L.A. Care HEALTH PLAN | blue california Promise Health Plan

Community Resource Center

LYNWOOD MARCH 2024

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	**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** (Wed) 9 a.m. - 5 p.m. **CalFresh Enrollments** (Tuesdays) 9 a.m. - 4 p.m.		1 CENTER CLOSED	2 CENTER CLOSED
4 **Nutrition and Exercise** 10 - 11:30 a.m. **Family Sing (Ages 0-5)** 10-10:30 a.m. **Lap Read (Ages 0-5)** 11:15 a.m. - 12:15 p.m. **The Arts of Fruits and Vegetables** 1- 2 p.m. Spa. **The World of Juicing and Salads** 2 - 3:30 p.m. Spa. **Self - Esteem** 4 - 5 p.m. Spa.	5 **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. **10 Reasons to Lose Weight** 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	6 **Cardio Dancercise** 10 - 11 a.m. **Lap Read (Ages 0-5)** 10 - 11 a.m. **Yoga** 11 - 12 p.m. **What is High Blood Pressure?** 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	7 **Bone Density Screenings** 10 a.m - 1 p.m. **Nutrition and Exercise** 10 - 11:30 a.m. **Family Sing (Ages 0-5)** 10-10:30 a.m. **Mental Illness** 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	8 **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.	9 CENTER CLOSED
11 **Nutrition and Exercise** 10 - 11:30 a.m. **Family Sing (Ages 0-5)** 10-10:30 a.m. **Lap Read (Ages 0-5)** 11:15 a.m. - 12:15 p.m. **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.	12 CENTER CLOSED 9AM-1PM **What is Chronic Obstructive Pulmonary Disease (COPD)?** 1- 2 p.m. Spa **Managing Life Stressors** 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	13 **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. **How to be an Active Family** 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.	14 **Nutrition and Exercise** 10 - 11:30 a.m. **Family Sing (Ages 0-5)** 10-10:30 a.m. **Dementia Friends** 11:45 a.m. - 12:45 p.m. Spa. **How to Understand Depression** 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	15 **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.	16 CENTER CLOSED
18 **Nutrition and Exercise** 10 - 11:30 a.m. **Family Sing (Ages 0-5)** 10-10:30 a.m. **Lap Read (Ages 0-5)** 11:15 a.m. - 12:15 p.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.	19 **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. **Breastfeeding Tips** 1- 2 p.m. Spa **Cardio Dancercise** 3 - 4 p.m. **Understanding Bipolar Disorder** 3- 4 p.m. **Salsa Dance Aerobics** 4 - 5 p.m. **Fitness and Body Sculpting** 5 - 6 p.m	20 **Cardio Dancercise** 10 - 11 a.m. **Lap Read (Ages 0-5)** 10 - 11 a.m **Yoga** 11 - 12 p.m. **My Healthy Plate** 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	21 **Blood Pressure Screenings** 10 a.m - 3:30 p.m. **Nutrition and Exercise** 10 - 11:30 a.m. **Family Sing (Ages 0-5)** 10-10:30 a.m. **Alzheimer's and Dementia** 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.	22 **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** **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.	23 CENTER CLOSED
25 **Nutrition and Exercise** 10 - 11:30 a.m. **Family Sing (Ages 0-5)** 10-10:30 a.m. **Lap Read (Ages 0-5)** 11:15 a.m. - 12:15 p.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.	26 **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 Shingles (Herpes Zoster)?** 3- 4 p.m. **Emergency Preparedness** 4 - 5 p.m. Spa. **Salsa Dance Aerobics** 4 - 5 p.m. **Fitness and Body Sculpting** 5 - 6 p.m.	27 **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. **How to Read Food Labels** 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. **Eliminating Sodium** 4 - 5 p.m. Spa. **Zumba** 5 - 6 p.m.	28 **Nutrition and Exercise** 10 - 11:30 a.m. **Family Sing (Ages 0-5)** 10-10:30 a.m. **What is Depression?** 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.	29 **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.	30 CENTER CLOSED

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

L.A. Care HEALTH PLAN | blue california Promise Health Plan

Community Resource Center

LYNWOOD MARZO 2024

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		Orientación 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** (Miercoles) 9 a.m. - 5 p.m. **Servicios de Inscripción Para CalFresh** (Martes) 9 a.m. - 4 p.m.		1 CENTRO CERRADO	2 CENTRO CERRADO
4 **Nutrición y Ejercicio** 10 - 11:30 a.m. **Familia Cantando (Edades 0-5)** 10-10:30 a.m. **Clase de Lectura (Edades 0-5)** 11:15 a.m. - 12:15 p.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. **Autoestima** 4 - 5 p.m. Esp.	5 **Zumba** 9:30 - 10:30 a.m. **Dietista Registrada** 10 a.m. - 1 p.m. **Diabetes** 11:15 - 12:45 p.m. **10 Motivos Para Perder Peso** 3 - 4 p.m. Esp. **Baile de Ejercicio Cardiovascular** 3 - 4 p.m. **Baile de Salsa Aeróbicos** 4 - 5 p.m. **Entrenamiento y Ejercicio de Escultura Corporal** 5 - 6 p.m	6 **Baile de Ejercicio Cardiovascular** 10 - 11 a.m. **Clase de Lectura (Edades 0-5)** 10 - 11 a.m **Yoga** 11 - 12 p.m. **¿Qué es la Presión Alta o Hipertension?** 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 **Exámen de Densidad ósea** 10 a.m - 1 p.m. **Nutrición y Ejercicio** 10 - 11:30 a.m. **Familia Cantando (Edades 0-5)** 10-10:30 a.m. **Enfermedades de Salud Mental** 3 - 4 p.m. Esp. **Pilates** 3 - 4 p.m. **Baile de Salsa Aeróbicos** 4 - 5 p.m. **Superación y Relajación Personal a través del Art** 5 - 6 p.m. Esp.	8 **RCP/Primeros Auxilios** 10 a.m. - 1 p.m. Esp. **Artes y Manualidades Para Niños (Edades 6 - 12)** 3:30 - 4 p.m. **Consejos útiles Para Padres** 3:30 - 5 p.m. Esp. **Cocina Saludable Para Niños (Edades 6 - 12)** 4 - 5 p.m.	9 CENTRO CERRADO
11 **Nutrición y Ejercicio** 10 - 11:30 a.m. **Familia Cantando (Edades 0-5)** 10-10:30 a.m. **Clase de Lectura (Edades 0-5)** 11:15 a.m. - 12:15 p.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. **Curación a través del Arte** 4 - 5 p.m. Esp.	12 **CENTRO CERRADO 9AM-1PM** **Enfermedad Pulmonar Obstructiva Crónica (EPOC)** 1 - 2 p.m. Esp. **Cómo Manejar los Factores de Estrés de la Vida** 3 - 4 p.m. Esp. **Baile de Ejercicio Cardiovascular** 3 - 4 p.m. **Baile de Salsa Aeróbicos** 4 - 5 p.m. **Entrenamiento y Ejercicio de Escultura Corporal** 5 - 6 p.m	13 **Baile de Ejercicio Cardiovascular** 10 - 11 a.m. **Evaluación del Desarollo** 10-12 p.m. (Edades 0-3) **Clase de Lectura (Edades 0-5)** 10 - 11 a.m **Yoga** 11 - 12 p.m. **Que su Familia se Mantenga Activa** 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 **Nutrición y Ejercicio** 10 - 11:30 a.m. **Familia Cantando (Edades 0-5)** 10-10:30 a.m. **Amigos de la Demencia** 11:45 a.m. - 12:45 p.m Esp. **Cómo Entender la Depresión** 3 - 4 p.m. Esp. **Pilates** 3- 4 p.m. **Baile de Salsa Aeróbicos** 4 - 5 p.m. **Superación y Relajación Personal a través del Arte** 5 - 6 p.m. Esp.	15 **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 Doméstica** 3:30 - 5 p.m. Esp. **Cocina Saludable Para Niños (Edades 6 - 12)** 4 - 5 p.m.	16 CENTRO CERRADO
18 **Nutrición y Ejercicio** 10 - 11:30 a.m. **Familia Cantando (Edades 0-5)** 10-10:30 a.m. **Clase de Lectura (Edades 0-5)** 11:15 a.m. - 12:15 p.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. **Relájese Utilizando el Arte** 4 - 5 p.m. Esp.	19 **Zumba** 9:30 - 10:30 a.m. **Dietista Registrada** 10 a.m. - 1 p.m. **Diabetes** 11:15 - 12:45 p.m. **Consejos Para Amamantar** 1 - 2 p.m. Esp. **Baile de Ejercicio Cardiovascular** 3 - 4 p.m. **Cómo Entender el Trastorno Bipolar** 3 - 4 p.m. Esp. **Baile de Salsa Aeróbicos** 4 - 5 p.m. **Entrenamiento y Ejercicio de Escultura Corporal** 5 - 6 p.m	20 **Baile de Ejercicio Cardiovascular** 10 - 11 a.m. **Clase de Lectura (Edades 0-5)** 10 - 11 a.m **Yoga** 11 - 12 p.m. **Mi Plato Saludable** 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 **Exámenes de Presión Arterial** 10 a.m - 3:30 p.m. **Nutrición y Ejercicio** 10 - 11:30 a.m. **Familia Cantando (Edades 0-5)** 10-10:30 a.m. **Enfermedad de Alzheimer y Demencia** 3 - 4 p.m. Esp. **Pilates** 3- 4 p.m. **Baile de Salsa Aeróbicos** 4 - 5 p.m. **Superación y Relajación Personal a través del 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** **Artes y Manualidades Para Niños (Edades 6 - 12)** 3:30 - 4 p.m. **Consejos útiles Para Padres** 3:30 - 5 p.m. Esp. **Cocina Saludable Para Niños (Edades 6 - 12)** 4 - 5 p.m.	23 CENTRO CERRADO
25 **Nutrición y Ejercicio** 10 - 11:30 a.m. **Familia Cantando (Edades 0-5)** 10-10:30 a.m. **Clase de Lectura (Edades 0-5)** 11:15 a.m. - 12:15 p.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.	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. **¿Que es Zóster (Herpes Zóster)?** 3 - 4 p.m. Esp. **Preparación para Emergencias** 4 - 5 p.m. Esp. **Baile de Salsa Aeróbicos** 4 - 5 p.m. **Entrenamiento y Ejercicio de Escultura Corporal** 5 - 6 p.m	27 **Baile de Ejercicio Cardiovascular** 10 - 11 a.m. **Evaluación del Desarollo** 10-12 p.m. (Edades 0-3) **Clase de Lectura (Edades 0-5)** 10 - 11 a.m **Yoga** 11 - 12 p.m. **Cómo Leer Etiquetas de los Alimentos** 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 Eliminación de Sodio** 4 - 5 p.m. Esp. **Zumba** 5 - 6 p.m.	28 **Nutrición y Ejercicio** 10 - 11:30 a.m. **Familia Cantando (Edades 0-5)** 10-10:30 a.m. **¿Qué el la Depresión?** 3 - 4 p.m. Esp. **Pilates** 3- 4 p.m. **Baile de Salsa Aeróbicos** 4 - 5 p.m. **Superación y Relajación Personal a través del Arte** 5 - 6 p.m. Esp.	29 **Artes y Manualidades Para Niños (Edades 6 - 12)** 3:30 - 4 p.m. **Grupo de Apoyo de Violencia Doméstica** 3:30 - 5 p.m. Esp. **Cocina Saludable Para Niños (Edades 6 - 12)** 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

3200 E. Imperial Hwy.
Lynwood, CA 90262

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

310.661.3000
CommunityResourceCenterLA.org