

# Activities Calendar

Center Hours: 10:00 am - 6:30 pm (M-F) 9:00 am - 2:00 pm SAT



DECEMBER

FAMILY RESOURCE CENTER - LYNWOOD

PHONE: 888-525-9693 | 310-661-3000

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Nutrition & Healthy Eating Habits for the Family 10:30-11:30 Zumba 12:00-1:00 Fitness and Body Sculpting 1-2
<b>3</b> Nutrition & Exercise 10:00-11:30 Sp. & Eng. Lap Read 12:00-1:00 Pilates 4:00-5:00 Eng. Eat to Live, Don't Live to eat 5:00-6:00 DPSS/Medi-Cal (EW) 10-5	<b>4</b> Diabetes #3 11:00-12:30 Children's Physical Fitness 4:00-5:00 Taking control of your Diabetes part#1 4-5 Salsa Dance Aerobics 5:00-6:00 & 6:00-7:00	<b>5</b> Lap Read 10:30-11:30 Zumba for Senior/People with Disabilities 6:00-7:00	<b>6</b> Nutrition & Exercise 10:00-11:30 Sp. & Eng. Children's Physical Fitness 4:00-5:00 Taking control of your Diabetes part#2 4-5 Salsa Dance Aerobics 5:00-6:00 & 6:00-7:00	<b>7</b> CPR 12:00-3:00 Spanish Helpful Parenting Tips 5:00-6:30 Spanish	<b>8</b> Nutrition & Healthy Eating Habits for the Family 10:30-11:30 Zumba 12:00-1:00 Fitness and Body Sculpting 1-2
<b>10</b> Nutrition & Exercise 10:00-11:30 Sp. & Eng. Lap Read 12:00-1:00 Pilates 4:00-5:00 Eng. Eat to Live, Don't Live to eat 5:00-6:00 DPSS/Medi-Cal (EW) 2-5	<b>11</b> Social Security Benefits 9:30-11 Diabetes #4 11:00-12:30 Children's Physical Fitness 4:00-5:00 Burn Prevention 4-5 Salsa Dance Aerobics 5:00-6:00 & 6:00-7:00	<b>12</b> Parent Support Group 9:15-10:15 Lap Read 10:30-11:30 Zumba for Senior/People with Disabilities 6:00-7:00	<b>13</b> Nutrition & Exercise 10:00-11:30 Sp. & Eng. Children's Physical Fitness 4:00-5:00 Child Abuse 4-5 Salsa Dance Aerobics 5:00-6:00 & 6:00-7:00	<b>14</b> CPR 10-1 & 1-4 English Oral Health 4-5 Self-Esteem/Domestic Violence Support Group 5:00-6:30 Spanish	<b>15</b> Nutrition & Healthy Eating Habits for the Family 10:30-11:30 Zumba 12:00-1:00 Fitness and Body Sculpting 1-2
<b>17</b> Nutrition & Exercise 10:00-11:30 Sp. & Eng. Lap Read 12:00-1:00 Pilates 4:00-5:00 Eng. Eat to Live, Don't Live to eat 5:00-6:00 DPSS/Medi-Cal (EW) 10-5	<b>18</b> Diabetes #5 11:00-12:30 Children's Physical Fitness 4:00-5:00 Positive Communication 4-5 Salsa Dance Aerobics 5:00-6:00 & 6:00-7:00	<b>19</b> Lap Read 10:30-11:30 Zumba for Senior/People with Disabilities 6:00-7:00	<b>20</b> Private Event 9:30-2:30 Children's Physical Fitness 4:00-5:00 Hypertension 4-5 Salsa Dance Aerobics 5:00-6:00 & 6:00-7:00	<b>21</b> *Get "Down" with Play & Learning* 10:00-11:30 Helpful Parenting Tips 5:00-6:30 Spanish	<b>22</b> HOLIDAY
<b>24</b> HOLIDAY	<b>25</b> HOLIDAY	<b>26</b> Parent Support Group 9:15-10:15 Lap Read 10:30-11:30 Zumba for Senior/People with Disabilities 6:00-7:00 L.A. Care Member Orientation 10:00-6:00(no appointment)	<b>27</b> Nutrition & Exercise 10:00-11:30 Sp. & Eng. Children's Physical Fitness 4:00-5:00 Stress Management 4-5 Salsa Dance Aerobics 5:00-6:00 & 6:00-7:00	<b>28</b> Self-Esteem/Domestic Violence Support Group 5:00-6:30 Spanish	<b>29</b> Nutrition & Healthy Eating Habits for the Family 10:30-11:30 Zumba 12:00-1:00 Fitness and Body Sculpting 1-2
<b>31</b> Lap Read 12:00-1:00 What's new with WIC 11:30-12:30 Pilates 4:00-5:00 Eng. Eat to Live, Don't Live to eat 5:00-6:00 DPSS/Medi-Cal (EW) 10-12					

## Classes & Programs

## FREE Interpretation Services Available

*Good health is within your reach L.A. Care offers you the following health education services. Unless otherwise indicated, all community education events and classes are **FREE** of charge. All are welcome and we are here to help you. Call us at 1-888-525-9693 to sign up for any of the services listed below.*

### **Child Abuse**

Learn ways to prevent and protect your child from being abused.

### **Children's Physical Fitness**

This class is designed to promote physical fitness for children ages 5 to 13.

### **CPR**

FREE to the community a workshop on basic CPR Adult, Child and Infant. Be the first in your family to become certified. Registration is necessary.

### **Department of Public Social Services**

An on-site Medi-Cal Eligibility Worker is available to help enroll people and their families into the Medi-Cal program.

### **Diabetes**

This six-week Chronic Disease Management program covers Healthy Eating and goal setting to manage your diabetes. *Conducted by Watts Health*

### **Fitness and Body Sculpting**

This class will help you tone and give definition to your muscles while working out.

### **Get "Down" with Play & Learning**

A socialization and networking group for families/caregivers of children diagnosed with Down syndrome ages 0-3.

*Conducted by SCLARC*

### **Helpful Parenting Tips**

This 8-week workshop will teach parents how to help their children succeed in school and in life

### **Hypertension**

Know your numbers learn how to prevent and control high blood pressure this serious and deadly condition.

### **L.A. Care Member Orientation**

This class is for members who want to learn more about our health plan and benefits are welcome to attend one of our orientations. Learn how your health plan works.

### **LAP Read**

Lap read is an early education program for children 0-5 years old. Come and have fun reading, singing, and doing arts and crafts together.

### **Nutrition & Exercise**

This class covers information from the healthy plate. Learn how to read labels and get a physical workout.

*Conducted by Esperanza Housing*

### **Nutrition & Healthy Eating Habits for the Family**

Learn helpful nutrition tips and form healthy eating habits for you and your family. Prevent childhood obesity. Parents come and learn how to make wise healthy food choices for your family.

### **Oral Health**

This class covers gum disease, preventing cavities, and proper tooth brushing/flossing.

### **Parent Support Group**

The group will discuss the issues that come with parenting a child with special needs and how to confront challenges together.

### **Pilates in the Hood/Physical Perfection**

This class is offered to the entire family from ages 7 and up. It focuses on developing core strength, breathing, flowing movement and the benefits of physical fitness.

### **Salsa Dance Aerobics**

This class will give you a cardiovascular workout while having fun. Get fit while dancing to the Latin rhythm.

### **Self Esteem/Domestic Violence Support Group**

This group meeting will offer support for those currently dealing with or those that have dealt with the cycle of violence.



**L.A. Care**  
HEALTH PLAN®

### **Social Security Benefits for Children with Disabilities**

Join us for a presentation from the Social Security Administration covering the application process, available benefits, and eligibility information.

*Conducted by SCLARC*

### **Stress Management**

Learn about the symptoms of stress and depression. The strategies for managing stress in the busy lives of parents.

### **Taking control of your Diabetes**

This class will help you how to control your diabetes and other problems associated with this condition.

### **Women Infants & Children (WIC)**

A WIC community outreach worker is available at the Family Resource Center to help families enroll into the program. Attend the class to learn about the new changes.

### **Zumba**

This class will give you a cardiovascular workout while having fun. It is an easy way to get fit.

### **Zumba for Seniors/People with Disabilities**

This class is for seniors and people with Disabilities. Have fun while getting a cardiovascular workout.

\*Featured Class\*

Eng.- English Sp.-Spanish