



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	CENTER SERVICES - Member Services - Enrollment Services* - Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	Homework Help K-8 3 p.m. - 4:30 p.m.	Enrollment Services 9 a.m. - 3 p.m. The World of Juicing & Salads 9:00 a.m. - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12:00 p.m. Calming Coloring for All 3:30 p.m. - 4:15 p.m.	Exercises 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.	CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. - English	CPR/First Aid (Ages 14+) Register at freecprla.com 10 a.m. - 1 p.m. - Spanish Yoga for All 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	CalFresh Enrollment 9:30 a.m. - 4:00 p.m. Senior Social Hour 10:30 a.m. - 11:30 a.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.	Enrollment Services 9 a.m. - 3 p.m. The World of Juicing & Salads 9:00 a.m. - 10:15 a.m. Healthy Cooking 10:30 a.m. -12:00 p.m. Arts & Crafts for Adults 3:30 p.m. - 4:30 p.m.	Exercises 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. - 12:00 p.m. Yoga for All 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. - English	Nutrition and You 10:30 a.m. - 11:30 a.m. Arts & Crafts for All 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.	CalFresh Enrollment 9:30 a.m. - 4 p.m. Bingo for All 10:30 a.m. - 11:30 a.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.	Enrollment Services 9 a.m. - 3 p.m. The World of Juicing & Salads 9:00 a.m. - 10:15 a.m. Healthy Cooking 10:30 a.m. -12:00 p.m. Calming Coloring for All 3:30 p.m. - 4:15 p.m.	Exercises 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.	CENTER CLOSED
JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	Arts & Crafts for All 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.	CalFresh Enrollment 9:30 a.m. - 4 p.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10 a.m. - 1 p.m. - English 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.	Enrollment Services 9 a.m. - 3 p.m. The World of Juicing & Salads 9:00 a.m. - 10:15 a.m. Healthy Cooking 10:30 a.m. -12:00 p.m. Arts & Crafts for Adults 3:30 p.m. - 4:30 p.m.	Exercises 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.	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. - English	Nutrition and You 10:30 a.m. - 11:30 a.m. Arts & Crafts for All 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.	CalFresh Enrollment 9:30 a.m. - 4 p.m. Senior Social Hour 10:30 a.m. - 11:30 a.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.	Enrollment Services 9 a.m. - 3 p.m. The World of Juicing & Salads 9:00 a.m. - 10:15 a.m. Healthy Cooking 10:30 a.m. -12:00 p.m. Calming Coloring for All 3:30 p.m. - 4:15 p.m.	Exercises 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.	CRC Website

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



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	Ayuda con la Tarea K-8 3 p.m. - 4:30 p.m.	Servicios de Inscripción 9 a.m. - 3 p.m. El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12:00 p.m. Coloración Relajante para Todos 3:30 p.m. - 4:15 p.m.	Ejercicios para Todos (Edades 14+) 9:15 a.m. - 10:15 a.m. Cocina para Adultos 10:30 a.m. - 12:00 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. - Inglés	RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 10 a.m. - 1 p.m. - Español Yoga para Todos 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Inscripción de CalFresh 9:30 a.m. - 4:00 p.m. Hora Social para Personas Mayores 10:30 a.m. - 11:30 a.m. Cocina Saludable para Niños (Edades 5+) 3:30 p.m. - 4:30 p.m. Arte de Frutas y Verduras 3:30 p.m. - 4:30 p.m.	Servicios de Inscripción 9 a.m. - 3 p.m. El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12:00 p.m. Artes y Manualidades para Adultos 3:30 p.m. - 4:30 p.m.	Ejercicios para Todos (Edades 14+) 9:15 a.m. - 10:15 a.m. Despensa de Alimentos 10 a.m. Hasta Agotar Existencias Cocina para Adultos 10:30 a.m. - 12:00 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
Yoga para Todos 9 a.m. - 10 a.m. Diabetes 101 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 p.m. - Inglés	La Nutrición Y Usted 10:30 a.m. - 11:30 a.m. Artes y Manualidades para Todos 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.	Inscripción de CalFresh 9:30 a.m. - 4:00 p.m. Bingo para Todos 10:30 a.m. - 11:30 a.m. Cocina Saludable para Niños (Edades 5+) 3:30 p.m. - 4:30 p.m. Arte de Frutas y Verduras 3:30 p.m. - 4:30 p.m.	Servicios de Inscripción 9 a.m. - 3 p.m. El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12:00 p.m. Coloración Relajante para Todos 3:30 p.m. - 4:15 p.m.	Ejercicios para Todos(Edades 14+) 9:15 a.m. - 10:15 a.m. Cocina para Adultos 10:30 a.m. - 12:00 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO	Artes y Manualidades para Todos 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.	Inscripción de CalFresh 9:30 a.m. - 4:00 p.m. RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 10 a.m. - 1 p.m. - Inglés Cocina Saludable para Niños (Edades 5+) 3:30 p.m. - 4:30 p.m. Arte de Frutas y Verduras 3:30 p.m. - 4:30 p.m.	Servicios de Inscripción 9 a.m. - 3 p.m. El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12:00 p.m. Artes y Manualidades para Adultos 3:30 p.m. - 4:30 p.m.	Ejercicios para Todos(Edades 14+) 9:15 a.m. - 10:15 a.m. Cocina para Adultos 10:30 a.m. - 12:00 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
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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



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