




NORWALK FEBRUARY 2024

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 <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	Enrollment Services 1 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. Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.	Exercise for All 2 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.	
Enrollment Services 5 9 a.m. - 3 p.m. Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Sculpt Fitness: Senior & Adult Exercise 2:45 p.m. - 3:45 p.m. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.	Enrollment Services 6 9 a.m. - 3 p.m. 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.	Enrollment Services 7 9 a.m. - 3 p.m. Food Pantry 10 a.m. While Supplies Last The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.	Enrollment Services 8 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. Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.		
Enrollment Services 12 9 a.m. - 3 p.m. 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. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.	Enrollment Services 13 9 a.m. - 3 p.m. Nutrition and You 10:30 a.m. - 11:30 a.m. Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m. Yoga for All 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m. Arts & Crafts for All 3:45 p.m. - 4:30 p.m.	Enrollment Services 14 9 a.m. - 3 p.m. Arts & Crafts for All 11:15 a.m. - 12:00 p.m. The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.	Enrollment Services 15 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. Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.	Exercise for All 16 9:15 a.m. - 10:15 a.m. Cooking Matters for Adults 10:30 a.m. - 12:00 p.m. Arts & Crafts for All 3:45 p.m. - 4:30 p.m. Yoga for All 3:45 p.m. - 4:45 p.m.	
	Enrollment Services 20 9 a.m. - 3 p.m. Bingo For All 10:30 a.m. - 11:15 a.m. Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m. Yoga for All 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Enrollment Services 21 9 a.m. - 3 p.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10 a.m. - 1 p.m. - English The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.	Enrollment Services 22 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. Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.	Exercise for All 23 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.	
Enrollment Services 26 9 a.m. - 3 p.m. 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. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.	Enrollment Services 27 9 a.m. - 3 p.m. Nutrition and You 10:30 a.m. - 11:30 a.m. Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m. Yoga for All 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Enrollment Services 28 9 a.m. - 3 p.m. The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.	Enrollment Services 29 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. Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.	CalFresh Enrollment Wednesdays 9 a.m. - 4 p.m.	Homework Help (K-8) Mondays, Wednesdays and Thursdays 3:30 p.m. - 4:30 p.m.

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 FEBRERO 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <small>*Comuníquese con el Centro para disponibilidad de Servicios</small> TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanente. GRIS Virtual. Porfavor llame al centro para registrarse.	Servicios de Inscripción 1 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. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.	Ejercicios para Todos 2 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.	
Servicios de Inscripción 5 9 a.m.- 3 p.m. Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 2:45 p.m. - 3:45 p.m. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 6 9 a.m. - 3 p.m. RCP/ Primeros Auxilios (Edades 14+) Regístrase en freecprla.com 10 a.m. - 1 p.m. - Español Yoga for Todos 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 7 9 a.m. - 3 p.m. Despensa de Alimentos 10 a.m. Hasta Agotar Existencias Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m. Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 8 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. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.		
Servicios de Inscripción 12 9 a.m.- 3 p.m. 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. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 13 9 a.m.- 3 p.m. La Nutrición Y Usted 10:30 a.m. - 11:30 a.m. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12 p.m. - 1 p.m. Yoga para Todos 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artes y Manualidades 3:45 p.m. - 4:30 p.m.	Servicios de Inscripción 14 9 a.m.- 3 p.m. Artes y Manualidades 11:15 a.m. - 12:00 p.m. Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m. Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 15 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. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.	Ejercicios para Todos 16 9:15 a.m. - 10:15 a.m. Cocina para Adultos 10:30 a.m. - 12:00 p.m. Artes y Manualidades 3:45 p.m. - 4:30 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	
 DÍA DE LOS PRESIDENTES CENTRO CERRADO	Servicios de Inscripción 20 9 a.m.- 3 p.m. Bingo para Todos 10:30 a.m. - 11:15 a.m. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12 p.m. - 1 p.m. Yoga para Todos 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 21 9 a.m.- 3 p.m. RCP/ Primeros Auxilios (Edades 14+) Regístrase en freecprla.com 10 a.m. - 1 p.m. - Ingles Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m. Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 22 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. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.	Ejercicios para Todos 23 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.	
Servicios de Inscripción 26 9 a.m.- 3 p.m. 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. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 27 9 a.m.- 3 p.m. La Nutrición Y Usted 10:30 a.m. - 11:30 a.m. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12 p.m. - 1 p.m. Yoga para Todos 2 p.m. - 3 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 28 9 a.m.- 3 p.m. Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m. Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 29 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. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.	Inscripción de CalFresh cada Miercoles 9 a.m.- 4 p.m.	Ayuda con la Tarea (K-8) cada Lunes, Miercoles, y Jueves 3:30 p.m.- 4:30 p.m.

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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