

Monday - Friday, 8:00am - 4:30pm

Free and open to everyone!

November 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Do you need to make a premium payment? Come in, we can help!</p>	Ask Us About Medicare Available to the Community Do you have questions about Medicare? Visit us on Thursdays!	<div>1</div> 9:30am - 10:30am Sit-Fit Fitness Class 10:30am - 12:00pm Support Group: Love to Learn By Maria Elena Lopez Los Angeles County Department of Mental Health	<div>2</div> 10:00am - 1:00pm Ask Us About Medicare 12:00pm - 3:00pm Knitting Club	<div>3</div> 9:30am - 10:30am Zumba Exercise Class 10:00am - 11:00am Support Group: Occupational Wellness, Part 2 By Maria Elena Lopez Los Angeles County Department of Mental Health
<div>6</div> 9:30am - 10:30am Zumba Exercise Class 10:45am - 12:00pm Loteria, BINGO and Memory Games By Sofia/Isabel Project Return Peer Support Network (PRPSN)	<div>7</div> 10:00am - 11:30am Support Group: Communication within family By Claudia Razo Los Angeles County Department of Mental Health 12:00pm - 3:00pm Knitting Club	<div>8</div> 9:30am - 10:30am Sit-Fit Fitness Class 10:30am - 12:00pm Support Group: Love to Learn, Part 2 By Maria Elena Lopez Los Angeles County Department of Mental Health	<div>9</div> 10:00am - 1:00pm Ask Us About Medicare 10:00am - 11:30am Support Group: Emotional Painting By Lucia Veloz East Los Angeles Women's Center 12:00pm - 3:00pm Knitting Club	<div>10</div> 9:30am - 10:30am Zumba Exercise Class 10:30am - 11:30am Support Group: Social Wellness By Maria Elena Lopez Los Angeles County Department of Mental Health
<div>13</div> 9:30am - 10:30am Zumba Exercise Class 10:45am - 12:00pm Loteria, BINGO and Memory Games By Sofia/Isabel Project Return Peer Support Network (PRPSN)	<div>14</div> 10:00am - 11:30am Support Group: Gratitude By Claudia Razo Los Angeles County Department of Mental Health 12:00pm - 3:00pm Knitting Club	<div>15</div> 9:30am - 10:30am Sit-Fit Fitness Class 10:30am - 12:00pm Support Group: Living for Oneself (is Okay) By Maria Elena Lopez Los Angeles County Department of Mental Health 12:00pm - 3:00pm Knitting Club	<div>16</div> 10:00am - 1:00pm Ask Us About Medicare 10:00am - 11:30am Emotional Painting Lucia Veloz East Los Angeles Women's Center 12:00pm - 3:00pm Knitting Club	<div>17</div> 9:30am - 10:30am Zumba Exercise Class 10:30am - 11:30am Support Group: Living for Oneself (is Okay), Part 2 By Maria Elena Lopez Los Angeles County Department of Mental Health
<div>20</div>	<div>21</div>	<div>22</div>		
<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	

Health Net and the Health Net Community Resource Center would like to thank the East Los Angeles Community and surrounding areas for your continued support.

