











NORWALK NOVEMBER 2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Homework Help K-8 (Monday - Friday) 3:30 p.m. - 4:30 p.m.</p>		<p>CalFresh Enrollment 1 9 a.m. - 4 p.m.</p> <p>The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m.</p> <p>Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>The World of Juicing & Salads 2 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p> <p>Arts & Crafts for All 2:00 p.m. - 2:45 p.m.</p>	<p>Exercise for All 3 9:15 a.m. - 10:15 a.m.</p> <p>Cooking Matters for Adults 10:30 a.m. - 12:00 p.m.</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p>	
<p>Yoga for All 6 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p>	<p>CPR/First Aid (Ages 14+) 7 Register at freecprla.com 10 a.m. - 1 p.m. - Spanish</p> <p>Yoga for All 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>CalFresh Enrollment 8 9 a.m. - 4 p.m.</p> <p>The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m.</p> <p>Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>The World of Juicing & Salads 9 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p>	<p>VETERAN'S DAY  CENTER CLOSED</p>	
<p>Yoga for All 13 9 a.m. - 10 a.m.</p> <p>Diabetes 101 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Arts & Crafts for All 2:00 p.m. - 2:45 p.m.</p>	<p>Nutrition and You 14 10:30 a.m. - 11:30 a.m.</p> <p>Yoga for All 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>CalFresh Enrollment 15 9 a.m. - 4 p.m.</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com 10 a.m. - 1 p.m. - English</p> <p>The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m.</p> <p>Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>The World of Juicing & Salads 16 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p>	<p>Exercise for All 17 9:15 a.m. - 10:15 a.m.</p> <p>Cooking Matters for Adults 10:30 a.m. - 12:00 p.m.</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p>	
	<p>Yoga for All 21 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>CalFresh Enrollment 22 9 a.m. - 4 p.m.</p> <p>The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m.</p> <p>Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.</p>			
<p>Yoga for All 27 9 a.m. - 10 a.m.</p> <p>Diabetes 101 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p>	<p>Nutrition and You 28 10:30 a.m. - 11:30 a.m.</p> <p>Yoga for All 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>CalFresh Enrollment 29 9 a.m. - 4 p.m.</p> <p>The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m.</p> <p>Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>The World of Juicing & Salads 30 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p> <p>Arts & Crafts for All 2:00 p.m. - 2:45 p.m.</p>	<p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* - Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p>

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 NOVIEMBRE 2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Ayuda con la Tarea K-8 (Lunes - Viernes) 3:30 p.m. - 4:30 p.m.</p>	 <p>CRC Sitio de Web</p>	<p>Inscripción de CalFresh 9 a.m. - 4 p.m.</p> <p>Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m.</p> <p>Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m.</p> <p>Cocina Saludable 10:30 a.m. - 12:00 p.m.</p> <p>Artes y Manualidades para Todos 2:00 p.m. - 2:45 p.m.</p>	<p>Ejercicios para Todos (Edades 14+) 9:15 a.m. - 10:15 a.m.</p> <p>Cocina para Adultos 10:30 a.m. - 12:00 p.m.</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	
<p>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p>	<p>RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 10 a.m. - 1 p.m. - Español</p> <p>Yoga para Todos 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>Inscripción de CalFresh 9 a.m. - 4 p.m.</p> <p>Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m.</p> <p>Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m.</p> <p>Cocina Saludable 10:30 a.m. - 12:00 p.m.</p>	<p>DÍA DE LOS VETERANOS</p>  <p>CENTRO CERRADO</p>	
<p>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Diabetes 101 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Artes y Manualidades para Todos 2:00 p.m. - 2:45 p.m.</p>	<p>La Nutrición Y Usted 10:30 a.m. - 11:30 a.m.</p> <p>Yoga para Todos 2 p.m. - 3 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>Inscripción de CalFresh 9 a.m. - 4 p.m.</p> <p>RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 10 a.m. - 1 p.m. - Inglés</p> <p>Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m.</p> <p>Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.</p>	<p>El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m.</p> <p>Cocina Saludable 10:30 a.m. - 12:00 p.m.</p>	<p>Ejercicios para Todos (Edades 14+) 9:15 a.m. - 10:15 a.m.</p> <p>Cocina para Adultos 10:30 a.m. - 12:00 p.m.</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	
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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. 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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