



L.A. Care

Community Resource Center



Promise Health Plan

LYNWOOD
JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Fridays 9- 4 p.m.	1 Zumba 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Understanding Back Pain 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	2 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. Bronchitis and Other Cough Illnesses in Children 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.	3 Nutrition and Exercise 10- 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Healthy Food Preparation and Food Safety 1- 3 p.m. Type 1 Diabetes 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	4 INDEPENDENCE DAY CENTER CLOSED	5 CENTER CLOSED
7 Nutrition and Exercise 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. Self Esteem 4 - 5 p.m. Spa.	8 Zumba 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Adult Self- Care for a Cold 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	9 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. Postpartum 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.	10 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Manage Diabetes 2 -3 p.m. Spa. Anemia 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.	11 Member Fridays* CPR/First Aid (Ages 14+) 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.	12 CENTER CLOSED
14 Nutrition and Exercise 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.	15 Zumba 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Birth Control; What's Best For You 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	16 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. Type 1 Diabetes 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.	17 Blood Pressure Screenings 10 - 3:30 p.m. Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Diet for Diabetes and Prediabetes 1- 3 p.m. Label Reading for Blood Sugar Control 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.	18 Member Fridays* CPR/First Aid (Ages 14+) 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.	19 CPR/First Aid (Ages 14+) 10 a.m. - 1 p.m. - Spanish Yoga 10:30 - 11:30 a.m.
21 Nutrition and Exercise 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. Relax Using Art 4 - 5 p.m. Spa.	22 Zumba 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Understanding Cholesterol 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	23 Developmental Screenings 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. Type 2 Diabetes 2 - 3 p.m. 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.	24 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Grief, Loss, and Resilience 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.	25 Member Fridays* CPR/First Aid (Ages 14+) 10 a.m. - 1 p.m. - English Community Baby Shower Registration Required 1 p.m. - 3 p.m. Healthy Cooking for Kids (Ages 6 -12) 4 - 5 p.m.	26 CENTER CLOSED
28 Nutrition and Exercise 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.	29 Zumba 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Healthy Eating and Congestive Heart Failure 3 - 4 p.m. Spa. Mindful Meditation 3 - 4 p.m. Spa. Blood Pressure- Cholesterol 4 - 5 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	30 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. Healthy Cooking 3 - 4:45 p.m. Spa. Rethink your drink 4 - 5 p.m. Spa. Zumba 5 - 6 p.m.	31 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Healthy Blood Pressure 2 -3 p.m. Spa. Lead Screening in Children 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.	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

