

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



May is National Mental Health Awareness Month!

Join any of our FREE classes to celebrate mental wellness, stress reduction, and building healthy habits. Everyone is welcome! Let's learn, support, and grow together.



Thank you for your patience and support as we work to improve our programs. We are committed to better services and a strong future for our community. We appreciate you being part of this progress.

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. Join for as little or as long as works for you and your child.



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.

Zumba 9am-10am **4**
Cal Fresh Applications 10am-2pm
Nutrition Fundamentals 10am-11am
Housing Authority of the County of San Bernardino Application Overview 11am-12pm
Zumba Chair 12pm-1pm
Healthy Habits with Lizette 1pm-2pm
Barre Fitness 4pm-5pm
Boys & Girls Club (ages 6-12 with parent on premises) 4pm-6pm
Podcast for Teens (ages 12-17 years) 4:30pm-5:50pm
Core Dance 5pm-6pm

Medi-Cal Renewal Specialist **5**
Dance Fitness 9am-10am
Playtime for Little Minds (ages 0-5 with parents) 9am-10am
Nourish & Flourish 10am-11am
Resume Writing 10am-11am
Citizenship Class 10am-12pm & 4pm-6pm
Bootcamp Training 11am-12pm
Healthy Habits with Lizette 1pm-2pm
Word Fundamentals 2pm-3pm
Intro to Artificial Intelligence 3pm-4pm
Boys & Girls Club (ages 6-12 with parent on premises) 3pm-6pm
Zumba 4pm-5pm
Pound Fitness 5pm-6pm



Zumba Toning 9am-10am **7**
Healthy Habits with Lizette 10am-11am
English as a Second Language 10am-12pm
Zumba Chair 4pm-6pm
Pound Fitness 11am-12pm
Spanish Class 12pm-1pm
Computer Basics 1pm-2pm
Excel Fundamentals 1:30pm-3pm
Boys & Girls Club (ages 6-12 with parent on premises) 3pm-6pm
Tea Time Social 5pm-6pm

Breakfast with Lizette 9am-10am **1**
Tea Time Social 12pm-1pm
Spanish Class 1pm-2pm
Positive Club for Kids (ages 6-12 with parent on premises) 1:30pm-2:30pm
Bootcamp Training 2pm-3pm
Project Learn for Kids (ages 6-12 with parent on premises) 2:30pm-3:30pm
Art for Kids (ages 6-12 with parent on premises) 3:30pm-4:30pm
Self Care & Crafts 4pm-5pm
Triple Play for Kids (ages 6-12 with parent on premises) 4:30pm-5:30pm
Core Dancing 5pm-6pm

Zumba 9am-10am **11**
Cal Fresh Applications 10am-2pm
Nutrition Fundamentals 10am-11am
Playtime for Little Minds (ages 0-5 with parents) 10am-11am
Breathe Well, Live Well #2 10am-11am (Spanish)
Mindful Living #3 11am-12pm
Zumba Chair 12pm-1pm
Healthy Habits with Lizette 1pm-2pm
Healthy Living: My Best Self #1 2pm-3pm (Spanish)
Diabetes Among Friends #8 3pm-4pm (Spanish)
Barre Fitness 4pm-5pm
Boys & Girls Club (ages 6-12 with parent on premises) 4pm-6pm
Podcast for Teens (ages 12-17 years) 4:30pm-5:50pm
Core Dance 5pm-6pm

Medi-Cal Renewal Specialist **12**
Dance Fitness 9am-10am
Nourish & Flourish 10am-11am
Resume Writing 10am-11am
Citizenship Class 10am-12pm & 4pm-6pm
Bootcamp Training 11am-12pm
Healthy Habits with Lizette 1pm-2pm
Word Fundamentals 2pm-3pm
Intro to Artificial Intelligence 3pm-4pm
Boys & Girls Club (ages 6-12 with parent on premises) 3pm-6pm
Zumba 4pm-5pm
Digital Tools for a Healthier You 4pm-5pm (Spanish)
Pound Fitness 5pm-6pm

Bootcamp Training 9am-10am **13**
CPR 9:30am-12:30pm
Job Searching 1:30pm-4:30pm (Spanish)
Well Child & Young Adult Clinic 10am-5pm
Active IEHP Direct members ages 3-21. Is your child due for a Well Care Visit? Call (866) 228-4347, option 5 to verify eligibility and schedule an appointment or walk-in to participate.
Tone & Sculpt 11am-12pm
Low Impact Training 1pm-2pm
Boys & Girls Club (ages 6-12 with parent on premises) 4pm-6pm
Zumba Toning 4pm-5pm
Podcast for Teens (ages 12-17 years) 4:30pm-5:50pm
Zumba 5pm-6pm

Zumba Toning 9am-10am **14**
Healthy Habits with Lizette 10am-11am
English as a Second Language 10am-12pm
Zumba Chair 4pm-6pm
Pound Fitness 11am-12pm
Spanish Class 12pm-1pm
Computer Basics 1pm-2pm
Medicare 101 2pm-3pm
Excel Fundamentals 3pm-4pm (Spanish)
Boys & Girls Club (ages 6-12 with parent on premises) 3pm-6pm
Tea Time Social 5pm-6pm

Breakfast with Lizette 9am-10am **15**
Tea Time Social 12pm-1pm
Positive Club for Kids (ages 6-12 with parent on premises) 1:30pm-2:30pm
Bootcamp Training 2pm-3pm
Project Learn for Kids (ages 6-12 with parent on premises) 2:30pm-3:30pm
Art for Kids (ages 6-12 with parent on premises) 3:30pm-4:30pm
Self Care & Crafts 4pm-5pm
Triple Play for Kids (ages 6-12 with parent on premises) 4:30pm-5:30pm
Core Dancing 5pm-6pm
Crafting Memories with Mom 3:30pm-5:30pm
For kids ages 6-12 with parent Join us for a special crafting session to create treasured keepsakes together.

Zumba 9am-10am **18**
Cal Fresh Applications 10am-2pm
Nutrition Fundamentals 10am-11am
Mindful Living #3 10am-11am (Spanish)
Healthy Heart #3 11am-12pm
Housing Authority of the County of San Bernardino Application Overview 11am-12pm
Zumba Chair 12pm-1pm
Healthy Habits with Lizette 1pm-2pm
Diabetes Among Friends #9 2pm-3pm (Spanish)
Breathe Well, Live Well #1 3pm-4pm
Barre Fitness 4pm-5pm
Boys & Girls Club (ages 6-12 with parent on premises) 4pm-6pm
Podcast for Teens (ages 12-17 years) 4:30pm-5:50pm
Core Dance 5pm-6pm

Medi-Cal Renewal Specialist **19**
Dance Fitness 9am-10am
Nourish & Flourish 10am-11am
Resume Writing 10am-11am
Citizenship Class 10am-12pm & 4pm-6pm
Bootcamp Training 11am-12pm
Healthy Habits with Lizette 1pm-2pm
Word Fundamentals 2pm-3pm
Intro to Artificial Intelligence 3pm-4pm
Boys & Girls Club (ages 6-12 with parent on premises) 3pm-6pm
Zumba 4pm-5pm
Pound Fitness 5pm-6pm

Bootcamp Training 9am-10am **20**
Money Basics 10am-11am
Well Child & Young Adult Clinic 10am-5pm
Active IEHP Direct members ages 3-21. Is your child due for a Well Care Visit? Call (866) 228-4347, option 5 to verify eligibility and schedule an appointment or walk-in to participate.
Tone & Sculpt 11am-12pm
A Better Me 12pm-1pm
Grief & Loss Support Group 1pm-2pm
Zumba Gold 2pm-3pm
Zumba Toning 4pm-5pm
Boys & Girls Club (ages 6-12 with parent on premises) 4pm-6pm
Podcast for Teens (ages 12-17 years) 4:30pm-5:50pm
Zumba 5pm-6pm

Zumba Toning 9am-10am **21**
Healthy Habits with Lizette 10am-11am
English as a Second Language 10am-12pm
Zumba Chair 4pm-6pm
Pound Fitness 11am-12pm
Spanish Class 12pm-1pm
Computer Basics 1pm-2pm
Excel Fundamentals 1:30pm-3pm
Boys & Girls Club (ages 6-12 with parent on premises) 3pm-6pm
Eat Smart, Be Active 4pm-5:30pm
Tea Time Social 5pm-6pm

Breakfast with Lizette 9am-10am **22**
Active IEHP Members Only CPR 9:30am-12:30pm
Tea Time Social 12pm-1pm
Positive Club for Kids (ages 6-12 with parent on premises) 1:30pm-2:30pm
Bootcamp Training 2pm-3pm
Project Learn for Kids (ages 6-12 with parent on premises) 2:30pm-3:30pm
Art for Kids (ages 6-12 with parent on premises) 3:30pm-4:30pm
Self Care & Crafts 4pm-5pm
Triple Play for Kids (ages 6-12 with parent on premises) 4:30pm-5:30pm
Core Dancing 5pm-6pm



Medi-Cal Renewal Specialist **25**
Dance Fitness 9am-10am
Nourish & Flourish 10am-11am
Family Playtime (ages 0-5 with parents) 10am-11am
Resume Writing 10am-11am
Citizenship Class 10am-12pm & 4pm-6pm
Bootcamp Training 11am-12pm
Healthy Habits with Lizette 1pm-2pm
Word Fundamentals 2pm-3pm
Intro to Artificial Intelligence 3pm-4pm
Boys & Girls Club (ages 6-12 with parent on premises) 3pm-6pm
Zumba 4pm-5pm
Digital Tools for a Healthier You 4pm-5pm
Pound Fitness 5pm-6pm

Bootcamp Training 9am-10am **26**
Keeping a Job 10am-11am
Well Child & Young Adult Clinic 10am-5pm
Maternal Wellness Workshop 10am-1pm
May is Maternal Health Awareness Month! Join us for a fun and supportive workshop on pregnancy and beyond! Enjoy activities, a light lunch, free gifts, and more. While supplies last.
Tone & Sculpt 11am-12pm
A Better Me 12pm-1pm
Grief & Loss Support Group 1pm-2pm (Spanish)
Zumba Gold 2pm-3pm
Zumba Toning 4pm-5pm
Boys & Girls Club (ages 6-12 with parent on premises) 4pm-6pm
Podcast for Teens (ages 12-17 years) 4:30pm-5:50pm
Zumba 5pm-6pm

Zumba Toning 9am-10am **27**
Healthy Habits with Lizette 10am-11am
English as a Second Language 10am-12pm
Zumba Chair 4pm-6pm
Pound Fitness 11am-12pm
Spanish Class 12pm-1pm
Computer Basics 1pm-2pm
Excel Fundamentals 1:30pm-3pm
Boys & Girls Club (ages 6-12 with parent on premises) 3pm-6pm
Eat Smart, Be Active 4pm-5:30pm
Tea Time Social 5pm-6pm

Breakfast with Lizette 9am-10am **28**
Healthy Heart #1 10am-11am (Spanish)
Diabetes Among Friends #9 11am-12pm
Tea Time Social 12pm-1pm
Positive Club for Kids (ages 6-12 with parent on premises) 1:30pm-2:30pm
Bootcamp Training 2pm-3pm
Project Learn for Kids (ages 6-12 with parent on premises) 2:30pm-3:30pm
Breathe Well, Live Well #1 2pm-3pm (Spanish)
Quitting Tobacco 3pm-4pm
Art for Kids (ages 6-12 with parent on premises) 3:30pm-4:30pm
Self Care & Crafts 4pm-5pm
Triple Play for Kids (ages 6-12 with parent on premises) 4:30pm-5:30pm
Core Dancing 5pm-6pm