



# Community Resource Center



# LYNWOOD JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>BLUE</b> Qualify for the My Rewards for a Healthy Life Program. <b>GREEN</b> Appointment & Registration required.	<b>HAPPY NEW YEAR</b>  <b>CENTER CLOSED</b>	 <b>CENTER CLOSED</b>	 <b>CENTER CLOSED</b>	 <b>CENTER CLOSED</b>
 <b>CENTER CLOSED</b>	 <b>CENTER CLOSED</b>	<b>1</b> <b>Fitness for Seniors and People With Disabilities</b> 10 - 11 a.m. <b>Lap Read (Ages 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Autism in Adults</b> 2 - 3 p.m. Spa. <b>Healthy Cooking</b> 3 - 4:45 p.m. Spa. <b>Fun Arts and Crafts for Kids(Ages 6 -12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.	<b>2</b> <b>Nutrition and Exercise</b> 10 - 11:30 a.m. <b>Family Sing (Ages 0-5)</b> 10-10:45 a.m. <b>Bronchitis and Other Cough Illnesses in Adults</b> 3- 4 p.m. Spa <b>Family Pilates (Ages 6 +)</b> 3 - 4 p.m. <b>Salsa Dance Aerobics</b> 4 - 5 p.m. <b>Personal Improvement and Relaxation Through Art</b> 5 - 6 p.m. Spa	<b>3</b> <b>CPR/First Aid (Ages 14+)</b> 10 a.m. - 1 p.m. - English. <b>Fun Arts and Crafts for Kids (Ages 6 -12)</b> 3:30 - 4 p.m. <b>Domestic Violence Support Group</b> 3:30 - 5 p.m. Spa. <b>Healthy Cooking for Kids (Ages 6 -12)</b> 4 - 5 p.m.	<b>4</b>  <b>CENTER CLOSED</b>
<b>6</b>  <b>CENTER CLOSED</b>	<b>7</b>  <b>CENTER CLOSED</b>	<b>8</b> <b>Fitness for Seniors and People With Disabilities</b> 10 - 11 a.m. <b>Lap Read (Ages 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Autism in Adults</b> 2 - 3 p.m. Spa. <b>Healthy Cooking</b> 3 - 4:45 p.m. Spa. <b>Fun Arts and Crafts for Kids(Ages 6 -12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.	<b>9</b> <b>Blood Pressure Screenings</b> 10 - 3:30 p.m. <b>Nutrition and Exercise</b> 10 - 11:30 a.m. <b>Family Sing (Ages 0-5)</b> 10-10:45 a.m. <b>Bronchitis and Other Cough Illnesses in Children</b> 3 - 4 p.m. Spa. <b>Family Pilates</b> 3 - 4 p.m. <b>Salsa Dance Aerobics</b> 4 - 5 p.m. <b>Personal Improvement and Relaxation Through Art</b> 5 - 6 p.m. Spa.	<b>10</b> <b>CPR/First Aid (Ages 14+)</b> 10 a.m. - 1 p.m. - Spanish <b>Fun Arts and Crafts for Kids (Ages 6 -12)</b> 3:30 - 4 p.m. <b>Helpful Parenting Tips</b> 3:30 - 5 p.m. Spa. <b>Healthy Cooking for Kids (Ages 6 -12)</b> 4 - 5 p.m.	<b>11</b>  <b>CENTER CLOSED</b>
<b>13</b> <b>Nutrition and Exercise</b> 10 - 11:30 a.m. <b>Lap Read (Ages 0-5)</b> 11:15 a.m. - 12:15 p.m. <b>The Arts of Fruits and Vegetables</b> 1- 2 p.m. Spa. <b>The World of Juicing and Salads</b> 2 - 3:30 p.m. Spa. <b>Healing Through Art</b> 4 - 5 p.m. Spa.	<b>*Member Tuesdays*</b> <b>Zumba</b> 9:30 -10:30 a.m. <b>Registered Dietitian Group Classes</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 a.m. -12:15 p.m. <b>Feel Better Soon.. Without Antibiotics</b> 3 - 4 p.m. Spa. <b>Mindful Meditation</b> 3 - 4 p.m. Spa. <b>Salsa Dance Aerobics</b> 4 - 5 p.m. <b>Fitness and Body Sculpting</b> 5 - 6 p.m	<b>14</b> <b>Fitness for Seniors and People With Disabilities</b> 10 - 11 a.m. <b>Lap Read (Ages 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Adult Self Care for a Cold</b> 2 - 3 p.m. Spa. <b>Healthy Cooking</b> 3 - 4:45 p.m. Spa. <b>Fun Arts and Crafts for Kids(Ages 6 -12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.	<b>15</b> <b>Nutrition and Exercise</b> 10 - 11:30 a.m. <b>Family Sing (Ages 0-5)</b> 10-10:45 a.m. <b>Bronchitis and Other Cough Illnesses in Children</b> 3 - 4 p.m. Spa. <b>Family Pilates</b> 3 - 4 p.m. <b>Salsa Dance Aerobics</b> 4 - 5 p.m. <b>Personal Improvement and Relaxation Through Art</b> 5 - 6 p.m. Spa.	<b>16</b> <b>CPR/First Aid (Ages 14+)</b> 10 a.m. - 1 p.m. - English <b>Fun Arts and Crafts for Kids (Ages 6 -12)</b> 3:30 - 4 p.m. <b>Helpful Parenting Tips</b> 3:30 - 5 p.m. Spa. <b>Healthy Cooking for Kids (Ages 6 -12)</b> 4 - 5 p.m.	<b>18</b>  <b>CENTER CLOSED</b>
<b>20</b>  <b>CENTER CLOSED</b>	<b>*Member Tuesdays*</b> <b>Zumba</b> 9:30 -10:30 a.m. <b>Registered Dietitian Group Classes</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 a.m. -12:15 p.m. <b>Quit Smoking</b> 1- 2 p.m. Spa. <b>Understand High Blood Pressure</b> 3 - 4 p.m. Spa. <b>Mindful Meditation</b> 3 - 4 p.m. Spa. <b>Salsa Dance Aerobics</b> 4 - 5 p.m. <b>Fitness and Body Sculpting</b> 5 - 6 p.m	<b>21</b> <b>Developmental Screenings</b> 10 - 12 p.m. (Ages 0-3) <b>Fitness for Seniors and People With Disabilities</b> 10 - 11 a.m. <b>Lap Read (Ages 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>What is Chronic Obstructive Pulmonary Disease (COPD)?</b> 2 - 3 p.m. Spa. <b>Healthy Cooking</b> 3 - 4:45 p.m. Spa. <b>Fun Arts and Crafts for Kids(Ages 6 -12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.	<b>22</b> <b>Nutrition and Exercise</b> 10 - 11:30 a.m. <b>Family Sing (Ages 0-5)</b> 10-10:45 a.m. <b>Mental Health and Stigma</b> 3 - 4 p.m. Spa. <b>Family Pilates</b> 3 - 4 p.m. <b>Salsa Dance Aerobics</b> 4 - 5 p.m. <b>Personal Improvement and Relaxation Through Art</b> 5 - 6 p.m. Spa.	<b>23</b> <b>CPR/First Aid (Ages 14+)</b> 10 a.m. - 1 p.m. - English <b>Fun Arts and Crafts for Kids (Ages 6 -12)</b> 3:30 - 4 p.m. <b>Domestic Violence Support Group</b> 3:30 - 5 p.m. Spa. <b>Healthy Cooking for Kids (Ages 6 -12)</b> 4 - 5 p.m.	<b>25</b>  <b>CENTER CLOSED</b>
<b>27</b> <b>Nutrition and Exercise</b> 10 - 11:30 a.m. <b>Lap Read (Ages 0-5)</b> 11:15 a.m. - 12:15 p.m. <b>The Arts of Fruits and Vegetables</b> 1- 2 p.m. Spa. <b>The World of Juicing and Salads</b> 2 - 3:30 p.m. Spa. <b>Fighting Stress Through Art</b> 4 - 5 p.m. Spa.	<b>*Member Tuesdays*</b> <b>Zumba</b> 9:30 -10:30 a.m. <b>Registered Dietitian Group Classes</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 a.m. -12:15 p.m. <b>Healthy Blood Pressure</b> 1- 2 p.m. Spa. <b>What is Whooping Cough?</b> 3 - 4 p.m. Spa. <b>Mindful Meditation</b> 3 - 4 p.m. Spa. <b>Physical Activity</b> 4 - 5 p.m. Spa. <b>Salsa Dance Aerobics</b> 4 - 5 p.m. <b>Fitness and Body Sculpting</b> 5 - 6 p.m	<b>28</b> <b>Fitness for Seniors and People With Disabilities</b> 10 - 11 a.m. <b>Lap Read (Ages 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Education for People with COPD</b> 2 - 3 p.m. <b>Healthy Cooking</b> 3 - 4:45 p.m. Spa. <b>Managing Stress</b> 4 - 5 p.m. Spa. <b>Zumba</b> 5 - 6 p.m.	<b>29</b> <b>Nutrition and Exercise</b> 10 - 11:30 a.m. <b>Family Sing (Ages 0-5)</b> 10-10:45 a.m. <b>High Blood Pressure; Know the Facts</b> 3 - 4 p.m. Spa. <b>Family Pilates</b> 3 - 4 p.m. <b>Salsa Dance Aerobics</b> 4 - 5 p.m. <b>Personal Improvement and Relaxation Through Art</b> 5 - 6 p.m. Spa.	<b>30</b> <b>Fun Arts and Crafts for Kids (Ages 6 -12)</b> 3:30 - 4 p.m. <b>Helpful Parenting Tips</b> 3:30 - 5 p.m. Spa. <b>Healthy Cooking for Kids (Ages 6 -12)</b> 4 - 5 p.m.	<b>31</b> <b>L.A. Care Member Orientation and Member Services</b> (Mon- Fri) 9 a.m. - 4 p.m. <b>Medi-Cal Enrollments</b> (Mon - Fri) 9 a.m. - 4 p.m. <b>Covered California Enrollments</b> (Mon. Wed) 9 a.m. - 5 p.m. <b>CalFresh Enrollments</b> (Tuesdays) 9 a.m. - 4 p.m.  <b>*L.A. Care and Blue Shield Promise members will receive a raffle ticket for attending a class on Tuesdays 9 a.m. - 4 p.m.</b>

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



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	<b>AZUL</b> Califican para el programa mis recompensas para una vida sana. <b>VERDE</b> Por cita y registro solamanete.	<b>FELIZ AÑO NUEVO</b> CENTRO CERRADO	<b>CENTRO CERRADO</b>	<b>CENTRO CERRADO</b>	<b>CENTRO CERRADO</b>
<b>CENTRO CERRADO</b>	<b>CENTRO CERRADO</b>	<b>Actividad física para personas de la tercera edad y discapacidades</b> 10 - 11 a.m. <b>Clase de lectura(Edad 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Autismo en adultos</b> 2 - 3 p.m. Esp. <b>Cocina saludable</b> 3 - 4:45 p.m. Esp. <b>Artes para niños (Edad 6-12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.	<b>Nutrición y ejercicio</b> 10 - 11:30 a.m. <b>Familia cantando (Edades 0-5)</b> 10-10:45 a.m. <b>Bronquitis y otros padecimientos que incluyen tos, en adultos</b> 3 - 4 p.m. Esp. <b>Pilates en familia</b> 3- 4 p.m. <b>Baile de salsa aeróbicos</b> 4 - 5 p.m. <b>Superación y relajación personal a través del arte</b> 5 - 6 p.m. Esp.	<b>RCP/Primeros auxilios (Edades 14+)</b> 10 - 1 p.m. - Ingles. <b>Artes y manualidades para niños (Edades 6 - 12)</b> 3:30 - 4 p.m. <b>Grupo de apoyo de violencia doméstica</b> 3:30 - 5 p.m. Esp. <b>Cocina saludable para niños (Edades 6 - 12)</b> 4 - 5 p.m.	<b>CENTRO CERRADO</b>
<b>Nutrición y ejercicio</b> 10 - 11:30 a.m. <b>Clase de lectura (Edades 0-5)</b> 11:15 a.m. - 12:15 p.m. <b>El arte de las frutas y vegetales</b> 1 - 2 p.m. Esp. <b>El mundo de los jugos y ensaladas</b> 2 - 3:30 p.m. Esp. <b>Relájese utilizando el arte</b> 4 - 5 p.m. Esp.	<b>*Martes de Miembros</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Dietista registrada</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 - 12:15 p.m. <b>Siéntase mejor sin antibióticos</b> 3 - 4 p.m. Esp. <b>Meditación consciente</b> 3 - 4 p.m. Esp. <b>Baile de salsa aeróbicos</b> 4 - 5 p.m. <b>Entrenamiento y ejercicio de escultura corporal</b> 5 - 6 p.m.	<b>Actividad física para personas de la tercera edad y discapacidades</b> 10 - 11 a.m. <b>Clase de lectura(Edad 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Cuidado de los adultos para tratar un resfriado</b> 2 - 3 p.m. Esp. <b>Cocina saludable</b> 3 - 4:45 p.m. Esp. <b>Arte para niños (Edad 6-12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.	<b>Exámenes de presión arterial</b> 10 - 3:30 p.m. <b>Nutrición y ejercicio</b> 10 - 11:30 a.m. <b>Familia cantando (Edades 0-5)</b> 10-10:45 a.m. <b>Bronquitis y otros padecimientos que incluyen tos, en los niños</b> 3 - 4 p.m. Esp. <b>Pilates en familia</b> 3- 4 p.m. <b>Baile de salsa aeróbicos</b> 4 - 5 p.m. <b>Superación y relajación personal a través del arte</b> 5 - 6 p.m. Esp.	<b>RCP/Primeros auxilios (Edades 14+)</b> 10 a.m. - 1 p.m. - Español. <b>Artes y manualidades para niños (Edades 6-12)</b> 3:30 - 4 p.m. <b>Consejos útiles para padres</b> 3:30 - 5 p.m. Esp. <b>Cocina saludable para niños (Edades 6-12)</b> 4 - 5 p.m.	<b>CENTRO CERRADO</b>
<b>DÍA DE MARTIN LUTHER KING</b> <b>CENTRO CERRADO</b>	<b>*Martes de Miembros</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Dietista registrada</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 - 12:15 p.m. <b>Como dejar de fumar</b> 1 - 2 p.m. Esp. <b>Entendiendo la presión arterial alta</b> 3 - 4 p.m. Esp. <b>Meditación consciente</b> 3 - 4 p.m. Esp. <b>Baile de salsa aeróbicos</b> 4 - 5 p.m. <b>Entrenamiento y ejercicio de escultura corporal</b> 5 - 6 p.m.	<b>Evaluación del desarrollo</b> 10 - 12 p.m. (Edades 0-3) <b>Actividad física para personas de la tercera edad y discapacidades</b> 10 - 11 a.m. <b>Clase de lectura(Edad 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>¿Qué es Enfermedad Pulmonar Obstructiva Crónica (EPOC)?</b> 2 - 3 p.m. Esp. <b>Cocina saludable</b> 3 - 4:45 p.m. Esp. <b>Artes para niños (Edad 6-12)</b> 3:30 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.	<b>Nutrición y ejercicio</b> 10 - 11:30 a.m. <b>Familia cantando (Edades 0-5)</b> 10-10:45 a.m. <b>Salud mental y estigma</b> 3 - 4 p.m. Esp. <b>Pilates en familia</b> 3- 4 p.m. <b>Baile de salsa aeróbicos</b> 4 - 5 p.m. <b>Superación y relajación personal a través del arte</b> 5 - 6 p.m. Esp.	<b>RCP/Primeros auxilios (Edades 14+)</b> 10 - 1 p.m. - Ingles <b>Artes y manualidades para niños (Edades 6 - 12)</b> 3:30 - 4 p.m. <b>Grupo de apoyo de violencia doméstica</b> 3:30 - 5 p.m. Esp. <b>Cocina saludable para niños (Edades 6 - 12)</b> 4 - 5 p.m.	<b>CENTRO CERRADO</b>
<b>Nutrición y ejercicio</b> 10 - 11:30 a.m. <b>Clase de lectura (Edades 0-5)</b> 11:15 a.m. - 12:15 p.m. <b>El arte de las frutas y vegetales</b> 1 - 2 p.m. Esp. <b>El mundo de los jugos y ensaladas</b> 2 - 3:30 p.m. Esp. <b>Combatiendo el estrés por medio del arte</b> 4 - 5 p.m. Esp.	<b>*Martes de Miembros</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Dietista registrada</b> 10 a.m. - 1 p.m. <b>Diabetes</b> 11 a.m. - 12:15 p.m. <b>Presión arterial saludable</b> 1 - 2 p.m. Esp. <b>¿Qué es la tos ferina?</b> 3 - 4 p.m. Esp. <b>Meditación consciente</b> 3 - 4 p.m. Esp. <b>Actividad física</b> 4 - 5 p.m. Esp. <b>Salsa aeróbicos</b> 4 - 5 p.m. <b>Entrenamiento y ejercicio de escultura corporal</b> 5 - 6 p.m.	<b>Actividad física para personas con discapacidades</b> 10 - 11 a.m. <b>Clase de lectura(Edad 0-5)</b> 10 - 11 a.m. <b>Yoga</b> 11 - 12 p.m. <b>Educación para personas con EPOC</b> 2 - 3 p.m. Esp. <b>Cocina saludable</b> 3 - 4:45 p.m. Esp. <b>Manejando el estrés</b> 4 - 5 p.m. Esp. <b>Zumba</b> 5 - 6 p.m.	<b>Nutrición y ejercicio</b> 10 - 11:30 a.m. <b>Familia cantando (Edades 0-5)</b> 10-10:45 a.m. <b>Presión arterial alta, conozca los hechos</b> 3 - 4 p.m. Esp. <b>Pilates en familia</b> 3- 4 p.m. <b>Baile de salsa aeróbicos</b> 4 - 5 p.m. <b>Superación y relajación personal a través del arte</b> 5 - 6 p.m. Esp.	<b>Artes y manualidades para niños (Edades 6-12)</b> 3:30 - 4 p.m. <b>Consejos útiles para padres</b> 3:30 - 5 p.m. Esp. <b>Cocina saludable para niños (6-12)</b> 4 - 5 p.m.	<b>Orientación y servicio al miembro de L.A. Care</b> (Lunes - Viernes) 9 a.m. - 4 p.m. <b>Servicios de inscripción para Medi-Cal</b> (Luns - Viernes) 9 a.m. - 5 p.m. <b>Servicios de inscripción para Covered California</b> (Lunes, Miércoles) 9 a.m. - 5 p.m. <b>Servicios de inscripción para CalFresh</b> (Martes) 9 a.m. - 4 p.m.  <b>*Miembros de L.A. Care y Blue Shield Promise recibirán un boleto de rifa por asistir una clase los martes.</b>

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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

### SEA ACTIVO, SALUDABLE E INFORMADO

3200 E. Imperial Hwy.  
Lynwood, CA 90262

**HORARIO:**  
Lunes - Viernes: 9 a.m. - 6 p.m.  
Sábado: **CERRADO**

310.661.3000  
[CommunityResourceCenterLA.org](http://CommunityResourceCenterLA.org)