









# NORWALK AUGUST 2024

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Member Services- Call for Availability</b>	<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> <p><b>Medi-Cal Enrollment Services Monday-Wednesday 9 a.m.- 3 p.m.</b></p>	<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>CalFresh Enrollment Wednesdays 9 a.m.- 4 p.m.</b></p>	<p><b>The World of Juicing &amp; Salads</b> 9:00 a.m. - 10:15 a.m.</p> <p><b>Healthy Cooking</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12:15 p.m. - 1:15 p.m.</p> <p><b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Exercise for All</b> 9:00 a.m. - 10:00 a.m.</p> <p><b>Cooking Matters for Adults</b> 10:15 a.m. - 11:45 a.m.</p> <p><b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>BACK TO SCHOOL EVENT</b></p>  <b>10AM - 2PM</b>
<p><b>Yoga for All</b> 9 a.m. - 10 a.m.</p> <p><b>Pilates</b> 12 p.m. - 1 p.m.</p> <p><b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 2:45 p.m. - 3:45 p.m.</p> <p><b>Sculpt Fitness: Kids' Exercise (Ages 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>CPR/First Aid (Ages 14+)</b> <b>Register at <a href="http://freecprla.com">freecprla.com</a></b> 10:00 a.m. - 1:00 p.m. - Spanish</p> <p><b>Yoga for All</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>Salsa Dance Aerobics</b> 9 a.m. - 10 a.m.</p> <p><b>Stretch and Tone</b> 10 a.m. - 11 a.m.</p> <p><b>The Arts of Fruits and Vegetables</b> 2:15 p.m. - 3:15 p.m.</p> <p><b>Healthy Cooking for Children (Ages 5+)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>The World of Juicing &amp; Salads</b> 9:00 a.m. - 10:15 a.m.</p> <p><b>Healthy Cooking</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12:15 p.m. - 1:15 p.m.</p> <p><b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Exercise for All</b> 9:00 a.m. - 10:00 a.m.</p> <p><b>Cooking Matters for Adults</b> 10:15 a.m. - 11:45 a.m.</p> <p><b>Family Fun Day!</b> 2:15 p.m. - 3:00 p.m.</p> <p><b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.</p>	 <b>CENTER CLOSED</b>
<p><b>Yoga for All</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: Kids' Exercise (Ages 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Nutrition and You</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12 p.m. - 1 p.m.</p> <p><b>Yoga for All</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>Salsa Dance Aerobics</b> 9 a.m. - 10 a.m.</p> <p><b>Stretch and Tone</b> 10 a.m. - 11 a.m.</p> <p><b>Food Pantry</b> 11 a.m. - 2 p.m. <b>While Supplies Last</b></p> <p><b>The Arts of Fruits and Vegetables</b> 2:15 p.m. - 3:15 p.m.</p> <p><b>Healthy Cooking for Children (Ages 5+)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>The World of Juicing &amp; Salads</b> 9:00 a.m. - 10:15 a.m.</p> <p><b>Healthy Cooking</b> 10:30 a.m. - 12:00 p.m.</p> <p><b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 12:15 p.m. - 1:15 p.m.</p> <p><b>Breathe Freely- Asthma Management Class</b> 3:00 p.m. - 4:30 p.m.</p> <p><b>Sculpt Fitness: Kids' Exercise (Age 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Exercise for All</b> 9:00 a.m. - 10:00 a.m.</p> <p><b>Cooking Matters for Adults</b> 10:15 a.m. - 11:45 a.m.</p> <p><b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.</p>	 <b>CENTER CLOSED</b>
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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 AGOSTO 2024

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 <b>Servicios para Miembros- Llame para Disponibilidad</b>	 <b>Servicios de Inscripción de Medi-Cal</b> <b>Lunes-Miércoles 9 a.m.- 3 p.m.</b>	 <b>Inscripción de CalFresh</b> <b>cada Miércoles 9 a.m.- 4 p.m.</b>	<b>El Mundo de Jugos y Ensaladas</b> 1 9:00 a.m. - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Ejercicios para Todos</b> 2 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	 <b>EVENTO DE REGRESO A LA ESCUELA</b> <b>10AM - 2PM</b>
<b>Yoga para Todos</b> 5 9 a.m. - 10 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 2:45 p.m. - 3:45 p.m. <b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>RCP/Primeros Auxilios (Edades 14+)</b> 6 <b>Registarse en freecprla.com</b> 10:00 a.m. - 1:00 p.m. - Español <b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Baile de Salsa Aeróbicos</b> 7 9 a.m. - 10 a.m. <b>Estirar y Tonificar</b> 10 a.m. - 11 a.m. <b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m. <b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>El Mundo de Jugos y Ensaladas</b> 8 9:00 a.m. - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Ejercicios para Todos</b> 9 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Día de Diversión Familiar</b> 2:15 p.m. - 3:00 p.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	 <b>CENTRO CERRADO</b>
<b>Yoga para Todos</b> 12 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: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>La Nutrición Y Usted</b> 13 10:30 a.m. - 11:30 a.m. <b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12 p.m. - 1 p.m. <b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Baile de Salsa Aeróbicos</b> 14 9 a.m. - 10 a.m. <b>Estirar y Tonificar</b> 10 a.m. - 11 a.m. <b>Dispensa de Alimentos</b> 11 a.m. - 2 p.m. <b>Hasta Agotar Existencia</b> <b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m. <b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>El Mundo de Jugos y Ensaladas</b> 15 9:00 a.m. - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m. <b>Respira Librementemente- Clase de Manejo del Asma</b> 3:00 p.m. - 4:30 p.m. <b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Ejercicios para Todos</b> 16 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	 <b>CENTRO CERRADO</b>
<b>Yoga para Todos</b> 19 9 a.m. - 10 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 20 12 p.m. - 1 p.m. <b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Baile de Salsa Aeróbicos</b> 21 9 a.m. - 10 a.m. <b>Estirar y Tonificar</b> 10 a.m. - 11 a.m. <b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m. <b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>El Mundo de Jugos y Ensaladas</b> 22 9:00 a.m. - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Ejercicios para Todos</b> 23 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	 <b>CENTRO CERRADO</b>
<b>Yoga para Todos</b> 26 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>La Nutrición Y Usted</b> 27 10:30 a.m. - 11:30 a.m. <b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12 p.m. - 1 p.m. <b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Baile de Salsa Aeróbicos</b> 28 9 a.m. - 10 a.m. <b>Estirar y Tonificar</b> 10 a.m. - 11 a.m. <b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m. <b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.	<b>El Mundo de Jugos y Ensaladas</b> 29 9:00 a.m. - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12:00 p.m. <b>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores</b> 12:15 p.m. - 1:15 p.m. <b>Sculpt Fitness: Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>Ejercicios para Todos</b> 30 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>RCP/Primeros Auxilios (Edades 14+)</b> <b>Registarse en freecprla.com</b> 12:30 p.m. - 3:30 p.m. - Ingles <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	 <b>CENTRO CERRADO</b>

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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CommunityResourceCenterLA.org