

Community Resource Center - Riverside

Everyone is Welcome! Join us and you will:

 $\mathbb C$ Learn how to use your IEHP benefits

igspace Find out how to get affordable coverage

Take health and fitness classes

Connect with community programs

Center Hours: Monday - Friday: 9am - 6pm • Saturday: 10am - 2pm • Closed Sunday

3590 Tyler Street, Suite 101, Riverside, CA 92503 (across from Galleria at Tyler)

July 2018									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
2	3	★ 4	5	6	7				
Zumba 9am-10am	Yoga for Seniors &	CLOSÉD	Zumba	Yoga 9am-10am	Zumba				
Circle Time	People w/ Disabilities 9am-10:15am	CLOSED	9am-10am	Eat Colorful Fruits &	9am-10am				
10am-10:30am	Caregivers Toolbox –	$(\star) = (\star) = (\star)$	Asthma 101	Vegetables (Ages 5-11 and	Line Dance				
Yoga	The Dementias		10am-11am	Parents) 10:30am-11:30am	10:30am-11:30am				
10:30am-11:30am	10am-12pm		Strength & Conditioning	Zumba Gold	Zumba for Kids				
Circle Time (Spanish) 1pm-1:30pm	Strength & Conditioning		11am-12pm	11am-12pm	(Ages 5-11 and Parents)				
Turkey Hot Dogs – Food Demo	11am-12pm		Tai Chi	Yoga for Kids (Ages 5-11 and Parents)	12pm-1pm				
3:30pm-4:30pm	Tai Chi		12:30pm-1:30pm	12pm-1pm	Bagel Fruit Pizza– Kids				
IEHP Member Eat Healthy, Be	12:30pm-1:30pm		IEHP Member Orientation	Meditation	Food Demo (Ages 5-11 and Parents)				
Active (Pre-registration required) 5pm-7pm	Breathing and Relaxation		2pm-3pm	1pm-2pm IEHP Member Orientation	1pm-1:45pm				
Aerobic Boxing	1:30pm-2:30pm		Yoga for Seniors & People w/ Disabilities	(Spanish)					
6pm-7pm	Zumba 4:30pm-5:30pm		4:30pm-5:45pm	2pm-3pm Zumba for IEHP Members					
	<u>'</u>			4:30pm-5:30pm					
9 Z umba	10 Yoga for Seniors &	Yoga 11	Zumba	Yoga 13	Zumba				
9am-10am	People w/ Disabilities	9am-10am	9am-10am	9am-10am	9am-10am				
Circle Time	9am-10:15am	Line Dance	Planning Healthy Meals (Spanish)	Choose Drinks with Less	Line Dance				
10am-10:30am	Healthy Eating	11am-12pm	10am-11am Strength & Conditioning	Sugar (Ages 5-11 and Parents) 10:30am-11:30am	10:30am-11:30am				
Yoga	10am-11am	Zumba for Kids	11am-12pm	Zumba Gold					
10:30am-11:30am		(Ages 5-11 and Parents)	Diabetes – Lose Weight, Feel	11am-12pm	Zumba for Kids				
Circle Time (Spanish) 1pm-1:30pm	Strength & Conditioning	12pm-1pm	Great 12pm-1pm	Yoga for Kids	(Ages 5-11 and Parents)				
Turkey Hot Dogs – Food	11am-12pm	Meditation	Tai Chi	(Ages 5-11 and Parents) 12pm-1pm					
Demo (Spanish)	Tai Chi	1pm-2pm	12:30pm-1:30pm	Meditation	Nutrigrain Waffles and Fruit – Kids Food Dem				
3:30pm-4:30pm	12:30nm-1:30nm	IEHP Member Orientation	Yoga for Seniors & People w/	1pm-2pm	(Ages 5-11 and Parents				
IEHP Member Eat Healthy, Be Active (Pre-registration	Asthma 101 (Spanish)	2pm-3pm	4:30pm-5:45pm	IEHP Member Orientation	1pm-1:45pm				
required)	3pm-4pm	Planning Healthy Meals	IEHP Member Eat Healthy, Be	(Spanish) 2pm-3pm					
5pm-7pm	Zumba	5pm-6pm	Active (Spanish) (Pre-registration required)	Zumba for IEHP Members					
Aerobic Boxing 6pm-7pm	4:30pm-5:30pm	Zumba 6pm-7pm	5pm-7pm	4:30pm-5:30pm					
16	17	18	19	20	21				
Zumba	Meditation	Yoga	Zumba	Yoga	Zumba				
9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am				
Circle Time 10am-10:30am	Caregivers Toolbox – The Dementias (Spanish)	IEHP Member Orientation (Spanish)	Shopping on a Budget (Spanish) 10am-11am	Make Your Own Healthy Snacks (Ages 5-11 and	IEHP Member Family				
Yoga 10:30am-11:30am	10am-12pm	10am-11am Line Dance	Strength & Conditioning	Parents) 10:30am-11:30am	Asthma Class (Pre-registration required)				
Circle Time (Spanish)	Strength & Conditioning 11am-12pm	11am-12pm	11am-12pm	Zumba Gold	10:30am-1pm				
1pm-1:30pm	IEHP Member Orientation	Zumba for Kids	Tai Chi	11am-12pm	Line Dance				
Lettuce Wrap Burgers – Food	12pm-1pm	(Ages 5-11 and Parents)	12:30pm-1:30pm	Yoga for Kids	10:30am-11:30am				
Demo 3:30pm-4:30pm	Tai Chi	12pm-1pm Meditation	Yoga for Seniors & People w/ Disabilities	(Ages 5-11 and Parents)					
IEHP Member Eat Healthy, Be	12:30pm-1:30pm Breathing and Relaxation	1pm-2pm	4:30pm-5:45pm	12pm-1pm	Zumba for Kids				
Active (Pre-registration required)	(Spanish)	Shopping on a Budget	IEHP Member Eat Healthy, Be	Meditation 1pm-2pm	(Ages 5-11 and Parents)				
5pm-7pm Aerobic Boxing	1:30am-2:30pm	5pm-6pm	Active (Spanish) (Pre-registration required)	Zumba for IEHP Members	12pm-1pm				
6pm-7pm	Zumba 4:30pm-5:30pm	Zumba 6pm-7pm	5pm-7pm	4:30pm-5:30pm	12pm-1pm				
23	24	25	26	27	28				
Zumba 9am-10am	Yoga for Seniors &	Yoga 9am-10am	Zumba 9am-10am	Yoga 9am-10am	Zumba				
Circle Time	People w/ Disabilities 9am-10:15am	Line Dance	What's on a Label (Spanish)	Choose Whole Grains	9am-10am				
10am-10:30am	Healthy Eating (Spanish)	11am-12pm	10am-11am	(Ages 5-11 and Parents)	Line Dance				
Yoga	10am-11am	Zumba for Kids	Strength & Conditioning 11am-12pm	10:30am-11:30am	10:30am-11:30am				
10:30am-11:30am	Strength & Conditioning	(Ages 5-11 and Parents)	Diabetes – Lose Weight, Feel	Zumba Gold	Zumba for Kids				
Circle Time (Spanish) 1pm-1:30pm	11am-12pm	12pm-1pm	Great (Spanish)	11am-12pm	(Ages 5-11 and				
Lettuce Wrap Burgers – Food	Tai Chi	Meditation 1pm-2pm	12pm-1pm Tai Chi	Yoga for Kids	Parents)				
Demo (Spanish) 3:30pm-4:30pm	12:30pm-1:30pm	IEHP Member Orientation	12:30pm-1:30pm	(Ages 5-11 and Parents) 12pm-1pm	12pm-1pm				
IEHP Member Eat Healthy, Be	IEHP Member Orientation	3:30pm-4:30pm	Yoga for Seniors & People w/	Meditation					
Active (Pre-registration required)	(Spanish)	What's on a Label	Disabilities 4:30pm-5:45pm	1pm-2pm					
5pm-7pm	2pm-3pm	5pm-6pm	IEHP Member Eat Healthy, Be	Zumba for IEHP Members					
Aerobic Boxing 6pm-7pm	Zumba 4:30pm-5:30pm	Zumba 6pm-7pm	Active (Spanish) (Pre-registration required)	4:30pm-5:30pm					
30	31		5pm-7pm						
Zumba	Yoga for Seniors & People w/								
9am-10am	Disabilities								
Circle Time 10am-10:30am	9am-10:15am								
Yoga	Medicare 101 10am-10:30am								
10:30am-11:30am	10:30am-11am (Spanish)								
Circle Time (Spanish)	Strength & Conditioning								
1pm-1:30pm Yogurt Parfaits – Food Demo	11am-12pm Tai Chi								
3:30pm-4:30pm	12:30pm-1:30pm								
IEHP Member Eat Healthy, Be	IEHP Member Orientation								
Active (Pre-registration required) 5pm-7pm	(Spanish) 3pm-4pm								
Aerobic Boxing	Zumba								
6nm-7nm	4:30pm-5:30pm		İ	1	İ				

July 2018 Class Information

IEHP Community Resource Center Classes	Adults 12+	Seniors	Kids (Ages 5-11)	English	Spanish
Fitness and Dance Classes	✓	✓	✓	✓	✓
Asthma 101	√	√		√	✓
Breathing and Relaxation Techniques	✓	√		√	✓
Caregivers Toolbox – The Dementias	✓	✓		✓	✓
Circle Time			Ages 0-5 with adults	✓	√
Diabetes – Lose Weight Feel Great	√	√		✓	✓
Healthy Kids 4 Life Class and Food Demo			Ages 5-11 with adults	✓	

Fitness and Dance Classes: (ages 12 and up): Stay active with Zumba, Zumba Gold, Zumba for IEHP Members, Aerobic Boxing, Strength & Conditioning, Meditation, Yoga, Yoga for Seniors & People with Disabilities, Tai Chi, and Line Dance.

Yoga for Kids (ages 5-11) and Zumba for Kids (ages 5-11).

Asthma 101: Learn how to control your asthma symptoms.

Breathing and Relaxation Techniques: In this class, you will practice a variety of breathing and relaxation exercises to use to restore calm when upset, anger, frustration, stress or pain creeps into your life.

Caregivers Toolbox – The Dementias: To register and see if you qualify for care of a family member at no cost while you take the class, call the Inland Caregiver Resource Center at (909) 514-1404.

Circle Time: For toddlers up to age five, this class offers learning and language for little ones and their parents/caregivers, focusing on healthy behaviors and developmental milestones.

Diabetes – **Lose Weight Feel Great:** Review tips for grocery shopping, cooking, eating out, reading the "Nutrition Facts" label, cutting calories, and exercise.

Healthy Kids 4 Life Class and Food Demo: For the first 30 kids and parents who register for this class for kids. This class consists of an interactive and educational nutrition class for kids.

- 1. Eat Colorful Fruits & Vegetables
- 2. Bagel Fruit Pizza
- 3. Choose Drinks with Less Sugar
- 4. Nutrigrain Waffles and Fruit
- 5. Make your Own Healthy Snacks
- 6. Choose Whole Grains

IEHP Community Resource Center Classes	Adults 12+	Seniors	Kids (Ages 5-11)	English	Spanish
Healthy Living Series	✓	✓		√	✓
IEHP Member Eat Healthy, Be Active (Pre-registration required)	✓	✓	Ages 7-17 with adults	✓	✓
IEHP Member Family Asthma Class (Pre-registration required)	✓	✓	Ages 8+ with adults		✓
IEHP Member Orientation	✓	✓		✓	✓
Medicare 101	✓	✓		✓	✓
Nutrition Classes and Food Demos	✓	✓		√	✓

Healthy Living Series: These five classes (three sessions this month) are full of tips and tools to help you live a more healthy and active lifestyle.

- 1. Planning Healthy Meals
- 2. Shopping on a Budget
- 3. What's on a Label

IEHP Member Eat Healthy, Be Active: (Pre-registration required). This community series consists of six, 2-hour workshops. IEHP Members participate in hands-on activities, view short videos, and receive a workbook to take home. Based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans, the workshops focus on wellness through healthy eating and exercise. (Weight tracking is optional — not required).

IEHP Member Family Asthma Class: Learn how to live an active life with asthma. (Pre-registration required).

IEHP Member Orientation: Get a \$15 grocery certificate for completing this class. You'll learn how to use your IEHP benefits, ways to get care, and more. (Must be active with IEHP).

Medicare101: This class provides education to the Medi-Medi population on Medicare Basics. Discussed will be Medicare Part A, B, C and D along with a presentation about IEHP DualChoice Cal MediConnect Program. Topics include: How to utilize the IEHP Cal MediConnect benefits, such as vision, dental, and transportation.

Nutrition Classes and Food Demos: For the first 30 people who register. This class consists of 3 interactive and educational nutrition classes for adults.

- 1. Turkey Hot Dogs
- 2. Lettuce Wrap Burgers
- 3. Yogurt Parfaits

Now with two locations for your convenience in Riverside and San Bernardino!







Metro: Galleria at Tyler Bus Stop is located on the corner of Magnolia Ave. and Tyler St.

FREE Parking Available

You can also view our schedule of **FREE** health and fitness classes at **www.iehp.org/crc** or call **1-866-228-4347**. TTY users should call **711**.

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP遵守適用的聯邦民權法律規定,不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY:1-800-718-4347)。