



NORWALK
MARCH
2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONDAY - FRIDAY Member Services 9 a.m. - 4 p.m. Homework Help k—12 3 p.m. - 4:30 p.m.	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	Bingo for All 10 a.m. - 11 a.m. Tissue Paper Flower Art (all ages) 2:15 p.m. – 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:30 p.m. - 4:30 p.m. The Arts of Fruits and Vegetables 3:30 p.m. - 4:30 p.m.	The World of Juicing & Salads - SP. 9:00 a.m. - 10:15 a.m. Healthy Cooking - SP. 10:30 a.m. - 12:00 p.m.	Exercise for All (Ages 14+) 9:15 a.m. - 10:15 a.m. Cooking Matters for Adults 10:30 a.m. - 12:00 p.m. Yoga for All 3:45 p.m. - 4:45 p.m. Bracelet Making (all ages) 3:45 p.m. - 4:45 p.m.	CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Diabetes 101 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 p.m. Pediatric Nutrition Class 3 p.m. - 4 p.m. Mosaic Art (all ages) 3:45 p.m. - 4:45 p.m.	CPR/First Aid (Ages 14+) - SP. 10 a.m. - 1 p.m. Yoga for All 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m. Shamrock Craft (all ages) 3:45 p.m. - 4:45 p.m.	Paper Plate Flowers (all ages) 2:15 p.m. – 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:30 p.m. - 4:30 p.m. The Arts of Fruits and Vegetables 3:30 p.m. - 4:30 p.m.	The World of Juicing & Salads - SP. 9:00 a.m. - 10:15 a.m. Healthy Cooking - SP. 10:30 a.m. - 12:00 p.m. Bingo for All 2 p.m. - 3 p.m. Reading & Crafting (all ages) 3:45 p.m. - 4:45 p.m.	Exercise for All (Ages 14+) 9:15 a.m. - 10:15 a.m. Food Pantry 10 a.m. While Supplies Last Cooking Matters for Adults 10:30 a.m. - 11:30 a.m. Yoga for All 3:45 p.m. - 4:45 p.m.	CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Four Leaf Clover Suncatcher Craft (all ages) 3:30 p.m. - 4:30 p.m.	Nutrition and You 10:30 a.m. - 11:30 a.m. Yoga for All 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m. Finger Painting Flowers (all ages) 3:45 p.m. - 4:45 p.m.	CPR/First Aid (Ages 14+) - EN. 10 a.m. - 1 p.m. Healthy Cooking for Children (Ages 5+) 3:30 p.m. - 4:30 p.m. The Arts of Fruits and Vegetables 3:30 p.m. - 4:30 p.m.	The World of Juicing & Salads - SP. 9:00 a.m. - 10:15 a.m. Healthy Cooking - SP 10:30 a.m. - 12:00 p.m. Rainbow + Sun Craft (all ages) 3:45 p.m. - 4:45 p.m.	Exercise for All (Ages 14+) 9:15 a.m. - 10:15 a.m. Cooking Matters for Adults 10:30 a.m. - 12:00 p.m. Yoga for All 3:45 p.m. - 4:45 p.m. Reading & Crafting (all ages) 3:45 p.m. - 4:45 p.m.	CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Diabetes 101 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 p.m. Pediatric Nutrition Class 3 p.m. - 4 p.m.	Yoga for All 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	CENTER CLOSED	CENTER CLOSED	Exercise for All (Ages 14+) 9:15 a.m. - 10:15 a.m. Cooking Matters for Adults 10:30 a.m. - 11:30 a.m. Yoga for All 3:45 p.m. - 4:45 p.m. Mosaic Art (all ages) 3:45 p.m. - 4:45 p.m.	CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Cherry Blossom Tree Painting (all ages) 3:45 p.m. - 4:45 p.m.	Nutrition and You 10:30 a.m. - 11:30 a.m. Your Financial Journey—SP. 12:30 p.m. - 1:30 p.m. Yoga for All 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m. Reading & Crafting (all ages) 3:45 p.m. - 4:45 p.m.	Popsicle Stick Flowers (all ages) 2:15 p.m. - 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:30 p.m. - 4:30 p.m. The Arts of Fruits and Vegetables 3:30 p.m. - 4:30 p.m.	The World of Juicing & Salads - SP. 9:00 a.m. - 10:15 a.m. Healthy Cooking - SP 10:30 a.m. - 12:00 p.m. Bracelet Making (all ages) 3:45 p.m. - 4:45 p.m.	Exercise for All (Ages 14+) 9:15 a.m. - 10:15 a.m. Cooking Matters for Adults 10:30 a.m. - 12:00 p.m. Yoga for All 3:45 p.m. - 4:45 p.m. Tissue Paper Rainbow craft (all ages) 3:45 p.m. - 4:45 p.m.	CRC YouTube

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: 9am - 5pm
Saturday: Closed



562.651.6060
activehealthyinformed.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
LUNES - VIERNES Servicios para Miembros 9 a.m. - 4 p.m. Ayuda con la Tarea (k-12) 3 p.m. - 4:30 p.m.	La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	Bingo para Todos 1 10 a.m. - 11 a.m. Arte de la flor de papel de seda (para todos) 2:15 p.m. - 3:15 p.m. Cocina Saludable para Niños (Edades 5+) 3:30 p.m. - 4:30 p.m. El Arte de las Frutas y Verduras 3:30 p.m. - 4:30 p.m.	El Mundo de Jugos y Ensaladas - ESP. 2 9:00 a.m. - 10:15 a.m. Cocina Saludable - ESP. 10:30 a.m. - 12:00 p.m.	Ejercicios para Todos (Edades 14+) 3 9 :15 a.m. - 10:15 a.m. Asuntos de Cocina para Adultos 10:30 a.m. - 12:00 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m. Fabricación de Pulseras (para todos) 3:45 p.m. -4:45 p.m.	CENTRO CERRADO
Yoga para Todos 6 9 a.m. - 10 a.m. Diabetes 101 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 p.m. Inglés Clase Pediátrica de Nutrición 3 p.m. - 4 p.m. Arte del mosaic (para todos) 3:45 p.m. - 4:45 p.m.	RCP/Primeros Auxilios (Edades 14+) ESP. 7 10 a.m. - 1 p.m. Yoga para Todos 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artesanía de Trébol (para todos) 3:45 p.m. - 4:45 p.m.	Artes y artesanías flores 8 (para todos) 2:15 p.m. – 3:15 p.m. Cocina Saludable para Niños (Edades 5+) 3:30 p.m. - 4:30 p.m. El Arte de las Frutas y Verduras 3:30 p.m. - 4:30 p.m.	El Mundo de Jugos y Ensaladas - ESP. 9 9:00 a.m. - 10:15 a.m. Cocina Saludable - ESP. 10:30 a.m. - 12:00 p.m. Bingo para Todos 2 p.m. - 3 p.m. Lectura y Manualidades (para todos) 3:45 p.m. - 4:45 p.m.	Ejercicios para Todos (Edades 14+) 10 9 :15 a.m. - 10:15 a.m. Despensa de Alimentos 10 a.m. Hasta Agotar Existencias Asuntos de Cocina para Adultos 10:30 a.m. - 11:30 a.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
Yoga para Todos 13 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Manualidad Atrapasoles de Trébol de Cuatro Hojas 3:30 p.m. - 4:30 p.m.	La Nutrición y Usted 14 10:30 a.m. - 11:30 a.m. Yoga para Todos 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m. Pintar Flores con los Dedos 3:45 p.m. - 4:45 p.m	RCP/Primeros Auxilios (Edades 14+)- ING. 15 10 a.m. - 1 p.m. Cocina Saludable para Niños (Edades 5+) 3:30 p.m. - 4:30 p.m. El Arte de las Frutas y Verduras 3:30 p.m. - 4:30 p.m.	El Mundo de Jugos y Ensaladas - ESP. 16 9:00 a.m. - 10:15 a.m. Cocina Saludable - ESP. 10:30 a.m. - 12:00 p.m. Artesanía del Arco Iris y el Sol (para todos) 3:45 p.m. -4:45 p.m.	Ejercicios para Todos (Edades 14+) 17 9 :15 a.m. - 10:15 a.m. Asuntos de Cocina para Adultos 10:30 a.m. - 12:00 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m. Lectura y Manualidades (para todos) 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
Yoga para Todos 20 9 a.m. - 10 a.m. Diabetes 101 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 p.m. Clase Pediátrica de Nutrición 3 p.m. - 4 p.m.	Yoga para Todos 21 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	22	23	Ejercicios para Todos (Edades 14+) 24 9 :15 a.m. - 10:15 a.m. Asuntos de Cocina para Adultos 10:30 a.m. - 11:30 a.m. Yoga para Todos 3:45 p.m. - 4:45 p.m. Arte Mosaic (para todos) 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
Yoga para Todos 27 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Inglés Pintura de Arbol de Cerezo (para todos) 3 :45 p.m. - 4:45 p.m.	La Nutrición y Usted 28 10:30 a.m. - 11:30 a.m. Viaje Financiero 12:30 p.m. - 1:30 p.m. Yoga para Todos 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m. Lectura y Manualidades (para todos) 3:45 p.m. - 4:45 p.m.	Flores de palillo de palet 29 (para todos) 2:15 p.m. - 3:15 p.m. Cocina Saludable para Niños (Edades 5+) 3:30 p.m. - 4:30 p.m. El Arte de las Frutas y Verduras 3:30 p.m. - 4:30 p.m.	El Mundo de Jugos y Ensaladas - ESP. 30 9:00 a.m. - 10:15 a.m. Cocina Saludable - ESP. 10:30 a.m. - 12:00 p.m. Fabricación de pulseras (para todos) 3:45 p.m. -4:45 p.m.	Ejercicios para Todos (Edades 14+) 31 9 :15 a.m. - 10:15 a.m. Asuntos de Cocina para Adultos 10:30 a.m. - 12:00 p.m. Yoga para todos 3:45 p.m. - 4:45 p.m. Papel de seda Artesanía arco iris (para todos) 3:45 p.m. - 4:45 p.m.	CRC YouTube

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