



LYNWOOD

NOVEMBER

2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VISION DAYS Schedule a NO-COST EYE EXAM Monday and Wednesday, November 20th and 22nd, 10am - 4pm Please RSVP to Irene Palomar ipalomar@lacare.org	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 3 - 5 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m.	2 Bone Density Screenings 10 a.m - 1 p.m. Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 11:30 - 12:05 p.m. Understanding Whooping Cough (Pertussis) 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	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 CENTER CLOSED
6 Family Sing - Virtual 9 - 9:30 a.m. Register at: Urbanvoicesproject.org/programs/FamilySing Nutrition and Exercise 10 -11:30 a.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. Children's Physical Fitness 4 - 5 p.m	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. Alcohol Abuse and Alcoholism 3 - 4 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	8 Cardio Dancercise 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Developmental Screenings 10 - 12 p.m. (Ages 0-3) Yoga 11 - 12 p.m. Discussing Chronic Pain With Your Doctor 2 - 3 p.m. Spa. Healthy Cooking 3 - 5 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m.	9 Child Development Help Me Grow 9:30 - 11 a.m. Spa. Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 11:30 - 12:05 p.m. Feeling Better without Antibiotics 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	10 VETERAN'S DAY CENTER CLOSED	11 CENTER CLOSED
13 Family Sing - Virtual 9 - 9:30 a.m. Register at: Urbanvoicesproject.org/programs/FamilySing Nutrition and Exercise 10 -11:30 a.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. Children's Physical Fitness 4 - 5 p.m.	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. How to get help if you have Anxiety 3- 4 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	15 Cardio Dancercise 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Family Sing (Ages 0-5) 11 - 11:35 a.m. Yoga 11 - 12 p.m. The Risk of High Cholesterol 2 - 3 p.m. Spa. Healthy Cooking 3 - 5 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m.	16 Health Screenings 10 - 3:30 p.m. Nutrition and Exercise 10 - 11:30 a.m. Your Memories Matter: Reducing the Risk of Alzheimer 11:45 a.m. - 12:45 p.m. Spa. Understanding Menopause 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	17 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 Domestic Violence Support Group 3:30 - 5 p.m. Spa. 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.	18 CENTER CLOSED
20 Family Sing - Virtual 9 - 9:30 a.m. Register at: Urbanvoicesproject.org/programs/FamilySing Nutrition and Exercise 10 - 11:30 a.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. Children's Physical Fitness 4 - 5 p.m.	21 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. What is COPD? 1- 2 p.m. Spa. Cardio Dancercise 3 - 4 p.m. What is Hepatitis C? 3- 4 p.m. Spa. Salsa Dance Aerobics 4 - 5 p.m.	22 Cardio Dancercise 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Developmental Screenings 10 - 12 p.m. (Ages 0-3) Yoga 11 - 12 p.m. Add Vegetables To Your Meal 2 - 3 p.m. Spa. Healthy Cooking 3 - 5 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m.	23 CENTER CLOSED	24 CENTER CLOSED	25 CENTER CLOSED
27 Family Sing - Virtual 9 - 9:30 a.m. Register at: Urbanvoicesproject.org/programs/FamilySing Nutrition and Exercise 10 - 11:30 a.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. Children's Physical Fitness 4 - 5 p.m	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. Breastfeeding Tips 1- 2 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Understanding Asthma 3- 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Smoking Cessation 4 - 5 p.m. Spa.	29 Cardio Dancercise 10 - 11 a.m. Lap Read (Ages 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Healthy Cooking 3 - 5 p.m. Spa. Fun Arts and Crafts for Kids (Ages 6 -12) 3:30 - 4 p.m. Diabetes 4 - 5 p.m. Spa.	30 Nutrition and Exercise 10 - 11:30 a.m. Family Sing (Ages 0-5) 11:30 - 12:05 p.m. Childhood Disorders: Other Disorders 3 - 4 p.m. Spa. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	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 (Mondays) 9 a.m. - 4 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:

Monday - Friday: 9 a.m. - 5 p.m.

Saturday: CLOSED



310.661.3000

CommunityResourceCenterLA.org



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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
DÍAS DE VISIÓN Agenda un EXAMEN DE LA VISTA SIN COSTO Lunes y miércoles, 20 y 22 de noviembre, 10:00 am a 4:00 pm Please RSVP to Irene Palomar ipalomar@lacare.org	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.	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10 -11 a.m. Yoga 11 - 12 p.m. Piensa Lo Que Tomas 2 - 3 p.m. Esp. Cocina Saludable 3- 5 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m.	Prueba de la densidad Osea 10 a.m - 1 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 11:30 a.m. - 12:05 p.m. Como Entender la Tos Ferina 3 - 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	RCP/Primeros Auxilios 10 a.m. - 1 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Grupo de Apoyo de Violencia Domestica 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 6 - 12) 4 - 5 p.m.	CENTRO CERRADO
Familia Cantando - Virtual 9 - 9:30 a.m. Para Registrarse : Urbanvoicesproject.org/programs/FamilySing Nutricion y Ejercicio 10 - 11:30 a.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. Entrenamiento Fisico Para Niños 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 - 12:45 p.m. El Abuso del Alcohol y el Alcoholismo 3 - 4 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10 -11 a.m. Evaluacion del Desarrollo 10-12 p.m. (Edades 0-3) Yoga 11 - 12 p.m. Hablar Sobre El Dolor Cronico Con Su Medico 2 - 3 p.m. Esp. Cocina Saludable 3- 5 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m.	Clase Sobre Desarrollo Infantil 9:30 - 11 a.m. Esp. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 11:30 a.m. - 12:05 p.m. Sentirse Mejor sin Antibioticos 3 - 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	DÍA DE LOS VETERANOS CENTRO CERRADO	CENTRO CERRADO
Familia Cantando - Virtual 9 - 9:30 a.m. Para Registrarse : Urbanvoicesproject.org/programs/FamilySing Nutricion y Ejercicio 10 - 11:30 a.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. Curacion a Traves del Arte 4 - 5 p.m. Esp. Entrenamiento Fisico Para Niños 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 - 12:45 p.m. Como Pedir Ayuda Si Tiene Ansiedad 3 - 4 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10 -11 a.m. Familia Cantando (Edades 0-5) 11 - 11:35 a.m. Yoga 11 - 12 p.m. El Riesgo de Colesterol Alto 2 - 3 p.m. Esp. Cocina Saludable 3 - 5 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m.	Exámenes de Salud 10 - 3:30 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Sus Memorias Importan: Reduciendo el Riesgo de Alzheimer's 11:45 a.m. - 12:45 p.m Esp. Como Entender La Menopausia 3 - 4 p.m. Esp. Pilates 3- 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	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. Grupo de Apoyo de Violencia Domestica 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 6 - 12) 4 - 5 p.m	CENTRO CERRADO
Familia Cantando- Virtual 9 - 9:30 a.m. Para Registrarse : Urbanvoicesproject.org/programs/FamilySing Nutricion y Ejercicio 10 - 11:30 a.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. Relajese Utilizando el Arte 4 - 5 p.m. Esp. Entrenamiento Fisico Para Niños 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 - 12:45 p.m. Que es Enfermedad Pulmonar Obstructiva Cronica 1 - 2 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Que es Hepatitis C? 3 - 4 p.m. Esp. Baile de Salsa Aerobicos 4 - 5 p.m.	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10 - 11 a.m. Evaluacion del Desarrollo 10-12 p.m. (Edades 0-3) Yoga 11 - 12 p.m. Agregue Verduras A Su Comida 2 - 3 p.m. Esp. Cocina Saludable 3 - 5 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m.	CENTRO CERRADO		CENTRO CERRADO
Familia Cantando- Virtual 9 - 9:30 a.m. Para Registrarse : Urbanvoicesproject.org/programs/FamilySing Nutricion y Ejercicio 10 - 11:30 a.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. Entrenamiento Fisico Para Niños 4 - 5 p.m.	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. Como Entender el Asma 3 - 4 p.m. Esp. Baile de Salsa Aerobicos 4 - 5 p.m. Dejar De Fumar 4 - 5 p.m. Esp.	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura (Edades 0-5) 10 - 11 a.m. Yoga 11 - 12 p.m. Cocina Saludable 3 - 5 p.m. Esp. Artes y Manualidades Para Niños (Edades 6 - 12) 3:30 - 4 p.m. Diabetes 4 - 5 p.m. Esp.	Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando (Edades 0-5) 11:30 a.m. - 12:05 p.m. Trastornos Infantiles: Otros Trastornos 3 - 4 p.m. Esp. Pilates 3- 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	CRC Sitio de Web	Orientaciones 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 (Lunes) 9 a.m. - 4 p.m. Servicios de Inscripción Para CalFresh (Martes) 9 a.m. - 4 p.m.

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. - 5 p.m.

Sábado: Cerrado



310.661.3000

CommunityResourceCenterLA.org