

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Do you need assistance filling out your Medi-Cal Renewal?</b></p> <p>IEHP is here to help. Call us at <b>1-888-860-1296</b> or visit our center to make an appointment.</p> <p><b>Medi-Cal Eligibility Worker - Get Medi-Cal application assistance and more from the on-site Medi-Cal worker.</b></p> <p><b>Legend</b></p> <p>Blue font color - Infant &amp; toddler classes ages 0-5 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 **Pre-registration Required</p>	<p><b>Medi-Cal Renewal Specialist</b> <b>Medi-Cal Eligibility Worker</b></p> <p>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p>Being Self Sufficient 10am-11am <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm Chair Fitness 12pm-1pm Yin Yoga 1pm-2pm Healthy Living: My Best Self 4 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Meditation 2pm-3pm Health Heart 1 2:30pm-3:30pm (Spanish) Kickboxing 3pm-4pm Fitness Kids 4pm-5pm Breathe Well, Live Well 1 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Latin Dance 5pm-6pm Meditation for Kids 5pm-6pm</p>	<p><b>Strength &amp; Conditioning</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Understanding Diabetes</b> 7 9:30am-10:30am (Spanish) <b>Job Club**</b> 10am-12pm <b>Family Nutrition</b> 10:15am-11am <b>Chair Fitness</b> 11am-12pm <b>Living Well 7</b> 11am-12pm <b>Chair Yoga</b> 12pm-1pm <b>Food Demonstration with Russell</b> 1pm-2pm <b>Mindful Living 3</b> 1:30pm-2:30pm (Spanish) <b>Low Impact Training</b> 3pm-4pm <b>Beginning Zumba</b> 3pm-4pm <b>Zumba</b> 4pm-5pm <b>Kids Eat Well</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Hatha Yoga</b> 5pm-6pm <b>Zumba Kids</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Zumba</b> 10am-11am <b>English as a Second Language</b> 10am-11am &amp; 4pm-5pm <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Food Demonstration with Russell</b> 11am-12pm <b>Beginning Zumba</b> 11am-12pm <b>Meditation</b> 1pm-2pm (Spanish) <b>Movement &amp; Mobility</b> 2pm-3pm <i>*Low intensity class that will increase range of motion for muscle activation and injury prevention</i> <b>Strength &amp; Conditioning</b> 4pm-5pm <b>Zumba Kids</b> 4pm-5pm <b>U-Jam</b> 5pm-6pm <b>Yoga Kids</b> 5pm-6pm</p>	<p><b>Community Resource Center CLOSED</b></p>	<p><b>Strength &amp; Conditioning</b> 9am-10am <b>Kickboxing</b> 10am-11am <b>Brunch Club (18+)</b> 10:30am-12:30pm <b>Kids Eat Well</b> 10:45am-11:45am <b>Latin Dance</b> 11am-12pm <b>Dance Kids</b> 12pm-1pm</p>
<p><b>Zumba Core</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p>Being Self Sufficient 10am-11am <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm Chair Fitness 12pm-1pm Yin Yoga 1pm-2pm Healthy Living: My Best Self 4 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Meditation 2pm-3pm Health Heart 1 2:30pm-3:30pm (Spanish) Kickboxing 3pm-4pm Fitness Kids 4pm-5pm Breathe Well, Live Well 1 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Latin Dance 5pm-6pm Meditation for Kids 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b> <b>Medi-Cal Eligibility Worker</b></p> <p>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am</p> <p><b>Zumba</b> 10am-11am <b>Resume &amp; Development**</b> 10am-12pm <b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm <b>Reading Club for Littles</b> 10:15am-11am &amp; 11:15am-12pm <b>Food Demonstration with Russell</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Chair Yoga</b> 2pm-3pm <b>Zumba Toning</b> 4pm-5pm <b>Yoga for Kids</b> 4pm-5pm <b>Meditation</b> 5pm-6pm <b>Dance Kids</b> 5pm-6pm</p>	<p><b>Family Story Time</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Mindful Living 1</b> 9:30am-10:30am (Spanish) <b>CPR</b> 9:30am-12:30pm 1:30pm-4:30pm (Spanish) <b>Job Club**</b> 10am-12pm <b>Playdate Hour (Self Led)</b> 10am-11am &amp; 11am-12pm <b>Family Nutrition</b> 10:15am-11am <b>Chair Fitness</b> 11am-12pm <b>Becoming a Mom 6</b> 11am-12pm <b>Chair Yoga</b> 12pm-1pm <b>Food Demonstration with Russell</b> 1pm-2pm <b>My Life, My Choice</b> 1:30pm-2:30pm (Spanish) <b>Chair Yoga</b> 2pm-3pm <b>Zumba Toning</b> 4pm-5pm <b>Yoga for Kids</b> 4pm-5pm <b>Meditation</b> 5pm-6pm <b>Dance Kids</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Zumba</b> 10am-11am <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>English as a Second Language</b> 10am-11am &amp; 4pm-5pm</p> <p><b>Child Passenger Safety Class**</b> 10:30am-12:30pm <i>Free car seat at the end of the workshop if eligible. Space is limited. Scan QR code to register.</i></p> <p><b>Food Demonstration with Russell</b> 11am-12pm <b>Beginning Zumba</b> 11am-12pm <b>Meditation</b> 1pm-2pm (Spanish) <b>Movement &amp; Mobility</b> 2pm-3pm</p> <p><b>Mother's Day Giveaway</b> 3:30pm-5:30pm <i>Teens bring your mom and celebrate her special day. Mothers will receive a free gift. While supplies last. RSVP does not guarantee/reserve a spot. For more information call 909-723-1695 or email info@vvyta-ie.org</i></p>	<p><b>Family Movie Night</b> Ages 5-11 with parents 3:30pm-5:30pm Vision Screenings Available Light snacks provided. While Supplies last.</p> <p><b>Mindful Movers for Kids</b> 3:30pm-4pm <b>Movie</b> 4pm-5:30pm</p> <p><b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Zumba Chair</b> 10am-11am <b>Zumbini</b> 11am-12pm <b>Dance Kids</b> 11am-12pm <b>Latin Dance</b> 12pm-1pm <b>Zumba Kids</b> 12pm-1pm</p>
<p><b>Zumba Core</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm Chair Fitness 12pm-1pm Yin Yoga 1pm-2pm Understanding Diabetes 7 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Meditation 2pm-3pm Healthy Living: My Best Self 1 2:30pm-3:30pm (Spanish) Kickboxing 3pm-4pm Fitness Kids 4pm-5pm Healthy Heart 3 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Latin Dance 5pm-6pm Meditation for Kids 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b> <b>Medi-Cal Eligibility Worker</b></p> <p>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</p> <p><b>Goodwill Hiring Event</b> 10am-2pm For more information call 760-780-4970 Ext. 4850</p> <p><b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm <b>Reading Club for Littles</b> 10:15am-11am &amp; 11:15am-12pm <b>Breast &amp; Cervical Health</b> 11am-12pm <b>Food Demonstration with Russell</b> 2pm-3pm <b>Chair Yoga</b> 3pm-4pm <b>Zumba Toning</b> 4pm-5pm <b>Family Arts &amp; Crafts</b> 4pm-5pm <i>Invite grandparents to the family fun. Snacks &amp; refreshments provided. While supplies last.</i> <b>Meditation</b> 5pm-6pm <b>Dance Kids</b> 5pm-6pm</p>	<p><b>Medi-Cal Eligibility Worker</b></p> <p><b>Strength &amp; Conditioning</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Breathe Well, Live Well 1</b> 9:30am-10:30am (Spanish) <b>A Better Me</b> 10am-11am <b>Job Club**</b> 10am-12pm <b>Family Nutrition</b> 10:15am-11am <b>Grief &amp; Loss Support Group</b> 11am-12pm <b>Living Well 8</b> 11am-12pm <b>Chair Yoga</b> 12pm-1pm <b>Food Demonstration with Russell</b> 1pm-2pm <b>Becoming a Mom 9</b> 1:30pm-2:30pm (Spanish) <b>Low Impact Training</b> 3pm-4pm <b>Beginning Zumba</b> 3pm-4pm <b>Zumba</b> 4pm-5pm <b>Kids Eat Well</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Hatha Yoga</b> 5pm-6pm <b>Zumba Kids</b> 5pm-6pm</p>	<p><b>CLOSED</b> 9am-11am</p> <p><b>Food Demonstration with Russell</b> 11am-12pm <b>Beginning Zumba</b> 11am-12pm <b>Zumbini</b> 11:15am-12pm <b>Playdate Hour (Self Led)</b> 12pm-1pm <b>Zumba Gold</b> 12pm-1pm <b>Meditation</b> 1pm-2pm (Spanish) <b>Movement &amp; Mobility</b> 2pm-3pm <i>*Low intensity class that will increase range of motion for muscle activation and injury prevention</i> <b>Restorative Yoga</b> 4pm-5pm <b>English as a Second Language</b> 4pm-5pm <b>Zumba Kids</b> 4pm-5pm <b>U-Jam</b> 5pm-6pm <b>Yoga Kids</b> 5pm-6pm</p>	<p><b>Family Movie Night</b> Ages 5-11 with parents 3:30pm-5:30pm Vision Screenings Available Light snacks provided. While Supplies last.</p> <p><b>Mindful Movers for Kids</b> 3:30pm-4pm <b>Movie</b> 4pm-5:30pm</p> <p><b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm</p>	<p><b>Kickboxing</b> 9am-10am <b>Zumba Toning</b> 10am-11am <b>Playdate Hour (Self Led)</b> 11am-12pm <b>Zumba Chair</b> 11am-12pm <b>Beginner Yoga</b> 11am-12pm <b>Chair Yoga</b> 1pm-2pm <b>Food Demonstration with Russell</b> 2pm-3pm <b>Meditation</b> 3pm-4pm <b>Kids Eat Well</b> 4pm-4:45pm <b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm <b>Mindful Movers for Kids</b> 5pm-6pm</p>
<p><b>Zumba Core</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p>Being Self Sufficient 10am-11am <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm Chair Fitness 12pm-1pm Yin Yoga 1pm-2pm <b>My Life, My Choice</b> 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Meditation 2pm-3pm Understanding Diabetes 8 2:30pm-3:30pm (Spanish) Kickboxing 3pm-4pm <b>Art Class</b> 3:30pm-4:30pm <b>Mindful Living 1</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Fitness Kids</b> 4:30pm-5:30pm <b>Latin Dance</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b> <b>Medi-Cal Eligibility Worker</b></p> <p>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm <b>Resume &amp; Development**</b> 10am-12pm <b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm</p> <p><b>Maternal Wellness Event</b> 10am-1pm <i>You're Invited!</i></p> <p><b>Food Demonstration with Russell</b> 2pm-3pm <b>Chair Yoga</b> 3pm-4pm <b>Zumba Toning</b> 4pm-5pm <b>Kids Eat Well</b> 4pm-5pm <b>Meditation</b> 5pm-6pm <b>Dance Kids</b> 5pm-6pm</p>	<p><b>CLOSED</b> 9am-2pm</p> <p><b>Strength &amp; Conditioning</b> 2pm-3pm <b>Energy Education &amp; Budgeting**</b> 2pm-3pm <b>Healthy Living: My Best Self 2</b> 2pm-3pm (Spanish) <b>Low Impact Training</b> 3pm-4pm <b>Beginning Zumba</b> 3pm-4pm <b>Understanding Diabetes 8</b> 3:30pm-4:30pm <b>Zumba</b> 4pm-5pm <b>Kids Eat Well</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Hatha Yoga</b> 5pm-6pm <b>Zumba Kids</b> 5pm-6pm <b>Breathe Well, Live Well 2</b> 5pm-6pm (Spanish)</p>	<p><b>Zumba Toning</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Rethink Your Drink: Choose Healthy Beverages</b> 10am-11am <b>English as a Second Language</b> 10am-11am &amp; 4pm-5pm <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm</p> <p><b>Health &amp; Wellness Conference**</b> 11am-2pm <i>All informal caregivers are invited to attend! Lunch provided. To register scan QR code or call 800-675-6694</i></p> <p><b>Beginning Zumba</b> 11am-12pm <b>Food Demonstration with Russell</b> 12pm-1pm <b>Meditation</b> 1pm-2pm (Spanish) <b>Movement &amp; Mobility</b> 2pm-3pm <b>Medicare 101</b> 2pm-3pm &amp; 3pm-4pm (Spanish) <b>Strength &amp; Conditioning</b> 4pm-5pm <b>Zumba Kids</b> 4pm-5pm <b>U-Jam</b> 5pm-6pm <b>Yoga Kids</b> 5pm-6pm</p>	<p><b>Family Movie Night</b> Ages 5-11 with parents 3:30pm-5:30pm Vision Screenings Available Light snacks provided. While Supplies last.</p> <p><b>Mindful Movers for Kids</b> 3:30pm-4pm <b>Movie</b> 4pm-5:30pm</p> <p><b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm</p>	<p><b>Community Resource Center CLOSED</b></p>
<p><b>Community Resource Center CLOSED</b></p>	<p><b>Medi-Cal Renewal Specialist</b> <b>Medi-Cal Eligibility Worker</b></p> <p>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am</p> <p><b>Zumba</b> 10am-11am <b>Resume &amp; Development**</b> 10am-12pm <b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm <b>Reading Club for Littles</b> 10:15am-11am &amp; 11:15am-12pm <b>Food Demonstration with Russell</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>IEHP Benefits Class</b> 1:30pm-2:30pm (Spanish) <b>Chair Yoga</b> 2pm-3pm <b>Zumba Toning</b> 4pm-5pm <b>Yoga for Kids</b> 4pm-5pm <b>Meditation</b> 5pm-6pm <b>Dance Kids</b> 5pm-6pm</p>	<p><b>Medi-Cal Eligibility Worker</b></p> <p><b>Dance Fitness</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Healthy Heart 2</b> 9:30am-10:30am (Spanish) <b>A Better Me</b> 10am-11am <b>Job Club**</b> 10am-12pm <b>Family Nutrition</b> 10:15am-11am <b>Grief &amp; Loss Support Group</b> 11am-12pm (Spanish) <b>Healthy Living: My Best Self 1</b> 11am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Food Demonstration with Russell</b> 1pm-2pm <b>Understanding Diabetes 1</b> 1:30pm-2:30pm (Spanish) <b>Tone &amp; Sculpt</b> 3pm-4pm <b>Beginning Zumba</b> 3pm-4pm <b>Zumba</b> 4pm-5pm <b>Kids Eat Well</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Strength &amp; Conditioning</b> 5pm-6pm <b>Zumba Kids</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>English as a Second Language</b> 10am-11am &amp; 4pm-5pm <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Food Demonstration with Russell</b> 11am-12pm <b>Beginning Zumba</b> 11am-12pm <b>Meditation</b> 1pm-2pm (Spanish) <b>Bootcamp Training</b> 2pm-3pm</p> <p><b>Mamas' &amp; Nanas' Dance Party</b> 3:30pm-5:30pm <i>Celebrate with Us!</i></p> <p><b>Kids Eat Well</b> 4pm-5pm</p>	<p><b>Family Movie Night</b> Ages 5-11 with parents 3:30pm-5:30pm Vision Screenings Available Light snacks provided. While Supplies last.</p> <p><b>Mindful Movers for Kids</b> 3:30pm-4pm <b>Movie</b> 4pm-5:30pm</p> <p><b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm</p>	<p><b>Kickboxing</b> 10am-11am <b>Beginning Zumba</b> 10am-11am <b>Family Nutrition</b> 10:15am-11am <b>Playdate Hour (Self Led)</b> 11am-12pm <b>Zumba Chair</b> 11am-12pm <b>Beginner Yoga</b> 11am-12pm <b>Chair Yoga</b> 1pm-2pm <b>Food Demonstration with Russell</b> 2pm-3pm <b>Meditation</b> 3pm-4pm <b>Kids Eat Well</b> 4pm-4:45pm <b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm <b>Mindful Movers for Kids</b> 5pm-6pm</p>