



NORWALK SEPTEMBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>LABOR DAY</p> <p>CENTER CLOSED</p>	<p>3</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com 10:00 a.m. - 1:00 p.m. - Spanish</p> <p>Yoga for All 2:30 p.m. - 3:30 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>4</p> <p>Salsa Dance Aerobics 9 a.m. - 10 a.m.</p> <p>Stretch and Tone 10 a.m. - 11 a.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>5</p> <p>The World of Juicing & Salads 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p> <p>Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m.</p> <p>Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.</p>	<p>6</p> <p>Exercise for All 9:00 a.m. - 10:00 a.m.</p> <p>Cooking Matters for Adults 10:15 a.m. - 11:45 a.m.</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p>	<p>7</p> <p>CENTER CLOSED</p>
<p>9</p> <p>Yoga for All 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>10</p> <p>Nutrition and You 10:30 a.m. - 11:30 a.m.</p> <p>Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m.</p> <p>Yoga for All 2:30 p.m. - 3:30 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>11</p> <p>Salsa Dance Aerobics 9 a.m. - 10 a.m.</p> <p>Stretch and Tone 10 a.m. - 11 a.m.</p> <p>Food Pantry 11 a.m. - 2 p.m. While Supplies Last</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>12</p> <p>The World of Juicing & Salads 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p> <p>Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m.</p> <p>Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.</p>	<p>13</p> <p>FLU SHOT CLINIC</p> <p>10AM - 4PM Ages 3+</p>	<p>14</p> <p>CENTER CLOSED</p>
<p>16</p> <p>Yoga for All 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Mexico's Independence Day Activities 2:00 p.m. - 2:45 p.m.</p>	<p>17</p> <p>Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m.</p> <p>Yoga for All 2:30 p.m. - 3:30 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>18</p> <p>Salsa Dance Aerobics 9 a.m. - 10 a.m.</p> <p>Stretch and Tone 10 a.m. - 11 a.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>19</p> <p>The World of Juicing & Salads 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p> <p>Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m.</p> <p>Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.</p>	<p>20</p> <p>Exercise for All 9:00 a.m. - 10:00 a.m.</p> <p>Cooking Matters for Adults 10:15 a.m. - 11:45 a.m.</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p>	<p>21</p> <p>CENTER CLOSED</p>
<p>23</p> <p>Yoga for All 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>Baby Diapers Distribution 2:00 p.m. - 3:00 p.m. **PRE-REGISTRATION REQUIRED**</p>	<p>24</p> <p>Nutrition and You 10:30 a.m. - 11:30 a.m.</p> <p>Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m.</p> <p>Yoga for All 2:30 p.m. - 3:30 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>25</p> <p>Salsa Dance Aerobics 9 a.m. - 10 a.m.</p> <p>Stretch and Tone 10 a.m. - 11 a.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>26</p> <p>The World of Juicing & Salads 9:00 a.m. - 10:15 a.m.</p> <p>Healthy Cooking 10:30 a.m. - 12:00 p.m.</p> <p>Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m.</p> <p>Sculpt Fitness: Kids' Exercise (Ages 6-16) 3:45 p.m. - 4:45 p.m.</p>	<p>27</p> <p>Exercise for All 9:00 a.m. - 10:00 a.m.</p> <p>Cooking Matters for Adults 10:15 a.m. - 11:45 p.m.</p> <p>CPR/First Aid (Ages 14+) Register at freecprla.com 12:30 p.m. - 3:30 p.m. - English</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p>	<p>28</p> <p>CENTER CLOSED</p>
<p>30</p> <p>Yoga for All 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Medi-Cal LA Care New Member Orientation 3 p.m. - 4 p.m. **PRE-REGISTRATION REQUIRED**</p>	<p></p> <p>Member Services- Call for Availability</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><small>*Contact Center for Availability of Services</small></p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p> <p>Medi-Cal Enrollment Services Monday-Wednesday 9 a.m.- 3 p.m.</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> <p>CalFresh Enrollment Services Wednesday 9 a.m.- 4 p.m.</p>	<p>Homework Help (K-8)</p> <p>Mondays: 3:00 p.m. - 4:00 p.m.</p> <p>Wednesdays: 2:15 p.m. - 3:45 p.m.</p> <p>Thursdays: 3:00 p.m. - 4:00 p.m.</p>	<p>CENTER CLOSED</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 SEPTIEMBRE 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>2</p>  <p>DÍA DEL TRABAJO CENTRO CERRADO</p>	<p>3</p> <p>RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 10:00 a.m. - 1:00 p.m. - Español</p> <p>Yoga para Todos 2:30 p.m. - 3:30 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>4</p> <p>Baile de Salsa Aeróbicos 9 a.m. - 10 a.m.</p> <p>Estirar y Tonificar 10 a.m. - 11 a.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>5</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>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m.</p> <p>Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.</p>	<p>6</p> <p>Ejercicios para Todos 9:00 a.m. - 10:00 a.m.</p> <p>Cocina para Adultos 10:15 a.m. - 11:45 a.m.</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	<p>7</p>  <p>CENTRO CERRADO</p>
<p>9</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>10</p> <p>La Nutrición Y Usted 10:30 a.m. - 11:30 a.m.</p> <p>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12 p.m. - 1 p.m.</p> <p>Yoga para Todos 2:30 p.m. - 3:30 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>11</p> <p>Baile de Salsa Aeróbicos 9 a.m. - 10 a.m.</p> <p>Estirar y Tonificar 10 a.m. - 11 a.m.</p> <p>Dispensa de Alimentos Hasta Agotar Existencia 11 a.m. - 2 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>12</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>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m.</p> <p>Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.</p>	<p>13</p>  <p>CLÍNICA DE VACUNACIÓN 10AM - 4PM Edades 3+</p>	<p>14</p>  <p>CENTRO CERRADO</p>
<p>16</p> <p>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Actividades para el Día de la Independencia de México 2:00 p.m. - 2:45 p.m.</p>	<p>17</p> <p>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12 p.m. - 1 p.m.</p> <p>Yoga para Todos 2:30 p.m. - 3:30 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>18</p> <p>Baile de Salsa Aeróbicos 9 a.m. - 10 a.m.</p> <p>Estirar y Tonificar 10 a.m. - 11 a.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>19</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>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m.</p> <p>Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.</p>	<p>20</p> <p>Ejercicios para Todos 9:00 a.m. - 10:00 a.m.</p> <p>Cocina para Adultos 10:15 a.m. - 11:45 a.m.</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	<p>21</p>  <p>CENTRO CERRADO</p>
<p>23</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>Distribución de Pañales para Bebés 2:00 p.m. - 3:00 p.m. **PRE-REGISTRACION REQUERIDA**</p>	<p>24</p> <p>La Nutrición Y Usted 10:30 a.m. - 11:30 a.m.</p> <p>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12 p.m. - 1 p.m.</p> <p>Yoga para Todos 2:30 p.m. - 3:30 p.m.</p> <p>Zumba 3:45 p.m. - 4:45 p.m.</p>	<p>25</p> <p>Baile de Salsa Aeróbicos 9 a.m. - 10 a.m.</p> <p>Estirar y Tonificar 10 a.m. - 11 a.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>26</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>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m.</p> <p>Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.</p>	<p>27</p> <p>Ejercicios para Todos 9:00 a.m. - 10:00 a.m.</p> <p>Cocina para Adultos 10:15 a.m. - 11:45 a.m.</p> <p>RCP/Primeros Auxilios (Edades 14+) Registrarse en freecprla.com 12:30 p.m. - 3:30 p.m. -Inglés</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	<p>28</p>  <p>CENTRO CERRADO</p>
<p>30</p> <p>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Orientación para Nuevos Miembros de LA Care Medi-Cal 3 p.m. - 4 p.m. **PRE-REGISTRACION REQUERIDA**</p>	 <p>Servicios para Miembros- Llamé para Disponibilidad</p>	 <p>SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, Medicare, Covered California, y CalFresh Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de servicios. TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p> <p>Servicios de Inscripción de Medi-Cal Lunes-Miércoles 9 a.m.- 3 p.m.</p>	 <p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solámanete.</p> <p>GRIS Virtual. Porfavor llame al centro para registrarse.</p> <p>Inscripción de CalFresh cada Miércoles 9 a.m.- 4 p.m.</p>	<p>Ayuda con la Tarea (K-8) Cada Lunes: 3:00 p.m. - 4:00 p.m.</p> <p>Cada Miércoles: 2:15 p.m. - 3:45 p.m.</p> <p>Cada Jueves: 3:00 p.m. - 4:00 p.m.</p>	<p>30</p>  <p>CENTRO CERRADO</p>

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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