



Community Resource Center



LYNWOOD
JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nutrition and Exercise 2 10 - 11:30 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 p.m. Spa. Zumba Gold 3 - 3:45 p.m. Understanding and Building Credit 3:30- 4:30 p.m. Self Esteem 4 - 5 p.m. Spa.	Zumba 3 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Low Blood Sugar (Hypoglycemia) 3 - 4 p.m. Spa. Mindful Meditation 3 - 4 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	Fitness for Seniors and People With Disabilities 4 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Complementary and Alternative Medicine 2 - 3 p.m. Spa. Healthy Cooking 3 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids(Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m.	Member Thursdays* 5 Nutrition and Exercise 10- 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Hypertension and Cholesterol Diet Management 1- 3 p.m. Live Smoke Free 3- 4 p.m. Spa. Family Pilates (Ages 6 +) 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 (Ages 14+) 6 10 a.m. - 1 p.m. - English. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	CPR/First Aid (Ages 14+) 7 10 a.m. - 1 p.m. - Spanish Yoga 10:30 - 11:30 a.m.
Nutrition and Exercise 9 10 - 11:30 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 p.m. Spa. Zumba Gold 3 - 3:45 p.m. Healing Through Art 4 - 5 p.m. Spa.	Zumba 10 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Substance Use Disorder 3 - 4 p.m. Spa. Mindful Meditation 3 - 4 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	Fitness for Seniors and People With Disabilities 11 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Understanding Depression 2 - 3 p.m. Spa. Healthy Cooking 3 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids(Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m.	Member Thursdays* 12 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Manage COPD 2 -3 p.m. Spa. High Blood Sugar (Hyperglycemia) 3- 4 p.m. Spa. Family Pilates (Ages 6 +) 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 (Ages 14+) 13 10 a.m. - 1 p.m. - Spanish Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	 CENTER CLOSED
Nutrition and Exercise 16 10 - 11:30 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 p.m. Spa. Zumba Gold 3 - 3:45 p.m. Improving Credit and Managing Debt 3:30- 4:30 p.m. Relax Using Art 4 - 5 p.m. Spa.	Zumba 17 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Start Simple With My Plate 3 - 4 p.m. Spa. Mindful Meditation 3 - 4 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	Lap Read (Ages 0-5) 18 10 - 11 a.m. Depression: How to Feel Like Yourself Again 2- 3 p.m. Spa. Healthy Cooking 3 - 4:45 p.m. Spa. Fun Arts and Crafts for Kids(Ages 6 -12) 3:30 - 4 p.m. Zumba 5 - 6 p.m.	JUNETEENTH NATIONAL INDEPENDENCE DAY  CENTER CLOSED	CPR/First Aid (Ages 14+) 20 10 a.m. - 1 p.m. - English Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	 CENTER CLOSED
Nutrition and Exercise 23 10 - 11:30 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 p.m. Spa. Zumba Gold 3 - 3:45 p.m. Fighting Stress Through Art 4 - 5 p.m. Spa.	Zumba 24 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Healthy Snacks; Quick Tips for Parents 3 - 4 p.m. Spa. Mindful Meditation 3 - 4 p.m. Spa. Vitamins and Minerals 4 - 5 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	Developmental Screenings 25 10 - 12 p.m. (Ages 0-3) Fitness for Seniors and People With Disabilities 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. When to Use the Emergency Room 2 - 3 p.m. Healthy Cooking 3 - 4:45 p.m. Spa. Eating Healthy on a Budget 4 - 5 p.m. Spa. Zumba 5 - 6 p.m.	Member Thursdays* 26 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. How to Control Asthma 2 -3 p.m. Spa. Understanding the Impact of Addiction and mental Wellness 3 - 4 p.m. Spa. Family Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Personal Improvement and Relaxation Through Art 5 - 6 p.m. Spa.	Fun Arts and Crafts for Kids (Ages 6 -12) 27 3:30 - 4 p.m. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	 CENTER CLOSED
Nutrition and Exercise 30 10 - 11:30 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 p.m. Spa. Zumba Gold 3 - 3:45 p.m. Cyber Safety for Good 3:30- 4:30 p.m.			L.A. Care Member Orientation and Member Services (Mon- Fri) 9 a.m. - 4 p.m. Medi-Cal Enrollments (Mon - 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. *L.A. Care and Blue Shield Promise members will receive a raffle ticket for attending classes on Thursdays 9- 4 p.m.	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 CRC Website

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

BE ACTIVE,
HEALTHY & INFORMED



3200 E. Imperial Hwy.
Lynwood, CA 90262



CENTER HOURS:
Monday - Friday: 9 a.m. - 6 p.m.
Saturday: **CLOSED**



310.661.3000
CommunityResourceCenterLA.org

