lizette</b> 11am-12pm <b>Mindful Living #2</b> 11am-12am (Spanish) <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Flex &amp; Move</b> 12pm-1pm <b>Nutrition Fundamentals</b> 1pm-2pm (Spanish) <b>Healthy Living My Best Self #2</b> 1pm-2pm <b>Yin Yoga</b> 2pm-3pm <b>Breathe Well, Live Well #2</b> 4pm-5pm (Spanish) <b>Bingo Night</b> <i>Bring the whole family</i> 4pm-5:30pm All Ages &amp; child with parents Light snacks provided. While Supplies last.</div>		<div><b>30</b></div>	