



Community Resource Center



NORWALK JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Attention! L.A. Care Medi-Cal Members Learn About Your Medi-Cal Benefits and Get a \$20 Grocery Gift Card Have questions? Call us to verify your eligibility! Monday - Friday 9 a.m. - 5 p.m.	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	Celebrate Cervical Cancer Awareness Month!	1 HAPPY NEW YEAR CENTER CLOSED	2 CENTER CLOSED	3 CENTER CLOSED
5 CENTER CLOSED	6 CENTER CLOSED	7 CENTER CLOSED	8 Welcome Back! We're all excited to see you at our center! Enrollment Services 9 a.m. - 4 p.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.	9 Enrollment Services 9 a.m. - 4 p.m. Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Yoga 3:45 p.m. - 4:45 p.m.	10 CENTER CLOSED
Enrollment Services 9 a.m. - 4 p.m. Yoga 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! 3:45 p.m. - 4:45 p.m.	12 Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Chase Financial Literacy 11:15 a.m. - 12:15 p.m. ENG. Chase Financial Literacy 12:45 p.m. - 1:45 p.m. SPA. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	13 Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 9 a.m. - 4 p.m. Food Pantry (Supplies Limited) Must be Present to Receive 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.	14 Enrollment Services 9 a.m. - 4 p.m. 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.	15 Enrollment Services 9 a.m. - 4 p.m. Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Bingo 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	17 CENTER CLOSED
19 MLK DAY CENTER CLOSED	Enrollment Services 9 a.m. - 4 p.m. CPR/First Aid Register at freecprla.com 10 a.m. - 1 p.m. SPA. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	20 Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 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. Homework Help (Ages 4-12) 2:45 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	21 Enrollment Services 9 a.m. - 4 p.m. 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.	22 Enrollment Services 9 a.m. - 4 p.m. Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Asthma Management 12:00 p.m. - 1:30 p.m. CPR/First Aid Register at freecprla.com 12:30 p.m. - 3:30 p.m. ENG. Yoga 3:45 p.m. - 4:45 p.m.	24 CENTER CLOSED
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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



Community Resource Center



NORWALK ENERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Atención: Miembros de L.A. Care Medi-Cal Infórmese sobre sus beneficios de Medi-Cal y reciba una tarjeta de regalo de \$20 para comestibles. ¿Tienes preguntas? ¡Llámanos para verificar tu elegibilidad! Lunes - Viernes 9:00 a.m. a 5:00 p.m.	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamane.	¡Celebremos el Mes de Concientización sobre el Cáncer de Cuello Uterino!	FELIZ AÑO NUEVO CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO
5	6	7	8	9	10
CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO	¡Bienvenido de nuevo! ¡Estamos todos emocionados de verlos en nuestro centro! Servicios de Inscripción 9 a.m. - 4 p.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.	Servicios de Inscripción 9 a.m. - 4 p.m. Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Yoga 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
12	13	14	15	16	17
Servicios de Inscripción 9 a.m. - 4 p.m. Yoga 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. Juegos de Ejercicios para Niños! 3:45 p.m. - 4:45 p.m.	Educación Sobre Diabetes 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Clase de Salud Financiera 11:15 a.m. - 12:15 p.m. ING. Clase de Salud Financiera 12:45 p.m. - 1:45 p.m. ESP. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Asistencia de CalFresh 9 a.m. - 4 p.m. Despensa de Alimentos (Existencias Limitadas) Es Necesario Estar Presente 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.	Servicios de Inscripción 9 a.m. - 4 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.	Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Bingo 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
19	20	21	22	23	24
DÍA DE MARTIN LUTHER KING CENTRO CERRADO	Servicios de Inscripción 9 a.m. - 4 p.m. RCP/Primeros Auxilios Regístrate en freecprla.com 10 a.m. - 1 p.m. ESP. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 9 a.m. - 4 p.m. Asistencia 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. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Ayuda de Tarea (Edades 4-12) 2:45 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 9 a.m. - 4 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.	Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Manejo de Asma 12:00 p.m. - 1:30 p.m. RCP/Primeros Auxilios Regístrate en freecprla.com 12:30 p.m. - 3:30 p.m. ING. Yoga 3:45 p.m. - 4:45 p.m.	CENTRO CERRADO
26	27	28	29	30	31
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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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