





NORWALK DECEMBER 2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Homework Help K-8 (Monday - Friday) 3:30 p.m. - 4:30 p.m.</p>		<p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p>	<p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<p>Exercise for All 9:15 a.m. - 10:15 a.m.</p> <p>Cooking Matters for Adults 10:30 a.m. - 12:00 p.m.</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p>	
<p>Yoga for All 9 a.m. - 10 a.m.</p> <p>Diabetes 101 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p>	<p>CPR/First Aid (Ages 14+) Register at freecprla.com 10 a.m. - 1 p.m. - Spanish</p> <p>Nutrition and You 10:30 a.m. - 11:30 a.m.</p> <p>Yoga for All 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>CalFresh Enrollment 9 a.m. - 4 p.m.</p> <p>The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m.</p> <p>Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>Enrollment Services 9 a.m. - 3 p.m.</p> <p>The World of Juicing & Salads 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p>	<p>Exercise for All 9:15 a.m. - 10:15 a.m.</p> <p>Cooking Matters for Adults 10:30 a.m. - 12:00 p.m.</p> <p>Food Pantry 10 a.m. While Supplies Last</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p>	
<p>Spirit Day: Wear Festive Socks</p> <p>Yoga for All 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Winter Crafts 3:45 p.m. - 4:30 p.m.</p>		<p>Spirit Day: Wear Festive Colors</p> <p>CalFresh Enrollment 9 a.m. - 4 p.m.</p> <p>Bingo for All 9:30 a.m. - 10:15 a.m.</p> <p>The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m.</p> <p>Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>Spirit Day: Wear Festive Accessories</p> <p>Enrollment Services 9 a.m. - 3 p.m.</p> <p>The World of Juicing & Salads 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p> <p>Winter Crafts 3:45 p.m. - 4:30 p.m.</p>	<p>Spirit Day: Wear a Festive Sweater</p> <p>Exercise for All 9:15 a.m. - 10:15 a.m.</p> <p>Cooking Matters for Adults 10:30 a.m. - 12:00 p.m.</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p> <p>Winter Crafts 2:45 p.m. - 3:30 p.m.</p>	
<p>Yoga for All 9 a.m. - 10 a.m.</p> <p>Diabetes 101 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p>	<p>Nutrition and You 10:30 a.m. - 11:30 a.m.</p> <p>Yoga for All 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>CalFresh Enrollment 9 a.m. - 4 p.m.</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com 10 a.m. - 1 p.m. - English</p> <p>The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m.</p> <p>Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>Enrollment Services 9 a.m. - 3 p.m.</p> <p>The World of Juicing & Salads 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p>  <p>12:00 p.m. - 5:00 p.m.</p>		
	 <p>CENTER CLOSED CENTRO CERRADO</p> 				

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



NORWALK DICIEMBRE 2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Ayuda con la Tarea K-8 (Lunes - Viernes) 3:30 p.m. - 4:30 p.m.</p>	 <p>CRC Sitio de Web</p>	<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* <ul style="list-style-type: none"> • Medi-cal, MediCare, Covered California, y CalFresh - Orientación para nuevos miembros <p>*Comuníquese con el Centro para disponibilidad de Servicios.</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamante.</p> <p>GRIS Virtual. Porfavor llame al centro para registrarse.</p>	<p>Ejercicios para Todos (Edades 14+) 9:15 a.m. - 10:15 a.m.</p> <p>Cocina para Adultos 10:30 a.m. - 12:00 p.m.</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	
<p>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Diabetes 101 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p>	<p>RCP/ Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 10 a.m. - 1 p.m. - Espanol</p> <p>La Nutrición Y Usted 10:30 a.m. - 11:30 a.m.</p> <p>Yoga for Todos 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>Inscripción de CalFresh 9 a.m. - 4 p.m.</p> <p>Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m.</p> <p>Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>Servicios de Inscripción 9 a.m. - 3 p.m.</p> <p>El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m.</p> <p>Cocina Saludable 10:30 a.m. - 12:00 p.m.</p>	<p>Ejercicios para Todos (Edades 14+) 9:15 a.m. - 10:15 a.m.</p> <p>Cocina para Adultos 10:30 a.m. - 12:00 p.m.</p> <p>Despensa de Alimentos 10:00 a.m. Hasta Agotar Existencias</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	
<p>Día de Entusiasmo: Use Calcetines Festivos</p> <p>Yoga for All 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Manualidades de Invierno 3:45 p.m. - 4:30 p.m.</p>		<p>Día de Entusiasmo: Use Colores Festivos</p> <p>Inscripción de CalFresh 9 a.m. - 4 p.m.</p> <p>Bingo para Todos 9:30 a.m. - 10:15 a.m.</p> <p>Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m.</p> <p>Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>Día de Entusiasmo: Use Accesorios Festivos</p> <p>Servicios de Inscripción 9 a.m. - 3 p.m.</p> <p>El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m.</p> <p>Cocina Saludable 10:30 a.m. - 12:00 p.m.</p> <p>Manualidades de Invierno 3:45 p.m. - 4:30 p.m.</p>	<p>Día de Entusiasmo: Use Un Suéter Festivo</p> <p>Ejercicios para Todos (Edades 14+) 9:15 a.m. - 10:15 a.m.</p> <p>Cocina para Adultos 10:30 a.m. - 12:00 p.m.</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p> <p>Manualidades de Invierno 2:45 p.m. - 3:30 p.m.</p>	
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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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