










Community Resource Center



NORWALK MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m.	3 CPR/First Aid - Spanish Register at freecprla.com 10 a.m. - 1 p.m. Bingo 11:00 a.m. - 11:45 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Homework Help (ages 4-12 y/o) 3:45 p.m. - 4:45 p.m.	4 Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch and Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (ages 4-12 y/o) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	5 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Exercise! Adult & Senior 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	6 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m.  1 P.M. - 5 P.M.	7  CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m.	10 Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Homework Help (ages 4-12 y/o) 3:45 p.m. - 4:45 p.m.	11 Food Pantry (while supplies last) Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch and Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (ages 4-12 y/o) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	12 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Exercise! Adult & Senior 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	13 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Yoga for All 3:45 p.m. - 4:45 p.m.	14  CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m. WEAR THE COLOR GREEN!	17 Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Homework Help (ages 4-12 y/o) 3:45 p.m. - 4:45 p.m.	18 Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch and Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (ages 4-12 y/o) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	19 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Exercise! Adult & Senior 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	20 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Yoga for All 3:45 p.m. - 4:45 p.m.	21  CENTER CLOSED
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31  CÉSAR CHÁVEZ DAY CENTER CLOSED			BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 CRC Website	Medi-Cal LA Care New Member Orientation (Monday - Friday) 9 a.m. - 4 p.m. Member Services & Medi-Cal Enrollment Call for Availability CalFresh Enrollment (Wednesdays) 9 a.m. - 4 p.m.

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

BE ACTIVE, HEALTHY & INFORMED

 11721 Rosecrans Ave
Norwalk, CA 90650

 **CENTER HOURS:**
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: **CLOSED**

 562.650.6060
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Ejercicios para Niños- Juegos y Diversion! 3:45 p.m. - 4:45 p.m.	3 RCP/Primeros Auxilios Registrarse en freecprla.com- Español 10 a.m. - 1 p.m. Bingo 11:00 a.m. - 11:45 a.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Ayuda con la Tarea (edades 4-12) 3:45 p.m. - 4:45 p.m.	4 Baile de Salsa Aeróbicos 9 a.m. -10 a.m. Estirar y Tonificar 10 a.m. -11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Ayuda con la Tarea (edades 4-12) 2:45 p.m. - 3:45 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	5 Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Ejercicio! Adultos y Personas Mayores 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	6 Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. 1 P.M. - 5 P.M.	8
Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Ejercicios para Niños- Juegos y Diversion! 3:45 p.m. - 4:45 p.m.	10 Educacion Sobre Diabetes 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Ayuda con la Tarea (edades 4-12) 3:45 p.m. - 4:45 p.m.	11 Despensa de Alimentos (suministro limitado) Baile de Salsa Aeróbicos 9 a.m. -10 a.m. Estirar y Tonificar 10 a.m. -11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Ayuda con la Tarea (edades 4-12) 2:45 p.m. - 3:45 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	12 Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Ejercicio! Adultos y Personas Mayores 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	13 Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	15
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31 CENTRO CERRADO			 Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	 CRC Sitio de Web	Orientación para Nuevos Miembros de LA Care Medi-Cal (Lunes - Viernes) 9 a.m. - 4 p.m. Servicios para Miembros y Inscripción de Medi-Cal (Llame para Disponibilidad) Inscripción de CalFresh (Cada Miercoles) 9 a.m.- 4 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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO, SALUDABLE E INFORMADO

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Norwalk, CA 90650

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