



Community Resource Center



LYNWOOD
AUGUST 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.	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	CRC Website	*Receive a \$20 Gift Card for Attending This Class * Free Backpack for School Aged Children, on a First Come First Served Basis	CPR/First Aid (Ages 14+) 1 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.	BACK TO SCHOOL EVENT 10AM - 2PM 2
Nutrition and Exercise 4 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.	Zumba 5 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Osteoarthritis - What You Need to Know 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 6 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Diabetes Medication 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.	Nutrition and Exercise 7 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Making Your Wishes Count: Understanding Advanced Directives 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.	Backpacks to the Rescue!* 8 10 a.m. - 2 p.m. 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.	CPR/First Aid (Ages 14+) 9 10 a.m. - 1 p.m. - Spanish Yoga 10:30 - 11:30 a.m.
Nutrition and Exercise 11 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 12 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Public Charge and Accessing Benefits 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 13 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Low Blood Sugar (Hypoglycemia) 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.	Nutrition and Exercise 14 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Know Your After - Hours Care Options 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.	Say Aloha to School Supplies!* 15 10 a.m. - 2 p.m. CPR/First Aid (Ages 14+) 10 a.m. - 1 p.m. - English Helpful Parenting (Stress Management) 3:30 - 5 p.m. 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 16
Nutrition and Exercise 18 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.	Zumba 19 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. California Advance Health Care Directive Handout 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	RCAC Meeting 20 9 a.m. - 1 p.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. High Blood Sugar (Hyperglycemia) 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.	Blood Pressure Screenings 21 10 - 3:30 p.m. Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Healthy Weight 2 -3 p.m. Spa. Get Tested for Glaucoma 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.	Saddle up for School Supplies!* 22 10 a.m. - 2 p.m. Helpful Parenting (Substance Abuse in Youth) 3:30 - 5 p.m. 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 23
Nutrition and Exercise 25 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 26 9:30 -10:30 a.m. Nutrition and Exercise 11 - 12:30 p.m. Diabetes 11 a.m. -12:15 p.m. Opioid Overdose Reversal Workshop* 2:30 - 4 p.m. Spa. Mindful Meditation 3 - 4 p.m. Spa. Diabetes 4 - 5 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m. Fitness and Body Sculpting 5 - 6 p.m	CENTER CLOSED 27	Nutrition and Exercise 28 10 - 11:30 a.m. Family Sing (Ages 0-5) 10-10:45 a.m. Quit Smoking 2 -3 p.m. Spa. Child Abuse Prevention 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.	The Great Backpack Giveaway!* 29 10 a.m. - 2 p.m. Helpful Parenting (Mental Health in Youth) 3:30 - 5 p.m. 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 30

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

