







NORWALK OCTOBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Member Services- Call for Availability Medi-Cal Enrollment Services- Call for Availability	CPR/First Aid Register at freecprla.com 10:00 a.m. - 1:00 p.m. - Spanish Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Arts and Crafts for All #PINKWEEK 3:45 p.m. - 4:30 p.m.	CalFresh Enrollment 9 a.m.- 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch and Tone 10 a.m. -11 a.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. #PINKWEEK	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. #PINKWEEK	Exercise for All 9:00 a.m. - 10:00 a.m. Cooking Matters for Adults 10:15 a.m. - 11:45 a.m. Yoga for All 3:45 p.m. - 4:45 p.m. Arts and Crafts for All #PINKWEEK 3:45 p.m. - 4:30 p.m.	
Yoga for All 9 a.m. - 10 a.m. Diabetes Education 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 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 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	CalFresh Enrollment 9 a.m.- 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch and Tone 10 a.m. -11 a.m. Food Pantry 11 a.m. - 2 p.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.	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 9:00 a.m. - 10:00 a.m. Cooking Matters for Adults 10:15 a.m. - 11:45 a.m. Yoga for All 3:45 p.m. - 4:45 p.m.	
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Baby Diaper Distribution 2 p.m. - 3 p.m. **PRE-REGISTRATION REQUIRED**	CENTER CLOSED STAFF DEVELOPMENT 9 a.m. - 10 a.m. Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Yoga for All	CalFresh Enrollment 9 a.m.- 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch and Tone 10 a.m. -11 a.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.	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 9:00 a.m. - 10:00 a.m. Cooking Matters for Adults 10:15 a.m. - 11:45 a.m. Yoga for All 3:45 p.m. - 4:45 p.m.	
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Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Spooky Spectacular- Arts and Crafts for All 3:45 p.m. - 4:30 p.m. NO HOMEWORK HELP	Medi-Cal LA Care New Member Orientation 10 a.m. - 11 a.m. **PRE-REGISTRATION REQUIRED** Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	CalFresh Enrollment 9 a.m.- 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch and Tone 10 a.m. -11 a.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.	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 (Ages 6-16) 3:45 p.m. - 4:45 p.m.	Homework Help (K-8) Mondays: 3:00 p.m. - 4:00 p.m. Wednesdays: 2:45 p.m. - 3:45 p.m. Thursdays: 3:00 p.m. - 4:00 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 OCTUBRE 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 Servicios para Miembros- Llame para Disponibilidad Servicios de Inscripción de Medi-Cal- Llame para Disponibilidad	RCP/Primeros Auxilios Registrarse en freecprla.com 10:00 a.m. - 1:00 p.m. - Español Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artes y Manualidades #PINKWEEK 3:45 p.m. - 4:30 p.m.	Inscripción de CalFresh 9 a.m.- 4 p.m. Baile de Salsa Aeróbicos 9 a.m.-10 a.m. Estirar y Tonificar 10 a.m.-11 a.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. #PINKWEEK	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. #PINKWEEK	Ejercicios para Todos 9:00 a.m. - 10:00 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Yoga para Todos 3:45 p.m. - 4:45 p.m. Artes y Manualidades #PINKWEEK 3:45 p.m. - 4:30 p.m.	
Yoga para Todos 9 a.m. - 10 a.m. Educación Sobre Diabetes 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 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 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Inscripción de CalFresh 9 a.m.- 4 p.m. Baile de Salsa Aeróbicos 9 a.m.-10 a.m. Estirar y Tonificar 10 a.m.-11 a.m. Despensa de Alimentos Hasta Agotar Existencia 11 a.m.- 2 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.	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 9:00 a.m. - 10:00 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	
Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Distribucion de Pañales 2 p.m. - 3 p.m. **PRE-REGISTRACION REQUERIDA**	CENTRO CERRADO PARA EL DESARROLLO DEL PERSONAL 9 a.m. - 10 a.m. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12 p.m. - 1 p.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Inscripción de CalFresh 9 a.m.- 4 p.m. Baile de Salsa Aeróbicos 9 a.m.-10 a.m. Estirar y Tonificar 10 a.m.-11 a.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.	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 9:00 a.m. - 10:00 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	
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Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Escaliofrante y Espectacular Artes y Manualidades para todos 3:45 p.m. - 4:30 p.m. NO AYUDA PARA LA TAREA	Orientación para Nuevos Miembros de LA Care Medi-Cal 10 a.m. - 11 a.m. **PRE-REGISTRACION REQUERIDA** Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12 p.m. - 1 p.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Inscripción de CalFresh 9 a.m.- 4 p.m. Baile de Salsa Aeróbicos 9 a.m.-10 a.m. Estirar y Tonificar 10 a.m.-11 a.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.	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.	Ayuda con la Tarea (K-8) Cada Lunes: 3:00 p.m. - 4:00 p.m. Cada Miercoles: 2:45 p.m. - 3:45 p.m. Cada Jueves: 3:00 p.m. - 4:00 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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