

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>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 HACSB - Housing Authority of the County of San Bernardino STEM - Science, Engineering, Technology, Math Dark Blue font color - Boy & Girls Club classes for kids ages 6-12 with parent on premises</div>	<div>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!</div> <div>Breast Cancer Awareness Month Join us for various events throughout the month. Don't forget to wear something pink on the days you see the ribbon.</div>	<div>Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Giggles & Games 10:15am-11am Diabetes Among Friends #1 10:30am-11:30am (Spanish) Zumba Chair 11am-12pm Little Learners 11:15am-12pm Diabetes Among Friends #1 12pm-1pm Movement & Mobility 12:30pm-1:30pm Chat with the Coach in the Kitchen 1pm-2pm Beginning Zumba 2pm-3pm Boys & Girls Club 3pm-6pm Homework support & activities. HIIT 4pm-5pm Zumba Kids 4:15pm-5pm Creative Arts for Teens 4:30pm-5:50pm Bootcamp Kids Training 5pm-5:45pm Zumba Toning 5pm-6pm</div>	<div>Zumba Toning 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chat with the Coach 10am-11am Lactation New Parent Group 10am-12pm English as a Second Language 10am-12pm & 4pm-6pm Tiny Tots Nutrition 10:15am-11am Strength & Conditioning 11am-12pm Little Learners 11:15am-12pm Stories & Crafts for Littles 12pm-12:45pm Zumba Gold 12pm-1pm Midwifery-Led Prenatal Group 12:30pm-2:30pm Healthy Habits with Lizette 1pm-2pm Energy Flow 2pm-3pm Homework Support 3pm-4:30pm Creative Family Workshop 3pm-5:45pm Ages 0-5 & 13-17 with parents Hatha Yoga 4pm-5pm Triple Play 4:30pm-5:45pm Fitness for mind & body Circuit Training 5pm-6pm</div>	<div>Bootcamp Training 9am-10am Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Nourish & Flourish 10am-11am Nutrition for your brains wellness Zumbini 10:15am-11am Little Learners 11:15am-12pm Educational stations for parents to teach their child Flex & Move 11am-12pm Zumba Chair 12pm-1pm Healthy Habits with Lizette 1pm-2pm Yin Yoga 2pm-3pm HIIT 3pm-4pm Zumba 4pm-5pm Teen Leadership 4:30pm-5:50pm</div> <div>Bingo Night <i>Bring the whole family</i> 4pm-5:30pm All Ages & child with parents Light snacks provided. While Supplies last.</div>
<div>Great Futures Start Here!** 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></div>	<div>Well Child & Young Adult Clinic 10am-6pm <i>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.</i> Active IEHP Direct members ages 3-21 welcome!</div>	<div>Zumba 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) A Better Me 10am-11am Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Giggles & Games 10:15am-11am Zumba Chair 11am-12pm Grief & Loss Support Group 11am-12pm Little Learners 11:15am-12pm Digital Tools for a Healthier You 12pm-1pm (Spanish) Movement & Mobility 12:30pm-1:30pm Chat with the Coach in the Kitchen 1pm-2pm Beginning Zumba 2pm-3pm Boys & Girls Club 3pm-6pm Homework support & activities. HIIT 4pm-5pm Zumba Kids 4:15pm-5pm Creative Arts for Teens 4:30pm-5:50pm Bootcamp Kids Training 5pm-5:45pm Zumba Toning 5pm-6pm</div>	<div>Zumba Toning 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chat with the Coach 10am-11am English as a Second Language 10am-12pm & 4pm-6pm Tiny Tots Nutrition 10:15am-11am Strength & Conditioning 11am-12pm Little Learners 11:15am-12pm IEHP 101 Benefits 11:30am-12:30pm & 12:30-1:30pm (Spanish) Stories & Crafts for Littles 12pm-12:45pm Zumba Gold 12pm-1pm Healthy Habits with Lizette 1pm-2pm Energy Flow 2pm-3pm Homework Support 3pm-4:30pm Creative Family Workshop 3pm-5:45pm Ages 0-5 & 13-17 with parents Hatha Yoga 4pm-5pm Triple Play 4:30pm-5:45pm Fitness for mind & body Circuit Training 5pm-6pm</div>	<div>Bootcamp Training 9am-10am Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Nourish & Flourish 10am-11am Nutrition for your brains wellness Zumbini 10:15am-11am Breast & Cervical Health 11am-12pm Little Learners 11:15am-12pm Educational stations for parents to teach their child Zumba Chair 11:30am-12:30pm Flex & Move 12pm-1pm Healthy Habits with Lizette 1pm-2pm Yin Yoga 2pm-3pm Zumba 4pm-5pm Teen Leadership 4:30pm-5:50pm</div> <div>Movie Night <i>Bring the whole family</i> 4pm-5:30pm All Ages & child with parents Light snacks provided. While Supplies last.</div>
<div>Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Nutrition Fundamentals 10am-11am</div> <div>Cal Fresh Applications 10am-2pm</div> <div>Giggles & Games 10:15am-11am Movement & Mobility 11am-12pm HACSB Application Overview 11am-12pm Little Learners 11:15am-12pm Chair Yoga 12pm-1pm Chat with the Coach 1pm-2pm Nourish & Flourish 2pm-3pm Boys & Girls Club 3pm-6pm <i>Homework support & activities.</i> Self Care Through Art 3pm-4pm Snack Time with Lizette 4pm-4:45pm Knit & Crochet (Self Led) 4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm</div>	<div>Medi-Cal Renewal Specialist Breakfast with Lizette 9:30am-10:30am Energy Education & Budgeting** 9am-10am & 1pm-2pm Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm Healthy Living My Best Self #1 10am-11am Zumbini 10:15am-12pm & 11:15am-12pm Quitting Tobacco 10:30am-11:30am (Spanish) Zumba Gold 11am-12pm Disaster Preparedness 11am-11:30am (Spanish) Quitting Tobacco 12pm-1pm Chair Kickboxing 12pm-1pm Nutrition Fundamentals 12pm-1pm (Spanish) Stories & Crafts for Littles 12:15pm-1pm Chat with the coach 1pm-2pm Tea Meditation 2pm-3pm Homework Support 3pm-4:30pm Self Care & Crafts 4pm-5pm Creative Family Workshop 4pm-5:45pm Ages 0-5 & 13-17 with parents Triple Play 4:30pm-5:45pm Fitness for mind & body Pound Fitness 5pm-6pm</div> <div></div>	<div>Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Giggles & Games 10:15am-11am Zumba Chair 11am-12pm Little Learners 11:15am-12pm Movement & Mobility 12:30pm-1:30pm Chat with the Coach in the Kitchen 1pm-2pm Beginning Zumba 2pm-3pm</div> <div>Boys & Girls Club 3pm-5:45pm Video Game Tournament</div>	<div>Zumba Toning 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chat with the Coach 10am-11am English as a Second Language 10am-12pm & 4pm-6pm Tiny Tots Nutrition 10:15am-11am Strength & Conditioning 11am-12pm Little Learners 11:15am-12pm Stories & Crafts for Littles 12pm-12:45pm Zumba Gold 12pm-1pm Healthy Habits with Lizette 1pm-2pm Energy Flow 2pm-3pm Homework Support 3pm-4:30pm Creative Family Workshop 3pm-5:45pm Ages 0-5 & 13-17 with parents Hatha Yoga 4pm-5pm Circuit Training 5pm-6pm</div> <div>Boys & Girls Club 3pm-5:45pm Video Game Tournament</div>	<div>Bootcamp Training 9am-10am Playdate Hour (Self Led) 9am-10am Chapter Chats & Activities 10am-11am Nourish & Flourish 10am-11am Nutrition for your brains wellness Zumbini 10:15am-11am Little Learners 11:15am-12pm Educational stations for parents to teach their child Flex & Move 11am-12pm Zumba Chair 12pm-1pm Healthy Habits with Lizette 1pm-2pm Yin Yoga 2pm-3pm HIIT 3pm-4pm</div> <div>Boys & Girls Club 3pm-5:45pm Video Game Tournament</div>
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<div>Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Nutrition Fundamentals 10am-11am Know Your Rights 9:30am-10:30am (Spanish)</div> <div>Cal Fresh Applications 10am-2pm</div> <div>Giggles & Games 10:15am-11am Movement & Mobility 11am-12pm HACSB Application Overview 11am-12pm Little Learners 11:15am-12pm Chair Yoga 12pm-1pm Chat with the Coach 1pm-2pm Nourish & Flourish 2pm-3pm Boys & Girls Club 3pm-6pm <i>Homework support & activities.</i> Snack Time with Lizette 4pm-4:45pm Knit & Crochet (Self Led) 4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga 5pm-6pm</div>	<div>Medi-Cal Renewal Specialist Breakfast with Lizette 9:30am-10:30am Energy Education & Budgeting** 9am-10am & 1pm-2pm Family Playtime 10am-11am Resume & Development** 10am-12pm Citizenship Class 10am-12pm & 4pm-6pm</div> <div>Well Child & Young Adult Clinic 10am-6pm</div>	<div>Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Giggles & Games 10:15am-11am Zumba Chair 11am-12pm Little Learners 11:15am-12pm Movement & Mobility 12:30pm-1:30pm Chat with the Coach in the Kitchen 1pm-2pm Creative Arts for Teens 4:30pm-5:50pm</div> <div>Dance Party 4pm-5:30pm Costumes Welcome Ages 12 & up <i>Join us for a spooktacular costume contest</i></div>	<div>CLOSED 9am-1pm</div> <div>Kickboxing 1pm-2pm Zumba Chair 2pm-3pm English as a Second Language 4pm-6pm</div> <div>Movie Night <i>Bring the whole family</i> 4pm-5:30pm All Ages & child with parents Light snacks provided. While Supplies last.</div>	<div>Zumba 9am-10am Nourish & Flourish 10am-11am <i>Nutrition for your brains wellness</i> Zumba Chair 11:30am-12:30pm</div> <div>Health-O-Ween 3pm-5:30pm Costumes Welcome All Ages with Parents <i>Join us for art, games, spooky maze, treats & prizes. While Supplies last.</i></div>