



Community Resource Center



NORWALK
JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GET READY FOR SUMMER SCHOOL WITH US! VISIT US THIS JULY	1 CPR/First Aid - Spanish Register at freecprla.com 10 a.m. - 1 p.m. Bingo! 10:15 a.m - 11:00 a.m. Family Board Games! 1:15 p.m - 2:15 p.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Kids' Arts & Crafts 3:45 p.m. - 4:45 p.m.	2 CalFresh Enrollment 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch & Tone 10 a.m. -11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	3 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. -11:30 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	4 INDEPENDENCE DAY CENTER CLOSED	5 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.	7 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.	8 CalFresh Enrollment 9 a.m. - 4 p.m. Food Pantry (while supplies last) Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch & Tone 10 a.m. -11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	9 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. -11:30 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. *Diabetes Self-Management 3:00 p.m. - 4:30 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	10 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Family Board Games! 2:30 p.m - 3:30 p.m. Yoga for All 3:45 p.m. - 4:45 p.m. Kids' Loteria 3:45 p.m - 4:45 p.m.	11 CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. High Blood Pressure Prevention & Management 1 p.m. - 2 p.m. Bingo & Popcorn! 2:00 p.m - 2:45 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m.	14 Calming Coloring 10:15 a.m - 11:00 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Kid's Arts & Crafts 3:45 p.m. - 4:45 p.m.	15 CalFresh Enrollment 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch & Tone 10 a.m. -11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	16 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. -11:30 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. *Diabetes Self-Management 3:00 p.m. - 4:30 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	17 Arts & Crafts for All 10:00 a.m - 10:45 a.m. Bingo & Popcorn! 11:00 a.m. - 11:45 a.m. Diaper Distribution * First 50 Participants 1:30 p.m. - 2:30 p.m. Family Board Games! 2:30 p.m - 3:30 p.m. Yoga for All 3:45 p.m. - 4:45 p.m.	18 CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Calming Coloring 2:00 p.m - 2:45 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m.	21 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. Family Board Games! 3:45 p.m. - 4:45 p.m. Zumba 3:45 p.m. - 4:45 p.m.	22 CalFresh Enrollment 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch & Tone 10 a.m. -11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	23 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. -11:30 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. *Diabetes Self-Management 3:00 p.m. - 4:30 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	24 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. CPR/First Aid - English Register at freecprla.com 12:30 p.m. - 3:30 p.m. Yoga for All 3:45 p.m. - 4:45 p.m. Kids' Loteria 3:45 p.m - 4:45 p.m.	25 CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. High Blood Pressure Prevention & Management 1 p.m. - 2 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m. Resource Connection: Financial Literacy- Spanish 3:45 p.m. - 4:45 p.m.	28 Resource Connection Fair 9:30 a.m. - 11:30 a.m. Family Board Games! 1:15 p.m - 2:00 p.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Kids' Arts and Crafts 3:45 p.m. - 4:45 p.m.	29 CalFresh Enrollment 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch & Tone 10 a.m. -11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	30 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. -11:30 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. *Diabetes Self-Management 3:00 p.m. - 4:30 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	31 CRC Website	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only. *Attend all 4 Diabetes Self-Management Classes Get A Gift!

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



562.651.6060
CommunityResourceCenterLA.org

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	RCP/Primeros Auxilios Español Registrarse en freecprla.com 10 a.m. - 1 p.m. Bingo! 10:15 a.m - 11:00 a.m. Juegos de Mesa Familiar 1:15 p.m. - 2:15 p.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artes y Manualidades para Niños 3:45 p.m. - 4:45 p.m.	Inscripción para 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. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Ejercicio! 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.	DÍA DE INDEPENDENCIA CENTRO CERRADO	CENTRO CERRADO
¡PREPÁRATE PARA LA ESCUELA DE VERANO CON NOSOTROS! VISÍTENOS ESTE JULIO	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.	Inscripción para CalFresh 9 a.m. - 4 p.m. 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. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. *Manejo Personal de la Diabetes 3:00 p.m. - 4:30 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Juegos de Mesa Familiar 2:30 p.m. - 3:30 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m. Lotería para Niños 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Prevención y Control de la Presión Alta 1 p.m. - 2 p.m. Bingo y Palomitas! 2:00 p.m. - 2:45 p.m. Ejercicios para Niños-Juegos y Diversion! 3:45 p.m. - 4:45 p.m.	Colorear para Relajacion 10:15 a.m - 11:00 a.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artes y Manualidades para Niños 3:45 p.m. - 4:45 p.m.	Inscripción para 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. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. *Manejo Personal de la Diabetes 3:00 p.m. - 4:30 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	Artes y Manualidades para Niños 10:00 a.m. - 10:45 a.m. Bingo y Palomitas! 11:00 a.m. - 11:45 am Distribución de Pañales *Primeros 50 participantes 1:30 p.m. - 2:30 p.m. Juegos de Mesa Familiar! 2:30 p.m. - 3:30 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Colorear para Relajacion 2:00 p.m. - 2:45 p.m. Ejercicios para Niños-Juegos y Diversion! 3:45 p.m. - 4:45 p.m.	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. Juegos de Mesa Familiar! 3:45 p.m. - 4:45 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Inscripción para 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. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. *Manejo Personal de la Diabetes 3:00 p.m. - 4:30 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. RCP/Primeros Auxilios - Ingles Registrarse en freecprla.com 12:30 p.m. - 3:30 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m. Lotería para Niños 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Prevención y Control de la Presión Alta 1 p.m. - 2 p.m. Ejercicios para Niños-Juegos y Diversion! 3:45 p.m. - 4:45 p.m. Conexión de Recursos: Clase de Salud Financiera - Español 3:45 p.m. - 4:45 p.m.	Feria de Recursos 9:30 a.m - 11:30 a.m. Juegos de Mesa Familiar! 1:15 p.m. - 2:00 p.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artes y Manualidades para Niños 3:45 p.m. - 4:45 p.m.	Inscripción para 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. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. *Manejo Personal de la Diabetes 3:00pm - 4:30pm Ejercicio y Tonificar 4 p.m. - 5 p.m.	 CRC Sitio de Web	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete. *¡Asista a 4 clases de autocontrol de la diabetes y reciba un regalo!

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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