



LYNWOOD
MARCH
2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Enrollment Services CalFresh offered Tuesdays 10 a.m.– 3 p.m. Covered CA, and Medicare Monday through Friday 9 a.m.-4 p.m. Requires an Appointment	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	1 Cardio Dancercise 10-11 a.m. Lap Read 10-11 a.m. Family Sing 11:10-11:45 a.m. Meditation 11 a.m.- 12 p.m. Everyone is Made to Move 2 -3 p.m. Spa. Healthy Cooking 3-5 p.m. Spa.	2 Help Me Grow - Virtual Child Development Class 9:30—11 a.m. Register at https://bit.ly/3uSHte7 Nutrition & Exercise 10-11:30 a.m. Understanding Asthma 3-4 p.m. Spa. Yoga 3-4 p.m Salsa Dance Aerobics 4-5 p.m.	3 CPR/First Aid 10 a.m.-1 p.m. Spa. Note: Walk-Ins Welcome Domestic Violence Support Group 3:30-5 p.m. Spa. Healthy Cooking for Kids 4-5 p.m.	4 CENTER CLOSED
6 Family Sing—Virtual 9-9:30 a.m. Register at: UrbanVoicesProject.org/Programs/FamilySing Nutrition & Exercise 10-11:30 a.m. The Arts of Fruits and Vegetables 1:30– 2:30 p.m. Spa. The World of Juicing and Salads 2:30-4 p.m. Spa. Self-Esteem 4-5 p.m. Spa. Pilates 4-5 p.m.	7 Zumba 9:30– 10:30 a.m. Registered Dietitian Group Classes 10 a.m.-1 p.m. Diabetes 11:15 a.m.-12:45 p.m. Exercising With Asthma 3-4 p.m. Spa. Salsa Dance Aerobics 4-5 p.m.	8 Cardio Dancercise 10-11 a.m. Lap Read 10-11 a.m. Family Sing 11:10-11:45 a.m. Meditation 11 a.m.- 12 p.m. What is Urinary Incontinence 2 -3 p.m. Spa. Healthy Cooking 3-5 p.m. Spa.	9 Nutrition & Exercise 10-11:30 a.m. Osteoporosis and Exercise 3-4 p.m. Spa. Yoga 3-4 p.m Salsa Dance Aerobics 4-5 p.m.	10 CPR/First Aid 10 a.m.-1 p.m. Eng. Note: Walk-Ins Welcome Helpful Parenting Tips 3:30-5 p.m. Spa. Healthy Cooking for Kids 4-5 p.m.	11 CENTER CLOSED
13 Family Sing—Virtual 9-9:30 a.m. Register at: UrbanVoicesProject.org/Programs/FamilySing Nutrition & Exercise 10-11:30 a.m. The Arts of Fruits and Vegetables 1:30– 2:30 p.m. Spa. The World of Juicing and Salads 2:30-4 p.m. Spa. Healing Through Art 4-5 p.m. Spa. Pilates 4-5 p.m.	14 Zumba 9:30– 10:30 a.m. Registered Dietitian Group Classes 10 a.m.-1 p.m. Diabetes 11:15 a.m.-12:45 p.m. High Blood Pressure 1-2 p.m. Spa. What is Carpal Tunnel? 3-4 p.m. Spa. Salsa Dance Aerobics 4-5 p.m.	15 Cardio Dancercise 10-11 a.m. Lap Read 10-11 a.m. Family Sing 11:10-11:45 a.m. Meditation 11 a.m.-12 p.m. Salt and Sodium: Get the Facts 2-3 p.m. Spa. Healthy Cooking 3-5 p.m. Spa.	16 Health Screenings 10-3:30 p.m. Nutrition & Exercise 10-11:30 a.m. Financial Help Spa. 12-1 p.m. What are Bed Bugs 3-4 p.m. Spa. Yoga 3-4 p.m Salsa Dance Aerobics 4-5 p.m.	17 CPR/First Aid 10 a.m.-1 p.m. Eng. Note: Walk-Ins Welcome Domestic Violence Support Group 3:30-5 p.m. Spa. Healthy Cooking for Kids 4-5 p.m.	18 CENTER CLOSED
20 Family Sing—Virtual 9-9:30 a.m. Register at: UrbanVoicesProject.org/Programs/FamilySing Nutrition & Exercise 10-11:30 a.m. The Arts of Fruits and Vegetables 1:30– 2:30 p.m. Spa. The World of Juicing and Salads 2:30-4 p.m. Spa. Relax Using Art 4-5 p.m. Spa. Pilates 4-5 p.m.	21 Zumba 9:30– 10:30 a.m. Registered Dietitian Group Classes 10 a.m.-1 p.m. Diabetes 11:15 a.m.-12:45 p.m. Smoking Cessation 1-2 p.m. Spa. Know the Facts on High Blood Pressure 3-4 p.m. Spa. Salsa Dance Aerobics 4-5 p.m.	22 Cardio Dancercise 10-11 a.m. Lap Read 10-11 a.m. Family Sing 11:10-11:45 a.m. Meditation 11 a.m.-12 p.m. Understanding Blood Sugar Levels 2-3 p.m. Spa. Healthy Cooking 3-5 p.m. Spa.	23 Nutrition & Exercise 10-11:30 a.m. Anxiety 3-4 p.m. Spa. Yoga 3-4 p.m Salsa Dance Aerobics 4-5 p.m.	24 Healthy Eating Resource Fair COVID 19 and Flu Clinic 10 a.m.— While Supplies Last , Receive a \$20 Gift Card CPR/First Aid—Virtual 10 a.m.-1 p.m. Eng. Note: To Register Online- Visit http://acls123.com/ Free-CPR/ Helpful Parenting Tips 3:30-5 p.m. Spa. Healthy Cooking for Kids 4-5 p.m.	25 CENTER CLOSED
27 Family Sing—Virtual 9-9:30 a.m. Register at: UrbanVoicesProject.org/Programs/FamilySing Nutrition & Exercise 10-11:30 a.m. The Arts of Fruits and Vegetables 1:30– 2:30 p.m. Spa. The World of Juicing and Salads 2:30-4 p.m. Spa. Healthy Brain Habits 3-4 p.m. Spa. Fighting Stress Through Art 4-5 p.m. Spa. Pilates 4-5 p.m.	28 Zumba 9:30– 10:30 a.m. Registered Dietitian Group Classes 10 a.m.-1 p.m. Diabetes 11:15 a.m.-12:45 p.m. Managing Life Stressors 3-4 p.m. Spa. Discipline and Good Health 4-5 p.m. Spa. Salsa Dance Aerobics 4-5 p.m.	29 Cardio Dancercise 10-11 a.m. Lap Read 10-11 a.m. Family Sing 11:10-11:45 a.m. Meditation 11 a.m.-12 p.m. Add More Vegetables to Your Meals 2-3 p.m. Spa. Home Safety 3-4 p.m. Spa. Healthy Cooking 3-5 p.m. Spa.	30 Nutrition & Exercise 10-11:30 a.m. High Cholesterol: Assessing Your Risks 3-4 p.m. Spa. Yoga 3-4 p.m Salsa Dance Aerobics 4-5 p.m.	31 Domestic Violence Support Group 3:30-5 p.m. Spa. Healthy Cooking for Kids 4-5 p.m.	CRC YouTube

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE,
HEALTHY & INFORMED



3200 E Imperial Hwy
Lynwood, CA 90262



CENTER HOURS:
Monday-Friday: 9am - 5pm
Saturday: Closed



310.661.3000
activehealthyinformed.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Servicios de Inscripción CalFresh Martes 10 a.m.-3 p.m. Covered CA y Medicare Lunes y Viernes 9 a.m.-4 p.m. Requieren una Cita.	La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	Baile de Ejercicio Cardiovascular 10-11 a.m. Clase de Lectura 10-11 a.m. Familia Cantando 11:10-11:45 a.m. Meditacion 11 a.m.-12 p.m. Todo Cuerpo Esta Para Moverse 2-3 p.m. Esp. Cocina Saludable 3-5 p.m. Esp.	Help Me Grow - Virtual Clase Sobre Desarrollo Infantil 9:30—11 a.m. Registrate en https://bit.ly/3uSHte7 Nutricion y Ejercicio 10-11:30 a.m. Como Entender el Asma 3-4 p.m. Esp. Yoga 3-4 p.m. Baile de Salsa Aerobicos 4-5 p.m.	RCP/Primeros Auxilios 10 a.m.-1 p.m. Esp. Nota: Sin Cita Previa Son Bienvenidos Grupo de Apoyo de Violencia Domestica 3:30-5 p.m. Esp. Cocina Saludable Para Niños 4-5 p.m.	CENTRO CERRADO
Family Sing—Virtual 9-9:30 a.m. Registrarse: UrbanVoicesProject.org/Programs/FamilySing Nutricion y Ejercicio 10-11:30 a.m. El Arte de las Frutas y Vegetales 1:30-2:30 p.m. Esp. El Mundo de los Jugos y Ensaladas 2:30-4 p.m. Esp. Autoestima 4-5 p.m. Esp. Pilates 4-5 p.m.	Zumba 9:30— 10:30 a.m. Dietista Registrada 10 a.m.-1 p.m. Diabetes 11:15 a.m.-12:45 p.m. El Ejercicio Físico en Personas con Asma 3-4 p.m. Esp. Baile de Salsa Aerobicos 4-5 p.m.	Baile de Ejercicio Cardiovascular 10-11 a.m. Clase de Lectura 10-11 a.m. Familia Cantando 11:10-11:45 a.m. Meditacion 11 a.m.-12 p.m. Que es la Incontinencia Urinaria 2-3 p.m. Esp. Cocina Saludable 3-5 p.m. Esp.	Nutricion y Ejercicio 10-11:30 a.m. La Osteoporosis y el Ejercicio 3-4 p.m. Esp. Yoga 3-4 p.m. Baile de Salsa Aerobicos 4-5 p.m.	RCP/Primeros Auxilios 10 a.m.-1 p.m. Ing. Nota: Sin Cita Previa Son Bienvenidos Consejos Utiles Para Padres 3:30-5 p.m. Esp. Cocina Saludable Para Niños 4-5 p.m.	CENTRO CERRADO
Family Sing—Virtual 9-9:30 a.m. Registrarse: UrbanVoicesProject.org/Programs/FamilySing Nutricion y Ejercicio 10-11:30 a.m. El Arte de las Frutas Vegetales 1:30-2:30 p.m. Esp. El Mundo de los Jugos y Ensaladas 2:30-4 p.m. Esp. Curacion a Traves del Arte 4-5 p.m. Esp. Pilates 4-5 p.m.	Zumba 9:30— 10:30 a.m. Dietista Registrada 10 a.m.-1 p.m. Diabetes 11:15 a.m.-12:45 p.m. Alta Presion de la Sangre 1-2 p.m. Esp. Que es el Tunel Carpiano? 3-4 p.m. Esp. Baile de Salsa Aerobicos 4-5 p.m.	Baile de Ejercicio Cardiovascular 10-11 a.m. Clase de Lectura 10-11 a.m. Familia Cantando 11:10-11:45 a.m. Meditacion 11 a.m.-12 p.m. Conozca los Hechos de la Sal y el Sodio 2-3 p.m. Esp. Cocina Saludable 3-5 p.m. Esp.	Exámenes de Salud 10-3:30 p.m. Nutricion y Ejercicio 10-11:30 a.m. Ayuda Financiera 12-1 p.m. Esp. Chinches de Cama 3-4 p.m. Esp. Yoga 3-4 p.m. Baile de Salsa Aerobicos 4-5 p.m.	RCP/Primeros Auxilios 10 a.m.-1 p.m. Ing. Nota: Sin Cita Previa Son Bienvenidos Grupo de Apoyo de Violencia Domestica 3:30-5 p.m. Esp. Cocina Saludable Para Niños 4-5 p.m.	CENTRO CERRADO
Family Sing—Virtual 9-9:30 a.m. Registrarse: UrbanVoicesProject.org/Programs/FamilySing Nutricion y Ejercicio 10-11:30 a.m. El Arte de las Frutas Vegetales 1:30-2:30 p.m. Esp. El Mundo de los Jugos y Ensaladas 2:30-4 p.m. Esp. Relajese Utilizando el Arte 4-5 p.m. Esp. Pilates 4-5 p.m.	Zumba 9:30— 10:30 a.m. Dietista Registrada 10 a.m.-1 p.m. Diabetes 11:15 a.m.-12:45 p.m. Como Dejar de Fumar 1— 2 p.m. Esp. Alta Presion en la Sangre 3-4 p.m. Esp. Baile de Salsa Aerobicos 4-5 p.m.	Baile de Ejercicio Cardiovascular 10-11 a.m. Clase de Lectura 10-11 a.m. Familia Cantando 11:10-11:45 a.m. Meditacion 11 a.m.-12 p.m. Entender los Niveles de Azucar en la Sangre 2-3 p.m. Esp. Cocina Saludable 3-5 p.m. Esp.	Nutricion y Ejercicio 10-11:30 a.m. Ansiedad 3-4 p.m. Esp. Yoga 3-4 p.m. Baile de Salsa Aerobicos 4-5 p.m.	Feria de Recursos de Alimentacion Saludable Clinica de Vacuna Contra la Gripe y el COVID 19 10 a.m. - Hasta Agotar Existencias RCP/Primeros Auxilios— Virtual 10 a.m.-1 p.m. Ing. Nota: Para Registrarse https://acls123.com/Free-CPR/ Consejos Utiles Para Padres 3:30-5 p.m. Esp. Cocina Saludable Para Niños 4-5 p.m.	CENTRO CERRADO
Family Sing—Virtual 9-9:30 a.m. Registrarse: UrbanVoicesProject.org/Programs/FamilySing Nutricion y Ejercicio 10-11:30 a.m. El Arte de las Frutas Vegetales 1:30-2:30 p.m. Esp. El Mundo de los Jugos y Ensaladas 2:30-4 p.m. Esp. Habitos Saludables Para su Cuerpo 3-4 p.m. Esp. Combatiendo el Estrés por Medio del Arte 4-5 p.m. Esp. Pilates 4-5 p.m.	Zumba 9:30— 10:30 a.m. Dietista Registrada 10 a.m.-1 p.m. Diabetes 11:15 a.m.-12:45 p.m. Como Manejar los Factores de Estrés de la Vida 3-4 p.m. Esp. La Disciplina y la Buena Salud 4— 5 p.m. Esp. Baile de Salsa Aerobicos 4-5 p.m.	Baile de Ejercicio Cardiovascular 10-11 a.m. Clase de Lectura 10-11 a.m. Familia Cantando 11:10-11:45 a.m. Meditacion 11 a.m.-12 p.m. Agregue mas Verduras a su Dieta 2-3 p.m. Spa. Seguridad en el Hogar 3-4 p.m. Esp. Cocina Saludable 3-5 p.m. Esp.	Nutricion y Ejercicio 10-11:30 a.m. Colesterol Alto: Como Evaluar los Riesgos 3-4 p.m. Esp. Yoga 3-4 p.m. Baile de Salsa Aerobicos 4-5 p.m.	Grupo de Apoyo de Violencia Domestica 3:30-5 p.m. Esp. Cocina Saludable Para Niños 4-5 p.m.	CENTRO CERRADO

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,
SALUDABLE E INFORMADO