

Workshops & Classes

Artistic Cooking with Pizzazz & Pizza Too!



Consider positive ways you can trim calories, savor clean, full-flavored, recipes that your body and palette can enjoy in this fun demo and hands-on format class! Maybe you experience swelling, joint pain, stiffness, digestion and low energy issues? These can be due to foods you eat daily. With artistic tweaking, re-craft your diet in such a way as to avoid these intolerant symptoms. Explore new flavors and healthier ways to cook, whether you are intolerant or not. Instructor: Clyde San Juan

- **A \$20 materials fee is due in class.**
- **Instructor will forward a suggested supply/utensil list before first class meeting.**
- **Please bring take home containers, a lightweight cutting board, mixing bowls, measuring cups, tablespoons, and teaspoons.**

14391	Sa	9:30am-11:30am	6/22-7/13	WSC	\$50/4 Mtgs
14392	Sa	9:30am-11:30am	7/20-8/10	WSC	\$50/4 Mtgs
14393	Sa	9:30am-11:30am	8/17-9/7	WSC	\$50/4 Mtgs

Book Club Dinner Group

Come eat dinner and have stimulating conversation with others who love good books. Instructor: April Berg

- **A \$5 materials fee is payable to the instructor in each class for refreshments.**
- **Please read The Only Woman in the Room by Marie Benedict before the first class and the remaining books will be selected by the class each month.**

13945	T	7:00pm-9:00pm	6/18, 7/16, 8/20, 9/17	MVP	\$25/4 Mtgs
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Community CPR Class

Through lecture and hands-on skill sessions, you will learn CPR (for adults, children and infants), first aid skills, and how to use an AED. Participants must be able to get on the floor to demonstrate correct CPR skills, as well as pass the written exam. Certification will be through the American Red Cross and is valid for two years. Instructor: City Staff

- **Please arrive on time. Late participants will not be allowed to enter.**

14475	Sa	7:30am-12:00pm	8/3	BCC	\$30/1 Mtg
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Dog Manners “Crash Course”

Accomplish your training goals and get behavior problems under control in just four weeks! New obedience skills will be introduced and behavior problems addressed. Exercises will include: sit and down on command, stay with distractions, come when called and controlled walking on a leash. For dogs ages four months or older. Please pre-register and instructor will contact you with orientation information prior to first lesson. Dogs attend all meetings. Instructor: Khara Knight, Dog Services Unlimited

- **Location: El Dorado Park, 2760 Studebaker Rd., Long Beach (grass near Hockey Court).**
- **Please bring current vaccination records and \$5 insurance fee to first class. Vaccinations must be current.**

13980	Sa	1:15pm-2:30pm	7/27-8/17	Off Site	\$86/4 Mtgs
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Public Safety Information

The Lakewood Sheriff’s Community Safety Center is located inside the Lakewood Center Mall Security Office. Inside you’ll be able to find information on city programs, activities/ services, helpful crime prevention information, and public Live Scan fingerprinting.

Live Scan Fingerprinting

Live Scan fingerprinting is offered to the public during routine business hours. For more information on this service and the cost, or to make an appointment, please call (562) 623-3583.



The Public Safety website, located at www.lakewoodcity.org/publicsafety, contains helpful information on crime prevention, disaster preparedness, bike safety, and Lakewood Sheriff’s Community Safety Center services.

Help Prevent Crime! If you see something, say something. Report unusual activity in your neighborhood to the Lakewood Sheriff’s Station at (562) 623-3500. And, if it’s a crime in progress, always call 9-1-1. To join Neighborhood Watch, contact the Crime Prevention Office at (562) 866-9771, extension 2114 or email crimeprevention@lakewoodcity.org.

Public Safety Expo. Meet your local law enforcement and fire officials and watch live entertaining demonstrations from our public safety partners at the annual Public Safety Expo on Saturday, June 15 at Mayfair Park from 10:30 a.m.-1:30 p.m. This fun-filled event will also feature sheriff and fire department vehicles and displays including the Shakey-Quakey School House (requested), special weapons team, Lakewood’s law enforcement helicopter, Sky Knight, and a variety of information booths. This event is held in conjunction with the Lakewood Youth Sports Opening Day event. There is something for everyone so bring the entire family. For additional information, call Lakewood’s Crime Prevention Office at (562) 866-9771, ext. 2114.



Please register early! At some point, we must determine if enrollment is sufficient to hold a class. If you haven’t registered in advance, we can’t notify you if the class is canceled, or if we have made a change in the class logistics.