



To protect yourself and others during the COVID-19 crisis, Burns Community Center is closed until further notice. Please check back often for updates. As orders are lifted programs will safely resume.

**Burns Community Center Hours of Operation:  
M-F 7 a.m. – 6:30 p.m.**

## M.A.W. Children's Center

Founded in 1971, M.A.W. is a licensed private, non-profit childcare center that offers a full day program for preschool-aged children, ages two through five, from 6 a.m. to 6 p.m., Monday through Friday.

Mothers at Work Children's Center, located at the Burns Community Center at 5510 Clark Ave., Lakewood, is open and accepting new enrollment.

For more information, visit the Mothers at Work Children's Center website at [www.mawchildrencenter.com](http://www.mawchildrencenter.com) or call 562-867-4083.



Children do not need to be toilet trained to enroll. Breakfast is served each morning at 7:25 a.m., and hot lunches and two snacks are also provided daily.

M.A.W. is closely following CDC guidelines by increasing the amount of cleaning and sanitizing of the room, toys and touchpoints. Children are assigned to small groups with specific teachers in separate rooms to maintain social distancing.



Wednesdays and Fridays  
9 a.m. to 11 a.m.  
Mayfair Park Basketball Courts

Doubles play is permitted  
Restrooms will be open for use.

The following rules will be in place for the safety of participants:

- Pre-registration is required, call 562-925-7512
- Social distancing of 6 ft must be maintained at all times
- Participants must wear a face covering at all times, except during game play
- Temperature will be taken of every participant upon arrival. Anyone with a temperature over 100.4° F will be sent home.
- Hand sanitizer will be provided for players in between games
- Bring your own water and chair to sit in between games, with 6ft allowance between chairs
- Bringing your own paddle is highly recommended, paddles checked out will be sanitized regularly
- All equipment will be sanitized regularly

Anyone not adhering to the above rules will be asked to leave by supervising staff on site.

### Stretch and Meditate - VIRTUAL

This class is designed to relax your mind, body and spirit. Increase your flexibility and get rid of unwanted stress while listening to tranquil music. Instructor: City Staff

• Students must have internet access, a Zoom account, and provide an email address to take the course. Registrants will be contacted via email with login information.

19771	Th	10:00am-11:00am	2/18-3/25	FREE
19792	Th	10:00am-11:00am	4/1-4/29	FREE
19793	Th	10:00am-11:00am	5/6-5/27	FREE
19794	Th	10:00am-11:00am	6/3-6/24	FREE

### Walking Club Returning Tuesday, March 2

Tuesdays and Thursdays, 8:30 a.m. - 9:30 a.m.

If you are interested in getting healthy and joining others with the same goal, join our club! Route will begin and end at the Burns Community Center. Check in with staff in the Burns Community Center lobby. Temperature checks, masks and social distancing are currently required to participate.

# PROJECT SHEPHERD



## Year Round Assistance

Families in need may apply any time of year for help with the emergency food pantry or utility bill payment assistance. Residents will receive non-perishable food items and personal care items.

Project Shepherd applicants must be Lakewood residents (determined by current Lakewood mailing address and utility bill).

To apply for assistance, please call the center that serves the zip code of your residence:

<u>Resident Zip Code</u>	<u>Facility</u>	<u>Call</u>
90712 or 90713	Burns Community Center	562-925-7512
90715	Palms Park	562-865-6414

Registration is taken over the phone. Items are distributed by appointment only.

## Help the Program

Project Shepherd needs donations to keep the program running all year long.

To help contribute to the program:

- Mail a check to Lakewood Project Shepherd at 5050 Clark Ave., Lakewood, 90712.
- Visit [www.lakewoodcity.org/donateps](http://www.lakewoodcity.org/donateps) to make an online donation.

Project Shepherd is a 501(c)(3) organization and donations are tax deductible.



The Weingart Senior Center is located at 5220 Oliva Avenue, Lakewood. Recreational activities are open to adults age 50 or older. For more information on senior programs, please call (562) 630-6141.

**The safety of older adults is one of our top priorities during the COVID-19 crisis. The Weingart Senior Center is closed to the public at this time. Please check back frequently for updates. As orders are lifted, programs will safely resume. Call Weingart Senior Center at (562) 630-6141.**

## Meals on Wheels

**Lakewood Meals on Wheels provides nutritious meals for seniors who are frail or homebound. Meals are delivered by friendly volunteers. For more information, or if you would like to volunteer, please contact the Lakewood Meals on Wheels office at (562) 925-8747.**



## DASH Transportation

**DASH Transportation continues to operate during the COVID-19 crisis, offering**



**FREE rides to residents over 60 or disabled residents 18 or older who are without transportation. Pre-registration is required and rides are by reservation only. Clients are encouraged to avoid non-essential trips and are required to wear a face covering. DASH is temporarily adjusting hours to accommodate reservations to grocery stores offering early morning shopping hours for seniors. DASH has decreased its vehicle capacity to maintain social distancing standards. Cleaning protocols for all vehicles have increased and hand sanitizer is available on each vehicle. For registration information please call (562)924-0149.**

