






NORWALK NOVEMBER 2024

Community Resource Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|
| <p>Member Services- Call for Availability</p> <p>Medi-Cal Enrollment Services- Call for Availability</p> <p>CalFresh Enrollment Services- Wednesdays 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>Tuesdays: 3:45 p.m. - 4:45 p.m.</p> <p>Wednesdays: 2:45 p.m. - 3:45 p.m.</p> |  <p>CRC Website</p> | <p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</p> | <p>Exercise for All 1 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>Dia De Los Muertos Celebration: Join us for arts and crafts! 3:45 p.m. - 4:45 p.m.</p> |  <p>CENTER CLOSED</p> |
| <p>Yoga for All 4 9 a.m. - 10 a.m.</p> <p>Diabetes Education 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Adult Diaper Distribution 2 p.m. - 3 p.m. While Supplies Last</p> | <p>CPR/First Aid - Spanish 5 Register at freecprla.com 10:00 a.m. - 1:00 p.m.</p> <p>Nutrition and You 10:30 a.m. - 11:30 a.m.</p> <p>Medi-Cal LA Care New Member Orientation - Spanish 11:45 a.m. - 12:45 p.m. *PRE-REGISTRATION REQUIRED*</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>Salsa Dance Aerobics 6 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>Chase Bank: Improving Credit and Managing Debt- Spanish 3:45 p.m. - 4:45 p.m. *PRE-REGISTRATION REQUIRED*</p> | <p>The World of Juicing & Salads 7 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>Exercise for All 8 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>Reading and Crafting: A fun enrichment activity for kids! 3:45 p.m. - 4:45 p.m.</p> |  <p>CENTER CLOSED</p> |
|  <p>CENTER CLOSED</p> | <p>Test Your Luck in Bingo! 12 11:15 a.m. - 12:00 p.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>Salsa Dance Aerobics 13 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>The World of Juicing & Salads 14 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>Thankful Thursday: Show your gratitude & connect with your community! 3:00 p.m. - 3:45 p.m.</p> <p>Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.</p> | <p>Exercise for All 15 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>CENTER CLOSED</p> |
| <p>Yoga for All 18 9 a.m. - 10 a.m.</p> <p>Diabetes Education 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Test Your Luck in Loteria! 3:45 p.m. - 4:30 p.m.</p> | <p>Nutrition and You 19 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>Salsa Dance Aerobics 20 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>The World of Juicing & Salads 21 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>Exercise for All 22 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 - English Register at freecprla.com 12:30 p.m. - 3:30 p.m.</p> <p>Medi-Cal LA Care New Member Orientation - English 2:00 p.m. - 3:00 p.m. *PRE-REGISTRATION REQUIRED*</p> <p>Yoga for All 3:45 p.m. - 4:45 p.m.</p> |  <p>CENTER CLOSED</p> |
| <p>Yoga for All 25 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Community Resource Fair: Learn About Local Organizations 3:45 p.m. - 4:45 p.m.</p> | <p>Baby Diaper Distribution 26 10 a.m. - 11 a.m. *PRE-REGISTRATION REQUIRED*</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>Salsa Dance Aerobics 27 9 a.m. - 10 a.m.</p> <p>Stretch and Tone 10 a.m. - 11 a.m.</p> <p>CRC CLOSED FROM 2 p.m. - 5 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 NOVIEMBRE 2024

Community Resource Center

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--|--|--|--|--|---|
| <p>Servicios para Miembros- Llame para Disponibilidad</p> <p>Servicios de Inscripción de Medi-Cal- Llame para Disponibilidad</p> <p>Inscripción de CalFresh Cada Miércoles 9 a.m.- 4 p.m.</p> | <p>Ayuda con la Tarea (K-8)</p> <p>Cada Lunes: 3:00 p.m. - 4:00 p.m.</p> <p>Cada Martes: 3:45 p.m. - 4:45 p.m.</p> <p>Cada Miércoles: 2:45 p.m. - 3:45 p.m.</p> |  <p>CRC Sitio de Web</p> | <p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</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>Día De Los Muertos Celebración: Artes y Manualidades 3:45 p.m. - 4:45 p.m.</p> |  |
| <p>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Educación Sobre Diabetes 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Distribución de Pañales para Adultos 2 p.m. - 3 p.m.</p> <p>Hasta Agostar Existencia</p> | <p>RCP/Primeros Auxilios Registrarse en freecprla.com- Español 10:00 a.m. - 1:00 p.m.</p> <p>La Nutrición Y Usted 10:30 a.m. - 11:30 a.m.</p> <p>Orientación para Nuevos Miembros de LA Care Medi-Cal- Español 11:45 a.m. - 12:45 p.m.</p> <p>*PRE-REGISTRACION REQUERIDA*</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>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>Banco de Chase: Mejorar el Credito y Adminstrar la Deuda- Español 3:45 p.m. - 4:45 p.m.</p> <p>*PRE-REGISTRACION REQUERIDA*</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>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>Lectura y Manualidades: ¡Una actividad divertida de enriquecimiento para los niños! 3:45 p.m. - 4:45 p.m.</p> |  |
|  <p>CENTRO CERRADO</p> | <p>¡Pon a Prueba tu Suerte en el Bingo! 11:15 a.m. - 12:00 p.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>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 11 a.m.- 2 p.m.</p> <p>Hasta Agotar Existencia</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>Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m.</p> <p>Jueves de Agradecimiento: ¡Muestra tu gratitud y conéctate con tu comunidad! 3:00 p.m. - 3:45 p.m.</p> <p>Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.</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>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Educación Sobre Diabetes 10:30 a.m. - 11:30 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Pon a Prueba tu Suerte en la Lotería! 3:45 p.m. - 4:30 p.m.</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>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>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>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 Registrarse en freecprla.com -Ingles 12:30 p.m. - 3:30 p.m.</p> <p>Orientación para Nuevos Miembros de LA Care Medi-Cal- Ingles 2:00 p.m. - 3:00 p.m.</p> <p>*PRE-REGISTRACION REQUERIDA*</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>Feria de Recursos Comunitarios: Conozca Organizaciones Locales 3:45 p.m. - 4:45 p.m.</p> | <p>Distribucion de Pañales para Bebés 10 a.m. - 11 a.m.</p> <p>*PRE-REGISTRACION REQUERIDA*</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>Baile de Salsa Aeróbicos 9 a.m. -10 a.m.</p> <p>Estirar y Tonificar 10 a.m. -11 a.m.</p> <p>CENTRO CERRADO 2 p.m. - 5 p.m.</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



562.651.6060
CommunityResourceCenterLA.org