

Miraloma Parque y Centro de Recursos Familiares

2600 E. Miraloma Way, Anaheim, CA 92806



MARZO 2020



Horario del Centro

lunes a viernes
9:00AM a 7:00PM
(714) 765-6490

Servicios

Talleres y Eventos

Clases de Zumba

lunes-viernes 9:00-10:15am

Muévete y mejora de salud con baile latino. Clase de zumba con una instructora increíble.

Zumba Comunitaria en la tarde

jueves 6:00-7:00pm

Únase a nosotros y aprenda diferentes rutinas de Zumba se ofrece la clase por una hora cada jueves. Toda la familia puede participar, asegúrese de traer zapatos cómodos para bailar.

S.T.A.R.S.

lunes a viernes, 3:30-7:00pm

Programas de estudio, artes, recreación y deportes para niños en niveles de escuela del kínder al 6.

Grupo para Jóvenes

lunes a viernes, 3:30-7:00pm

Programas de desarrollo juvenil para jóvenes que asisten a la escuela secundaria grados 7, 8 y preparatoria.

La Biblioteca Rodante

martes, 10 y 24 de marzo 4:15-5:15pm

Una amplia variedad de materiales como libros, revistas y DVDs para todas las edades.

Programa Kids CAFE

lunes a viernes 4:00-4:30pm

Comida saludable y gratis para los niños hasta la edad de 18 años.

Centro de Apoyo Familiar Evaluaciones de Desarrollo para niños

viernes, 20 de marzo, 8:30am-11:45am

Venga y traiga a su niño(a) edades 0-5 para una evaluación gratis con nuestros terapeutas certificados y especialistas.

Grupo Regal Medical: clase de cocina

martes, 24 de marzo 2020 10:30-11:30am

En esta clase aprenderemos recetas, consejos, estrategias para comer bien. Esta serie de talleres se reunirá una vez al mes.

Programa de Preparación de Impuestos Gratis

martes, miércoles, jueves 11:00am-3:00pm

Si sus ingresos familiares fueron de menos de \$60,000 en 2019 usted puede calificar para preparar sus impuestos gratis.

Yard Sale de la comunidad y actividades para los niños

Sábado 21 de marzo

7:00am-1:00pm



 [facebook.com/anaheimPLAYS](https://www.facebook.com/anaheimPLAYS)

 [@anaheimplays](https://www.instagram.com/anaheimplays)

 [anaheim.net/2206/Miraloma-Park-Family-Resource-Center](https://www.anaheim.net/2206/Miraloma-Park-Family-Resource-Center)

La ciudad de Anaheim cumple con las Leyes de Derechos de estadounidenses Discapacitados (ADA). Por favor llame al (714) 765-6490, 72 horas antes del evento o actividad si necesita servicios especiales.



Miraloma Park Family Resource Center

2600 E. Miraloma Way, Anaheim, CA 92806

MARCH 2020



Hours of Operation

Monday-Friday
9:00AM to 7:00PM
(714) 765-6490

Services

Workshops & Events

Zumba Classes

Monday-Friday 9:00-10:15am

Get moving and healthy with this Latin-dance infused fitness class with an amazing instructor.

Community Evening Zumba

Thursday's 6:00-7:00 pm

Join us and learn different routines one hour class offer every Thursday. The whole family can Participate, Please make sure bring comfortable shoes to dance in.

S.T.A.R.S.

Monday-Friday, 3:30-7:00pm

Program includes homework help, arts, recreation and sports activities for children in grades Kinder-6th.

Teen Center

Monday-Friday, 3:30-7:00pm

Youth Development programs for middle school 7th, 8th grade and high school students.

Bookmobile

Tuesdays, March 10 and 24 4:15-5:15pm

A wide variety of materials including books, magazines, and DVD's for all ages.

Kids CAFE Program

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

Free healthy meals for children up to the age of 18 years old.

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 [anaheim.net/2206/Miraloma-Park-Family-Resource-Center](https://www.anaheim.net/2206/Miraloma-Park-Family-Resource-Center)

City of Anaheim complies with Americans with Disabilities Act. Please call (714) 765-6490, 72 hours prior to event or activity if special service are needed.

Family Support Network Developmental

Screening Outreach Event for Children (0-5)

Friday, March 20, 2020 8:30am-11:45am

Come and have your child screened for FREE with our licensed therapists and specialists.

Regal Medical Group: Cooking Class

Tuesday, March 24, 2020 10:30-11:30am

Learn new recipes, tips, and strategies to eating right. This workshop series will meet once a month

Facilitated Self Assistance

Free Tax Preparation Program

Tuesday, Wednesday, Thursday

11:00am-3:00pm

If your household income was less than \$60,000 in 2019, you may be eligible to file your taxes for free.

Community Yard Sale &

Activities for the children

Saturday, March 21, 2020

7:00am-1:00pm

