



LYNWOOD

FEBRUARY

2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	 CRC Website		Enrollment Services 9 a.m. - 5 p.m. Blood Pressure & Glucose Screenings 10 a.m - 1 p.m. Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 11:30 - 12:05 p.m Colon Cancer Awareness 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Self Esteem 5 - 6 p.m. Spa	Enrollment Services 9 a.m. - 5 p.m CPR/First Aid 10 a.m. - 1 p.m. Spa Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Domestic Violence Support Group 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	 CENTER CLOSED
CENTER CLOSED 9AM-1PM The Arts of Fruits and Vegetables 1 - 2 p.m. Spa. The World of Juicing and Salads 2 - 3:30 p.m. Spa. Healing Through Art 4 - 5 p.m. Spa. Children's Physical Fitness 4 - 5 p.m.	Enrollment Services 9 a.m. - 5 p.m 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. What is Cancer? 1- 2 p.m. Spa ADHD - Fact Sheet for Parents 3 - 4 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	Enrollment Services 9 a.m. - 5 p.m Cardio Dancercise 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Feel Better Soon Without Antibiotics 2 - 3 p.m. Spa. Healthy Cooking 2:45 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m	Enrollment Services 9 a.m. - 5 p.m Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 11:30 - 12:05 p.m. Understanding Autism? 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa	Enrollment Services 9 a.m. - 5 p.m CPR/First Aid 10 a.m. - 1 p.m. Spa Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Helpful Parenting Tips 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	 CENTER CLOSED
Enrollment Services 9 a.m. - 5 p.m Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10:30 - 11 a.m. The Arts of Fruits and Vegetables 1 - 2 p.m. Spa. The World of Juicing and Salads 2 - 3:30 p.m. Spa. Relax Using Art 4 - 5 p.m. Spa. Children's Physical Fitness 4 - 5 p.m	Enrollment Services 9 a.m. - 5 p.m 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. What is Asthma? 1- 2 p.m. Spa Learn to Live With Epilepsy 3 - 4 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	Enrollment Services 9 a.m. - 5 p.m Cardio Dancercise 10 - 11 a.m. Developmental Screenings 10 - 12 p.m. (Ages 0-3) Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Keys to Managing Stress 2 - 3 p.m. Spa. Healthy Cooking 2:45 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m.	Health Screenings 10 a.m - 3:30 p.m. Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 11:30 - 12:05 p.m. Memory Matters: Caring for Your Brain 11:45 a.m. - 12:45 p.m. Spa. What is Chronic Obstructive Pulmonary Disease (COPD)? 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa	Enrollment Services 9 a.m. - 5 p.m CPR/First Aid 10 a.m. - 1 p.m. Eng Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Domestic Violence Support Group 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	 CENTER CLOSED
PRESIDENT'S DAY  CENTER CLOSED	Enrollment Services 9 a.m. - 5 p.m 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. Cardio Dancercise 3 - 4 p.m. What is Seasonal Affective Disorder? 3- 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	Enrollment Services 9 a.m. - 5 p.m Cardio Dancercise 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Heart Healthy Eating 2 - 3 p.m. Spa Healthy Cooking 2:45 - 4:45 p.m. Spa.. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m	Enrollment Services 9 a.m. - 5 p.m Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 11:30 - 12:05 p.m. Mental Health and Stigma 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa.	CPR/First Aid- Virtual 10 a.m. - 1 p.m. Eng. Healthy Eating Resource Fair 10 a.m. - While Supplies Last Receive a \$20 Gift Card Live Radio Broadcast with 96.3 MEGA 3 - 5 p.m Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Helpful Parenting Tips 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	 CENTER CLOSED
Enrollment Services 9 a.m. - 5 p.m Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10:30 - 11 a.m. The Arts of Fruits and Vegetables 1 - 2 p.m. Spa. The World of Juicing and Salads 2 - 3:30 p.m. Spa. Fighting Stress Through Art 4 - 5 p.m. Spa. Children's Physical Fitness 4 - 5 p.m.	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. Cardio Dancercise 3 - 4 p.m. How to Understand Coronary Heart Disease 3- 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Home Safety 4 - 5 p.m. Spa. Fitness and Body Sculpting 5 - 6 p.m.	Cardio Dancercise 10 - 11 a.m. Developmental Screenings 10 - 12 p.m. (Ages 0-3) Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Smart Shopping for Veggies and Fruits 2 - 3 p.m. Spa Healthy Cooking 2:45 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Discipline and Good Health 4 - 5 p.m. Spa. Zumba 5 - 6 p.m.	Enrollment Services 9 a.m. - 5 p.m Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 11:30 - 12:05 p.m. What is a Heart Attack? 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa.		L.A. Care Member Orientation and Member Services (Mon- Fri) 9 a.m. - 4 p.m. Medi-Cal Enrollments (Mon, Wed, Th, Fri) 9 a.m. - 4 p.m. Covered California Enrollments (Mon,Wed) 9 a.m. - 5 p.m. CalFresh Enrollments (Tuesdays) 9 a.m. - 4 p.m.

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:
Mon. - Fri.: 9 a.m. - 6 p.m.
Saturday: CLOSED



310.661.3000
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete. GRIS Virtual. Porfavor llame al centro para registrarse.	CRC Sitio de Web		Servicios de Inscripcion 9 a.m. - 5 p.m. Exámenes de Presion Arterial y Glucosa 10 a.m - 1 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 11:30 a.m. - 12:05 p.m. Concientizacion Sobre el Cancer de Colon 3 - 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m. Autoestima 5 - 6 p.m. Esp. 1	Servicios de Inscripcion 9 a.m. - 5 p.m. RCP/Primeros Auxilios 10 a.m. - 1 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Grupo de Apoyo de Violencia Domestica 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 6 - 12) 4 - 5 p.m. 2	CENTRO CERRADO
CENTRO CERRADO 9AM-1PM El Arte de las Frutas y Vegetales 1 - 2 p.m. Esp. El Mundo de los Jugos y Ensaladas 2 - 3:30 p.m. Esp. Curacion a Traves del Arte 4 - 5 p.m. Esp. Entrenamiento Fisico Para Niños 4 - 5 p.m. 5	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 - 12:45 p.m. Que es el Cancer? 1 - 2 p.m. Esp. TDAH: Informacion Para Padres 3 - 4 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m. Entrenamiento y Ejercicio de Escultura Corporal 5 - 6 p.m 6	Servicios de Inscripcion 9 a.m. - 5 p.m. Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Sientase Mejor sin Antibioticos 2 - 3 p.m. Esp. Cocina Saludable 2:45 - 4:45 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Zumba 5 - 6 p.m. 7	Servicios de Inscripcion 9 a.m. - 5 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 11:30 a.m. - 12:05 p.m. Que es el Autismo? 3 - 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m. Superacion y Relajacion Personal a Traves Arte 5 - 6 p.m. Esp. 8	Servicios de Inscripcion 9 a.m. - 5 p.m. RCP/Primeros Auxilios 10 a.m. - 1 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Consejos Utiles Para Padres 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 6 - 12) 4 - 5 p.m. 9	CENTRO CERRADO
Servicios de Inscripcion 9 a.m. - 5 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 10:30 - 11 a.m. El Arte de las Frutas y Vegetales 1 - 2 p.m. Esp. El Mundo de los Jugos y Ensaladas 2 - 3:30 p.m. Esp. Relajese Utilizando el Arte 4 - 5 p.m. Esp. Entrenamiento Fisico Para Niños 4 - 5 p.m. 12	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 - 12:45 p.m. Que es el Asma? 1 - 2 p.m. Esp. Aprenda a Vivir con Epilepsia 3 - 4 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m. Entrenamiento y Ejercicio de Escultura Corporal 5 - 6 p.m 13	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Evaluacion del Desarrollo 10-12 p.m. (Edades 0-3) Clase de Lectura (Edades 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Las Claves Para Manejar el Estrés 2 - 3 p.m. Esp. Cocina Saludable 2:45 - 4:45 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Zumba 5 - 6 p.m. 14	Exámenes de Salud 10 a.m - 3:30 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 11:30 a.m. - 12:05 p.m. Sus Memorias Importan: Cuide su Cerebro 11:45 a.m. - 12:45 p.m Esp. Que es la Enfermedad Pulmonar Obstructiva Cronica EPOC? 3 - 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m. Superacion y Relajacion Personal a Traves Arte 5 - 6 p.m. Esp. 15	Servicios de Inscripcion 9 a.m. - 5 p.m. RCP/Primeros Auxilios 10 a.m. - 1 p.m. Ing. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Grupo de Apoyo de Violencia Domestica 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 6 - 12) 4 - 5 p.m. 16	CENTRO CERRADO
DÍA DE LOS PRESIDENTES CENTRO CERRADO 19	Servicios de Inscripcion 9 a.m. - 5 p.m. Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 - 12:45 p.m. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Que es el Trastorno Afectivo Estacional (SAD)? 3 - 4 p.m. Esp. Baile de Salsa Aerobicos 4 - 5 p.m. Entrenamiento y Ejercicio de Escultura Corporal 5 - 6 p.m 20	Servicios de Inscripcion 9 a.m. - 5 p.m. Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Comiendo Saludable Para el Corazon 2 - 3 p.m. Esp. Cocina Saludable 2:45 - 4:45 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Zumba 5 - 6 p.m. 21	Servicios de Inscripcion 9 a.m. - 5 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 11:30 a.m. - 12:05 p.m. Salud Mental y Estigma 3 - 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m. Superacion y Relajacion Personal a Traves Arte 5 - 6 p.m. Esp. 22	RCP/Primeros Auxilios - Virtual 10 - 1 p.m. Ing. Feria de Recursos de Alimentos Saludable 10 a.m. - Hasta Agotar Existencias. Recibe una tarjeta de regalo de \$20 Transmision de Radio en Vivo con 96.3 MEGA 3 - 5 p.m. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Consejos Utiles Para Padres 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 6 - 12) 4 - 5 p.m. 23	CENTRO CERRADO
Servicios de Inscripcion 9 a.m. - 5 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 10:30 - 11 a.m. El Arte de las Frutas y Vegetales 1 - 2 p.m. Esp. El Mundo de los Jugos y Ensaladas 2 - 3:30 p.m. Esp. Combatiendo el Estrés por Medio del Arte 4 - 5 p.m. Esp. Entrenamiento Fisico Para Niños 4 - 5 p.m. 26	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 - 12:45 p.m. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Como Entender una Enfermedad Coronaria 3 - 4 p.m. Esp. Seguridad en el Hogar 4 - 5 p.m. Esp. Baile de Salsa Aerobicos 4 - 5 p.m. Entrenamiento y Ejercicio de Escultura Corporal 5 - 6 p.m 27	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Evaluacion del Desarrollo 10-12 p.m. (Edades 0-3) Clase de Lectura (Edades 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. La Buena Compra de Vegetales y Frutas 2 - 3 p.m. Esp. Cocina Saludable 2:45 - 4:45 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. La Disciplina y la Buena Salud 4 - 5 p.m. Esp. Zumba 5 - 6 p.m. 28	Servicios de Inscripcion 9 a.m. - 5 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 11:30 a.m. - 12:05 p.m. Que es un Ataque al Corazon 3 - 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m. Superacion y Relajacion Personal a Traves Arte 5 - 6 p.m. Esp. 29		Orientaciones y Servicio al Miembro de L.A. Care (Lunes - Viernes) 9 a.m. - 4 p.m. Servicios de Inscripción Para Medi-Cal (Lun, Mie, Jue, Vie) 9 a.m. - 4 p.m. Servicios de Inscripción Para Covered California (Lunes,Miercoles) 9 a.m. - 5 p.m. Servicios de Inscripción Para CalFresh (Martes) 9 a.m. - 4 p.m.

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



3200 E. Imperial Hwy.
Lynwood, CA 90262



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 6 p.m.
Sábado: CERRADO



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