

# Health Net Community Resource Center

HEALTH AND WELLNESS CLASSES, SERVICES AND MORE. FREE AND OPEN TO ALL!

**April 2020**

**Senior Wednesdays!**

## Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>"Senior Wednesdays"</b> Activities for Medicare eligible community members <b>Sit-Fit Fitness Class:</b> Wednesdays 9:00am – 10:00am <b>All Fitness Classes 10+</b></p>	<p>Have a question? Need to make a premium payment? Or want to change your Primary Care Physician? Come in to get assistance</p>	<p>9:00am – 10:00am <b>1</b> <b>Sit-Fit Fitness Class</b></p> <p>11:00am – 12:00pm <b>How to Use Your Cell Phone</b></p> <p>12:00pm – 3:00pm <b>Knitting Club</b></p>	<p>8:00am – 3:30pm <b>2</b> <b>Apply for Medi-Cal &amp; CalFresh</b></p> <p>9:00am – 10:00am <b>Zumba Exercise Class</b></p> <p>12:00pm – 1:00pm <b>Self-Help and 12-Step Education</b></p> <p>1:00pm – 2:00pm <b>Support Group: Crystal Meth Anonymous</b></p>	<p>9:00am – 10:00am <b>3</b> <b>Zumba Exercise Class</b></p> <p>10:00am – 11:30am <b>Support Group: My Health and Well-Being (Hand in Hand)</b></p>
<p>9:00am – 10:00am <b>6</b> <b>Zumba Exercise Class</b></p> <p>10:00am – 11:00am <b>Amigas Chat: Why is it Important to Get a Pap Test?</b></p> <p>12:00pm – 3:00pm <b>Knitting Club</b></p>	<p>9:00am – 10:00am <b>7</b> <b>Fun Fitness for Adults Low Impact</b></p> <p>10:00am – 11:00am <b>Support Group: Bullying, Part I</b></p>	<p>9:00am – 10:00am <b>8</b> <b>Sit-Fit Fitness Class</b></p> <p>10:00am – 11:00am <b>Folkloric Dance Class</b></p> <p>12:00pm – 3:00pm <b>Knitting Club</b></p>	<p>8:00am – 3:30pm <b>9</b> <b>Apply for Medi-Cal &amp; CalFresh</b></p> <p>9:00am – 10:00am <b>Zumba Exercise Class</b></p> <p>12:00pm – 1:00pm <b>Self-Help and 12-Step Education</b></p> <p>1:00pm – 2:00pm <b>Support Group: Crystal Meth Anonymous</b></p>	<p><b>Closed Spring Holiday</b></p>
<p>9:00am – 10:00am <b>13</b> <b>Zumba Exercise Class</b></p> <p>10:00am – 11:00am <b>Support Group: Bullying, Part II</b></p> <p>12:00pm – 3:00pm <b>Knitting Club</b></p>	<p>9:00am – 10:00am <b>14</b> <b>Fun Fitness for Adults Low Impact</b></p> <p>10:00am – 11:00am <b>Workshop: Sexual Wisdom</b></p>	<p>9:00am – 10:00am <b>15</b> <b>Sit-Fit Fitness Class</b></p> <p>10:30am – 12:30pm <b>Family Haircuts</b></p> <p>10:30am – 12:30pm <b>"What is Medicare Part C and its EXTRA benefits?"</b></p> <p>1:00pm – 4:00pm <b>Knitting Club</b></p>	<p>8:00am – 3:30pm <b>16</b> <b>Apply for Medi-Cal &amp; CalFresh</b></p> <p>9:00am – 10:00am <b>Zumba Exercise Class</b></p> <p>12:00pm – 1:00pm <b>Self-Help and 12-Step Education</b></p> <p>1:00pm – 2:00pm <b>Support Group: Crystal Meth Anonymous</b></p>	<p>9:00am – 10:00am <b>17</b> <b>Zumba Exercise Class</b></p> <p>10:00am – 11:30am <b>Support Group: Health and Well-Being Readings (Hand in Hand)</b></p>
<p>9:00am – 10:00am <b>20</b> <b>Zumba Exercise Class</b></p> <p>12:00pm – 3:00pm <b>Knitting Club</b></p>	<p>9:00am – 10:00am <b>21</b> <b>Fun Fitness for Adults Low Impact</b></p> <p>10:00am – 11:00am <b>Support Group: Stress Management</b></p>	<p>9:00am – 10:00am <b>22</b> <b>Sit-Fit Fitness Class</b></p> <p>12:00pm – 3:00pm <b>Knitting Club</b></p>	<p>8:00am – 3:30pm <b>23</b> <b>Apply for Medi-Cal &amp; CalFresh</b></p> <p>9:00am – 10:00am <b>Zumba Exercise Class</b></p> <p>12:00pm – 1:00pm <b>Self-Help and 12-Step Education</b></p> <p>1:00pm – 2:00pm <b>Support Group: Crystal Meth Anonymous</b></p>	<p>9:00am – 10:00am <b>24</b> <b>Zumba Exercise Class</b></p> <p>10:00am – 11:30am <b>Support Group: Well-Being and Health Education(Hand in Hand)</b></p>
<p>9:00am – 10:00am <b>27</b> <b>Zumba Exercise Class</b></p> <p>10:00am – 11:00a,m <b>Diabetes Support Group: Doctor Appointments and Discussing Access to Care</b></p> <p>12:00pm – 3:00pm <b>Knitting Club</b></p>	<p>9:00am – 10:00am <b>28</b> <b>Fun Fitness for Adults Low Impact</b></p> <p>10:00am – 11:00am <b>Support Group: Anxiety 101</b></p>	<p>9:00am – 10:00am <b>29</b> <b>Sit-Fit Fitness Class</b></p> <p>10:00am – 11:00am <b>Folkloric Movement Class</b></p> <p>12:00pm – 3:00pm <b>Knitting Club</b></p>	<p>8:00am – 3:30pm <b>30</b> <b>Apply for Medi-Cal &amp; CalFresh</b></p> <p>9:00am – 10:00am <b>Zumba Exercise Class</b></p> <p>12:00pm – 1:00pm <b>Self-Help and 12-Step Education</b></p> <p>1:00pm – 2:00pm <b>Support Group: Crystal Meth Anonymous</b></p>	<p><b>Apply for Medi-Cal &amp; CalFresh Thursdays 8:00am-3:30pm Call for appointment (323) 415-9120</b></p>

Location:  
Health Net Community Resource Center  
5047 East Whittier Boulevard  
East Los Angeles, CA 90022  
(323) 415-9120 or 1-877-698-7662

Hours:  
Monday – Friday, 8:00 a.m. – 4:30 p.m.  
[www.healthnet.com](http://www.healthnet.com)  
[www.hndental.com](http://www.hndental.com)

All classes are free and most of them in Spanish. Space is limited (first come, first serve). Classes are subject to change, re-scheduling or cancellation without notice.

