



L.A. Care.

Community Resource Center



Norwalk FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Enrollment Services2 9 - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Kids' Fitness 3:45 - 4:45 p.m.	Diabetes Education3 9 - 10 a.m. Nutrition & You 10 - 11 a.m. CPR - Spa. 10 a.m. - 1 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m.	Food Pantry4 Enrollment Services 9 a.m. - 4 p.m. Salsa Aerobics 9 - 10 a.m. Stretch & Tone 10 - 11 a.m. Fruits & Vegetables 2:30 - 3:30 p.m. Kids' Cooking 3:45 - 4:45 p.m.	Enrollment Services5 9 a.m. - 4 p.m. Juicing & Salads 9 - 10 a.m. Healthy Cooking 10 - 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aerobics 3 - 4 p.m. Fitness & Body Toning 4 - 5 p.m.	Exercise for All6 9 - 10 a.m. Cooking Matters 10:15 - 11:45 a.m. Yoga 3:45 - 4:45 p.m.	CENTER CLOSED
Enrollment Services9 9 - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. High Blood Pressure Prevention and Management 1 - 2 p.m. Kids' Fitness 3:45 - 4:45 p.m.	Living with Heart Failure10 11 a.m. - 12:30 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m.	Enrollment Services11 9 a.m. - 4 p.m. Salsa Aerobics 9 - 10 a.m. Stretch & Tone 10 - 11 a.m. Fruits & Vegetables 2:30 - 3:30 p.m. Kids' Cooking 3:45 - 4:45 p.m.	Enrollment Services12 9 a.m. - 4 p.m. Juicing & Salads 9 - 10 a.m. Healthy Cooking 10 - 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aerobics 3 - 4 p.m. Fitness & Body Toning 4 - 5 p.m.	Exercise for All13 9 - 10 a.m. Cooking Matters 10:15 - 11:45 a.m. Medi-Cal & Covered California Information Session 1 - 2 p.m. Yoga 3:45 - 4:45 p.m.	CENTER CLOSED
16 PRESIDENT'S DAY CENTER CLOSED	Enrollment Services17 9 a.m. - 4 p.m. Diabetes Education 9 - 10 a.m. Nutrition & You 10 - 11 a.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m.	Enrollment Services18 9 a.m. - 4 p.m. Salsa Aerobics 9 - 10 a.m. Stretch & Tone 10 - 11 a.m. Fruits & Vegetables 2:30 - 3:30 p.m. Kids' Cooking 3:45 - 4:45 p.m.	Enrollment Services19 9 a.m. - 4 p.m. Juicing & Salads 9 - 10 a.m. Healthy Cooking 10 - 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aerobics 3 - 4 p.m. Fitness & Body Toning 4 - 5 p.m.	Exercise for All20 9 - 10 a.m. Cooking Matters 10:15 - 11:45 a.m. Yoga 3:45 - 4:45 p.m.	CENTER CLOSED
Yoga23 9 - 10 a.m. Pilates 12 - 1 p.m. High Blood Pressure Prevention and Management 1 - 2 p.m. Kids' Fitness 3:45 - 4:45 p.m.	CHASE Financial Skills - Eng.24 9:30 - 10:30 a.m. CHASE Financial Skills- Spa. 1 - 2 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m.	Enrollment Services25 9 a.m. - 4 p.m. Salsa Aerobics 9 - 10 a.m. Stretch & Tone 10 - 11 a.m. Fruits & Vegetables 2:30 - 3:30 p.m. Homework Help (4 - 12 y/o) 2:45 - 3:30 p.m. Kids' Cooking 3:45 - 4:45 p.m.	Juicing & Salads26 9 - 10 a.m. Healthy Cooking 10 - 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aerobics 3 - 4 p.m. Fitness & Body Toning 4 - 5 p.m.	Exercise for All27 9 - 10 a.m. Cooking Matters 10:15 - 11:45 a.m. CPR - Eng. 12:30 - 3:30 p.m. Resume & IT Support 2 - 3 p.m. Yoga 3:45 - 4:45 p.m.	CENTER CLOSED
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!	CalFresh Assistance Wednesdays 9 a.m. - 4 p.m. CPR Call us or Register at freecprla.com	Honoring Black History Month	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	CENTER SERVICES Member Services and Enrollment Services Medi-Cal, Medicare, Covered California, & CalFresh L.A. Care New Member Orientation ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	QR Code CRC Website

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 (Ages4+). 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



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Norwalk FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Servicios de Inscripción 2 9 a.m. - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Ejercicios para Niños 3:45 - 4:45 p.m.	Educación Sobre Diabetes 3 9 - 10 a.m. La Nutrición y Usted 10 - 11 a.m. RCP- Esp. 10 a.m. - 1 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m.	Despensa de Alimentos 4 Servicios de Inscripción 9 a.m. - 4 p.m. Salsa Aeróbicos 9 - 10 a.m. Estirar y Tonificar 10 - 11 a.m. Frutas y Verduras 2:30 - 3:30 p.m. Cocina para Niños 3:45 - 4:45 p.m.	Servicios de Inscripción 5 9 a.m. - 4 p.m. Jugos y Ensaladas 9 - 10 a.m. Cocina Saludable 10- 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aeróbicos 3 - 4 p.m. Ejercicio y Tonificar 4 - 5 p.m.	Ejercicios para Todos 6 9 - 10 a.m. Cocina para Adultos 10:15 - 11:45 a.m. Yoga 3:45 - 4:45 p.m.	 CENTRO CERRADO
Servicios de Inscripción 9 9 a.m. - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Prevención y Control de la Presión Alta 1 - 2 p.m. Ejercicios para Niños 3:45 - 4:45 p.m.	Vivir con Insuficiencia Cardíaca 10 11 a.m. - 12:30 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m.	Servicios de Inscripción 11 9 a.m. - 4 p.m. Salsa Aeróbicos 9 - 10 a.m. Estirar y Tonificar 10 - 11 a.m. Frutas y Verduras 2:30 - 3:30 p.m. Cocina para Niños 3:45 - 4:45 p.m.	Servicios de Inscripción 12 9 a.m. - 4 p.m. Jugos y Ensaladas 9 - 10 a.m. Cocina Saludable 10- 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aeróbicos 3 - 4 p.m. Ejercicio y Tonificar 4 - 5 p.m.	Ejercicios para Todos 13 9 - 10 a.m. Cocina para Adultos 10:15 - 11:45 a.m. Sesión Informativa sobre Medi-Cal y Covered California 1 - 2 p.m. Yoga 3:45 - 4:45 p.m.	 CENTRO CERRADO
16  DÍA DE LOS PRESIDENTES CENTRO CERRADO	Servicios de Inscripción 17 9 a.m. - 4 p.m. Educación Sobre Diabetes 9 a.m. - 10 a.m. La Nutrición y Usted 10 - 11 a.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m.	Servicios de Inscripción 18 9 a.m. - 4 p.m. Salsa Aeróbicos 9 - 10 a.m. Estirar y Tonificar 10 - 11 a.m. Frutas y Verduras 2:30 - 3:30 p.m. Cocina para Niños 3:45 - 4:45 p.m.	Servicios de Inscripción 19 9 a.m. - 4 p.m. Jugos y Ensaladas 9 - 10 a.m. Cocina Saludable 10- 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aeróbicos 3 - 4 p.m. Ejercicio y Tonificar 4 - 5 p.m.	Ejercicios para Todos 20 9 - 10 a.m. Cocina para Adultos 10:15 - 11:45 a.m. Yoga 3:45 - 4:45 p.m.	 CENTRO CERRADO
Servicios de Inscripción 23 9 a.m. - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Prevención y Control de la Presión Alta 1 - 2 p.m. Ejercicios para Niños 3:45 - 4:45 p.m.	CHASE Habilidades Financieras- Ing. 24 9:30 - 10:30 a.m. CHASE Habilidades Financieras - Esp. 1 - 2 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m.	Servicios de Inscripción 25 9 a.m. - 4 p.m. Salsa Aeróbicos 9 - 10 a.m. Estirar y Tonificar 10 - 11 a.m. Frutas y Verduras 2:30 - 3:30 p.m. Ayuda De Tarea (4-12años) 2:45 - 3:30 p.m. Cocina para Niños 3:45 - 4:45 p.m.	Servicios de Inscripción 26 9 a.m. - 4 p.m. Jugos y Ensaladas 9 - 10 a.m. Cocina Saludable 10- 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aeróbicos 3 - 4 p.m. Ejercicio y Tonificar 4 - 5 p.m.	Ejercicios para Todos 27 9 - 10 a.m. Cocina para Adultos 10:15 - 11:45 a.m. RCP - Ing. 12:30 - 3:30 p.m. Soporte Tecnico y Para el Curriculum 2 - 3 p.m. Yoga 3:45 - 4:45 p.m.	 CENTRO CERRADO
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!	Asistencia de CalFresh Miércoles 9:00 a. m. - 4:00 p. m. RCP Llámanos o Regístrate en freecprla.com	Honorando el Mes de la Historia Afroamericana	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Solo con cita previa y registro.	SERVICIOS DIARIOS Servicios para Miembros y Servicios de Inscripción • Medi-Cal, Medicare, Covered California, y CalFresh • Orientación para nuevos miembros de L.A. Care TODOS LOS SERVICIOS Y LAS CLASES SON ¡GRATIS PARA TODOS!	 CRC Sitio de Web

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



11721 Rosecrans Ave.
Norwalk, CA 90650



HORARIO
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: Cerrado



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