



**NORWALK**  
**MAY**  
2024

**Community Resource Center**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Homework Help (K-8)</b> <b>Mondays:</b> 3:00 p.m. - 4:00 p.m. <b>Tuesdays:</b> 3:00 p.m. - 4:45 p.m. <b>Wednesdays:</b> 2:00 p.m. - 3:45 p.m.	<p>Classes in <b>BLUE</b> qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in <b>GREEN</b> are by appointment and registration only.</p> <p><b>CENTER SERVICES</b></p> <ul style="list-style-type: none"> <li>Member Services</li> <li>Enrollment Services*</li> <li>Medi-cal, MediCare, Covered California, &amp; CalFresh</li> <li>New Member Orientation</li> </ul> <p>*Contact Center for Availability of Services</p> <p><b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b></p>	<b>Enrollment Services</b> 1 9 a.m. - 3 p.m. <b>Food Pantry</b> 10 a.m. <b>While Supplies Last</b> <b>The Arts of Fruits and Vegetables</b> 2:15 p.m. - 3:15 p.m. <b>Healthy Cooking for Children (Ages 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 2 10:00 a.m. - 3:30 p.m. <b>The World of Juicing &amp; Salads</b> 9:00 a.m. - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Exercise for All</b> 3 9:15 a.m. - 10:15 a.m. <b>Cooking Matters for Adults</b> 10:30 a.m. - 12:00 p.m. <b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.	 <b>CENTER CLOSED</b> 4
<b>Enrollment Services</b> 6 9 a.m. - 3 p.m. <b>Yoga for All</b> 9 a.m. - 10 a.m. <b>Diabetes 101</b> 10:30 a.m. - 11:30 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 2:45 p.m. - 3:45 p.m. <b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 7 9 a.m. - 3 p.m. <b>CPR/First Aid (Ages 14+)</b> <b>Register at <a href="http://freecprla.com">freecprla.com</a></b> 10 a.m. - 1 p.m. - Spanish <b>Nutrition and You</b> 10:30 a.m. - 11:30 a.m. <b>Yoga for All</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 8 9 a.m. - 3 p.m. <b>Diabetes Self-Management</b> 11:00 a.m. - 12:30 p.m. <b>The Arts of Fruits and Vegetables</b> 2:15 p.m. - 3:15 p.m. <b>Healthy Cooking for Children (Ages 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 9 10:00 a.m. - 3:30 p.m. <b>The World of Juicing &amp; Salads</b> 9:00 a.m. - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m. <b>The Importance of Mental Health</b> 3:45 p.m. - 4:45 p.m.	<b>Exercise for All</b> 10 9:15 a.m. - 10:15 a.m. <b>Cooking Matters for Adults</b> 10:30 a.m. - 12:00 p.m. <b>Mother's Day Celebration</b> 1:30 p.m. - 2:15 p.m. <b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.	 <b>CENTER CLOSED</b> 11
<b>Enrollment Services</b> 13 9 a.m. - 3 p.m. <b>Yoga for All</b> 9 a.m. - 10 a.m. <b>Senior Social Hour- Test Your Luck in Bingo!</b> 11:00 a.m. - 11:45 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 14 9 a.m. - 3 p.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12 p.m. - 1 p.m. <b>Yoga for All</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 15 9 a.m. - 3 p.m. <b>CPR/First Aid (Ages 14+)</b> <b>Register at <a href="http://freecprla.com">freecprla.com</a></b> 10 a.m. - 1 p.m. - English <b>Diabetes Self-Management</b> 11:00 a.m. - 12:30 p.m. <b>The Arts of Fruits and Vegetables</b> 2:15 p.m. - 3:15 p.m. <b>Healthy Cooking for Children (Ages 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 16 10:00 a.m. - 3:30 p.m. <b>The World of Juicing &amp; Salads</b> 9:00 a.m. - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Exercise for All</b> 17 9:15 a.m. - 10:15 a.m. <b>Cooking Matters for Adults</b> 10:30 a.m. - 12:00 p.m. <b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.	 <b>CENTER CLOSED</b> 18
<b>Enrollment Services</b> 20 9 a.m. - 3 p.m. <b>Yoga for All</b> 9 a.m. - 10 a.m. <b>Diabetes 101</b> 10:30 a.m. - 11:30 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 21 9 a.m. - 3 p.m. <b>Nutrition and You</b> 10:30 a.m. - 11:30 a.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12 p.m. - 1 p.m. <b>Yoga for All</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 22 9 a.m. - 3 p.m. <b>Diabetes Self-Management</b> 11:00 a.m. - 12:30 p.m. <b>The Arts of Fruits and Vegetables</b> 2:15 p.m. - 3:15 p.m. <b>Healthy Cooking for Children (Ages 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 23 10:00 a.m. - 3:30 p.m. <b>The World of Juicing &amp; Salads</b> 9:00 a.m. - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Exercise for All</b> 24 9:15 a.m. - 10:15 a.m. <b>Cooking Matters for Adults</b> 10:30 a.m. - 12:00 p.m. <b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.	 <b>CENTER CLOSED</b> 25
 <b>MEMORIAL DAY</b> <b>CENTER CLOSED</b> 27	<b>Enrollment Services</b> 28 9 a.m. - 3 p.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12 p.m. - 1 p.m. <b>Yoga for All</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 29 9 a.m. - 3 p.m. <b>Diabetes Self-Management</b> 11:00 a.m. - 12:30 p.m. <b>The Arts of Fruits and Vegetables</b> 2:15 p.m. - 3:15 p.m. <b>Healthy Cooking for Children (Ages 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>Enrollment Services</b> 30 10:00 a.m. - 3:30 p.m. <b>The World of Juicing &amp; Salads</b> 9:00 a.m. - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Exercise for All</b> 31 9:15 a.m. - 10:15 a.m. <b>Cooking Matters for Adults</b> 10:30 a.m. - 12:00 p.m. <b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.	<b>Member Services</b> <b>Call for Availability</b>  <b>CalFresh Enrollment</b> <b>Wednesdays</b> <b>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 care is provided while you attend a class. (Ages 4+)

**BE ACTIVE,  
HEALTHY & INFORMED**



11721 Rosecrans Ave  
Norwalk, CA 90650



**CENTER HOURS:**

Monday - Friday: 9 a.m. - 5 p.m.  
Saturday: **CLOSED**



562.651.6060

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



# NORWALK MAYO 2024

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 <b>Ayuda con la Tarea (K-8)</b> Cada Lunes: <b>3:00 p.m. - 4:00 p.m.</b> Cada Martes: <b>3:00 p.m. - 4:45 p.m.</b> Cada Miercoles <b>2:00 p.m. - 3:45 p.m.</b>	<p><b>AZUL</b> Califican para el programa mis recompensas para una vida sana.</p> <p><b>VERDE</b> Por cita y registro solamante.</p> <p><b>GRIS</b> Virtual. Porfavor llame al centro para registrarse.</p> <p><b>SERVICIOS DEL CENTRO</b> - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <small>*Comuniquese con el Centro para Disponibilidad de Servicios</small></p> <p><b>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</b></p>	<p><b>Servicios de Inscripción</b> 1 9 a.m. - 3 p.m.</p> <p><b>Despensa de Alimentos</b> 10 a.m. <b>Hasta Agotar Existencia</b></p> <p><b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m.</p> <p><b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 2 10:00 a.m. - 3:30 p.m.</p> <p><b>El Mundo de Jugos y Ensaladas</b> 9:00 a.m. - 10:15 a.m.</p> <p><b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Ejercicios para Todos</b> 3 9:15 a.m. - 10:15 a.m.</p> <p><b>Cocina para Adultos</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.</p>	
<p><b>Servicios de Inscripción</b> 6 9 a.m. - 3 p.m.</p> <p><b>Yoga para Todos</b> 9 a.m. - 10 a.m.</p> <p><b>Diabetes 101</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Pilates</b> 12 p.m. - 1 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 2:45 p.m. - 3:45 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 7 9 a.m. - 3 p.m.</p> <p><b>RCP/ Primeros Auxilios (Edades 14+)</b> <b>Registrarse en freecprla.com</b> 10 a.m. - 1 p.m. - Español</p> <p><b>La Nutrición Y Usted</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Yoga for Todos</b> 2:30 p.m. - 3:30 p.m.</p> <p><b>Zumba</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 8 9 a.m. - 3 p.m.</p> <p><b>Control de Diabetes</b> 11:00 a.m. - 12:30 p.m.</p> <p><b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m.</p> <p><b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 9 10:00 a.m. - 3:30 p.m.</p> <p><b>El Mundo de Jugos y Ensaladas</b> 9:00 a.m. - 10:15 a.m.</p> <p><b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.</p> <p><b>La Importancia de la Salud Mental</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Ejercicios para Todos</b> 10 9:15 a.m. - 10:15 a.m.</p> <p><b>Cocina para Adultos</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Celebración del Día de las Madres</b> 1:30 p.m. - 2:15 p.m.</p> <p><b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.</p>	
<p><b>Servicios de Inscripción</b> 13 9 a.m. - 3 p.m.</p> <p><b>Yoga para Todos</b> 9 a.m. - 10 a.m.</p> <p><b>Hora Social para Personas Mayores- Prueba tu Suerte Jugando Bingo!</b> 11:00 a.m. - 11:45 a.m.</p> <p><b>Pilates</b> 12 p.m. - 1 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 14 9 a.m. - 3 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12 p.m. - 1 p.m.</p> <p><b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m.</p> <p><b>Zumba</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 15 9 a.m. - 3 p.m.</p> <p><b>RCP/ Primeros Auxilios (Edades 14+)</b> <b>Registrarse en freecprla.com</b> 10 a.m. - 1 p.m. - Ingles</p> <p><b>Control de Diabetes</b> 11:00 a.m. - 12:30 p.m.</p> <p><b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m.</p> <p><b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 16 10:00 a.m. - 3:30 p.m.</p> <p><b>El Mundo de Jugos y Ensaladas</b> 9:00 a.m. - 10:15 a.m.</p> <p><b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Ejercicios para Todos</b> 17 9:15 a.m. - 10:15 a.m.</p> <p><b>Cocina para Adultos</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.</p>	
<p><b>Servicios de Inscripción</b> 20 9 a.m. - 3 p.m.</p> <p><b>Yoga para Todos</b> 9 a.m. - 10 a.m.</p> <p><b>Diabetes 101</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Pilates</b> 12 p.m. - 1 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 21 9 a.m. - 3 p.m.</p> <p><b>La Nutrición Y Usted</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12 p.m. - 1 p.m.</p> <p><b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m.</p> <p><b>Zumba</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 22 9 a.m. - 3 p.m.</p> <p><b>Control de Diabetes</b> 11:00 a.m. - 12:30 p.m.</p> <p><b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m.</p> <p><b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 23 10:00 a.m. - 3:30 p.m.</p> <p><b>El Mundo de Jugos y Ensaladas</b> 9:00 a.m. - 10:15 a.m.</p> <p><b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Ejercicios para Todos</b> 24 9:15 a.m. - 10:15 a.m.</p> <p><b>Cocina para Adultos</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.</p>	
 <b>CENTRO CERRADO</b>	<p><b>Servicios de Inscripción</b> 27 9 a.m. - 3 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12 p.m. - 1 p.m.</p> <p><b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m.</p> <p><b>Zumba</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 28 9 a.m. - 3 p.m.</p> <p><b>Control de Diabetes</b> 11:00 a.m. - 12:30 p.m.</p> <p><b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m.</p> <p><b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios de Inscripción</b> 29 10:00 a.m. - 3:30 p.m.</p> <p><b>El Mundo de Jugos y Ensaladas</b> 9:00 a.m. - 10:15 a.m.</p> <p><b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m.</p> <p><b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Ejercicios para Todos</b> 30 9:15 a.m. - 10:15 a.m.</p> <p><b>Cocina para Adultos</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Servicios para Miembros Llame para Disponibilidad</b></p> <p><b>Inscripción de CalFresh cada Miércoles 9 a.m.- 4 p.m.</b></p>

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**



11721 Rosecrans Ave  
Norwalk, CA 90650



**HORARIO DEL CENTRO:**  
Lunes a Viernes: **9 a.m. - 5 p.m.**  
Sábado: **Cerrado**



562.651.6060  
CommunityResourceCenterLA.org