



LYNWOOD
MAY
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	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 (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Rethink What You Drink 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.	2 Blood Pressure and Glucose 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. Understanding Asthma 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	3 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.	4 
6 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 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.	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. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m.	8 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. Discussing Chronic Pain With Your Doctor 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.	9 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:30 a.m. Child Development Help Me Grow 10:45 a.m. - 12:15 p.m. Feel Better Soon Without Antibiotics 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.	10 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.	11 
13 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 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.	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. Smoking Cessation 1 - 2 p.m. Spa Elastic Band to Burn Calories 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.	15 Cardio Dancercise 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. The Risk of High Cholesterol 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.	16 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. Memories are Important 11:45 a.m. - 12:45 p.m. Spa. Help With Sleeping or Insomnia 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	17 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.	18 
20 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 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.	21 Zumba 9:30 - 10:30 a.m. Diabetes 11:15 a.m. -12:45 p.m. High Blood Pressure 1 - 2 p.m. Spa Birth Control Options 3 - 4 p.m. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m.	22 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. The Power of Antioxidant's 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.	23 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:30 a.m. What is Anxiety? 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.	24 CPR/First Aid- Virtual 10 a.m. - 1 p.m. Eng. 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.	25 
27 MEMORIAL DAY  CENTER CLOSED	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. Understanding Menopause 3 - 4 p.m. Cardio Dancercise 3 - 4 p.m. Up and Moving With Your Family 4 - 5 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m.	29 Cardio Dancercise 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Osteoporosis and Exercise 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. Different Forms of Domestic Violence 4 - 5 p.m. Spa. Zumba 5 - 6 p.m.	30 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:30 a.m. What are Sexually Transmitted Diseases? (STD's 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.	31 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.	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) 10 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

Calendar grid with columns for days of the week (LUNES to SÁBADO) and rows for dates. Each cell contains activity details, times, and age groups. Includes QR code for CRC website and 'CENTRO CERRADO' icons for closed days.

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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