



Rachel Aragon  
Coordinator

For

# July 2019

La Mesa Community Resource Center, 744 San Jose Rd.


*All Community Resource Center classes are free of charge*

## U.V. Safety Month

more



Cuco Hernandez  
Co-Coordinator

Mon	Tue	Wed	Thu	Fri	Sat
1 Exercise 10-11am Stretch Exercise 5-6pm Belly Dance Yoga 6-7pm	2 Exercise 9-10 am Kids Activities 9-12pm English 2-3pm	3 WIC 9am-4pm Exercise 10-11am	4  Happy 4th of July	5 Exercise 10-11am Stretch Exercise 5-6pm Belly Dance Yoga	6
8 Exercise 10-11am Stretch Exercise 5-6pm Belly Dance Yoga 6-7pm	9 Exercise 9-10 am Kids Activities 9-12pm English 2-3pm	10 Exercise 10-11am	11 Exercise 9-10 am Kids Activities 9-12n Stretch Exercise 5-6pm Belly Dance Yoga	12 Exercise 10-11am Stretch Exercise 5-6pm Belly Dance Yoga 5-7pm	13
15 <b>**Convivio**</b> 9:30-11am Exercise 11-12pm Stretch Exercise 5-6pm Belly Dance Yoga	16 Exercise 9-10 am Kids Activities 9-12pm English 2-3pm	17 WIC 9am-4pm Exercise 10-11am	18 Exercise 9-10 am Kids Activities 9-12n Stretch Exercise 5-6pm Belly Dance Yoga 5-7pm	19 Exercise 10-11am Stretch Exercise 5-6pm Belly Dance Yoga	20
22 Exercise 10-11am Stretch Exercise 5-6pm Belly Dance Yoga 6-7pm	23 Exercise 9-10 am Kids Activities 9-12pm English 2-3pm	24 Exercise 10-11am GDLM 11:30-1pm Games Club 1-3pm	25 Exercise 9-10 am Kids Activities 9-12n Stretch Exercise 5-6pm Belly Dance Yoga	26 Exercise 10-11am Stretch Exercise 5-6pm Belly Dance Yoga 5-7pm	27
29 Exercise 10-11am Stretch Exercise 5-6pm Belly Dance Yoga 6-7pm	30 Exercise 9-10 am English 2-3pm	31 Exercise 10-11am	<b><i>Board of County Commissioners Meeting June 11th &amp; 25th at 9:00am 845 N. Motel Blvd. Spanish Interpretation Service Available with a 72 Hour Notice,</i></b>		