



# Resident Empowerment Highlights

FRESNO VIBRANT COMMUNITIES  
 QUALITY HOUSING ENGAGED RESIDENTS

FEBRUARY 2022

## Legacy Commons Celebrates Black History Month with a Music Studio Showcase

The month of February is dedicated as Black History Month, honoring the significant contributions of Black people to the history of this country. In celebration of Black History Month, Fresno Housing, in partnership with Celblock Enterprises, will host a Music Studio Showcase at Legacy Commons. The event is open to the public and will showcase an evening of singing, dancing, beat battles, spoken words, and rap performances. The celebration will also be available on Zoom and via Facebook Live for those who are unable to attend in person.

**Music Studio Showcase**  
**Legacy Commons**  
**Monday, February 28, 2022 | 5-7pm**

CELEBRATING  
**BLACK HISTORY MONTH**

**LEGACY COMMONS STUDIO SHOWCASE:**  
*A Homage to Hip Hop*

**DATE:** Monday, February 28, 2022      **TIME:** 5:00PM - 7:00PM

**LEGACY COMMONS COMMUNITY CENTER**  
 2255 S. Flumas Street, Fresno, CA 93706

Join us for an evening of celebration!  
 There will be singing, dancing, beat battles, spoken word and rap performances.

You can also join via:  
**Zoom**  
 Meeting ID: 817 4146 2896  
 Passcode: 595223  
 Dial-in: (669) 900-6833

or via:  
**Facebook Live**  
[facebook.com/fresnohousing](https://facebook.com/fresnohousing)

For more information, please call Marcel Woodruff at: (559) 355-5465

Celblock Enterprises  
 @celblockenterprises  
 Science, Technology & Engineering

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HAPPY LUNAR  
**NEW YEAR**  
 2022

牛  
 新年  
 快乐

## Happy New Lunar Year: 2022 is the Year of the Tiger

The tiger is a symbol commonly associated with bravery, courage, and strength. Lunar Year is a time of joy of being together with family and friends, celebration, and hope.



# Improve heart health with virtual yoga series

**Yoga Tips Virtual Workshop**  
**Thursdays, February 10–24 | 10–11am**  
**Learn more: [fresnohousing.org](https://www.fresnohousing.org)**

Yoga Tips is a three-part, virtual workshop series supporting the efforts for American Heart Month to promote healthy heart awareness in February. The course covers the benefits of yoga, yoga for the mind and body, and different types of yoga. Each class will review different poses and explain how to do the pose correctly. There is no in-person demonstration; the course is entirely informational for participating residents.

# Bingo + Exercise = Bingocize<sup>®</sup>

Over 13 million adults 65 years of age and older will fall this year, resulting in life-altering injuries. CalFresh will teach a 10-week Bingocize program that combines the game of bingo, exercise, and health education. Participants socialize and learn techniques to reduce falls and stay fit while playing bingo.

**Tuesdays, February 1–April 5 | 12–1pm**  
**Bridges at Florence**

**To register: Marcella**  
**(559) 513-5183**

**[mmcintosh@fresnohousing.org](mailto:mmcintosh@fresnohousing.org)**



## Free tax preparation appointment with United Way Fresno and Madera Counties



Volunteers of United Way Fresno and Madera Counties are ready and available to help individuals and families file taxes and claim potential cashback credits.

To schedule, text TAXES to 211-211, or, in Fresno, call 211.

## LIHEAP offers up to \$1,000 to pay an eligible household energy bill

A federally funded program, LIHEAP stands for the Low-Income Home Energy Assistance Program. In the wake of the COVID-19 pandemic, the American Rescue Plan Act of 2021 awarded California additional funding to help struggling households make ends meet.

LIHEAP can offer a one-time payment to help:

- Pay heating or cooling bills, even if you use wood, propane, or oil.
- In an emergency or energy crisis, such as a utility disconnection.

In addition, to help with paying your energy bill, LIHEAP can also provide in-home weatherization services for improved energy efficiency and health and safety.

Learn more: <https://csd.ca.gov/energybills>

## UPCOMING EVENTS

For more events, please check out our online calendar at [fresnohousing.org](http://fresnohousing.org) or Facebook page

### California Teaching Fellows After-School Program

Tuesday & Thursday  
2:30–5:30pm  
Virtual

Students join CTFF Tutors virtually, for homework help and enrichment activities.

### Art Class: Sketching

Wednesdays | 1pm–2pm  
Virtual

Learn basic sketching skills. Bring a pencil and paper.

### Senior Hour

Wednesdays | 12–1pm  
Virtual

Senior Hour is a weekly, virtual workshop covering health and wellness, nutrition, and cognitive development topics.

### Babies First Family Cafe

Wednesdays | 4-5:15pm  
Virtual

Babies First – Fresno County host’s a virtual Family Café that focuses on having meaningful conversations about parenting and building healthy family relationships. Families come together to share their experiences and connect with other families with children ages 0–18 years.

Register at Eventbrite:

English RSVP:  
<https://familycafe.eventbrite.com>

Spanish  
RSVP: <https://familycafespanish.eventbrite.com>

**NEUFELD**  
PRESENTS  
**HOME BUYING 101 SERIES**  
WITH LISA NEUFELD & PATTY GRISSOM

TOPICS THAT WILL BE COVERED INCLUDE: CREDIT, BUDGETING, ACQUIRING A LOAN, AND THE BUYING PROCESS FROM SHOPPING FOR YOUR NEW HOME TO CLOSING ESCROW!

THURSDAY 2/10 & 2/24  
FROM 6PM TO 7:30PM

REGISTER ON [HOMEBUYCLASS.EVENTBRITE.COM](http://HOMEBUYCLASS.EVENTBRITE.COM)

**RE/MAX**  
CALDRE#01976233

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**Guild mortgage**  
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