



NORWALK JANUARY 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal LA Care New Member Orientation (Monday - Friday) 9 a.m. - 4 p.m. Member Services & Medi-Cal Enrollment Call for Availability CalFresh Enrollment (Wednesdays) 9 a.m. - 4 p.m.					
		Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch and Tone 10 a.m. - 11 a.m. Food Pantry 11:30 a.m. (limited supply) Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (ages 5-12 y/o) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	Juicing & Salads Class 9:00 a.m. - 10:00 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Exercise! Adult & Senior 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	Exercise for All 9:00 a.m. - 10:00 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Yoga for All 3:45 p.m. - 4:45 p.m.	
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m. Homework Help (ages 5-12 y/o) 3:45 p.m. - 4:45 p.m.	Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Homework Help (ages 5-12 y/o) 3:45 p.m. - 4:45 p.m.	Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch and Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (ages 5-12 y/o) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m. NATIONAL HAT DAY! (Wear a hat!)	Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Exercise! Adult & Senior 12 p.m. - 1 p.m. Arts & Crafts 2:00 p.m. - 2:45 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	Exercise for All 9:00 a.m. - 10:00 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Baby Diaper Distribution 2 p.m. - 3 p.m. *PRE-REGISTRATION REQUIRED* Yoga for All 3:45 p.m. - 4:45 p.m.	
	CPR/First Aid - Spanish Register at freecprla.com 10:00 a.m. - 1:00 p.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Homework Help (ages 5-12 y/o) 3:45 p.m. - 4:45 p.m.	Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch and Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (ages 5-12 y/o) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Exercise! Adult & Senior 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	Exercise for All 9:00 a.m. - 10:00 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. CPR/First Aid - English Register at freecprla.com 12:30 p.m. - 3:30 p.m. Yoga for All 3:45 p.m. - 4:45 p.m.	
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. BINGO! 2:30 p.m. - 3:15 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m. Homework Help (ages 5-12 y/o) 3:45 p.m. - 4:45 p.m. CRAZY SOCK DAY! (Wear silly socks!)	Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Homework Help (ages 5-12 y/o) 3:45 p.m. - 4:45 p.m.	Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch and Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (ages 5-12 y/o) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Exercise! Adult & Senior 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	Exercise for All 9:00 a.m. - 10:00 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Sip Coffee & Paint! 3:00 p.m. - 3:45 p.m. Yoga for All 3:45 p.m. - 4:45 p.m.	

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+).

**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 ENERO 2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Orientación para Nuevos Miembros de LA Care Medi-Cal (Lunes - Viernes) 9 a.m. - 4 p.m.</p> <p>Servicios para Miembros y Inscripción de Medi-Cal (Llame para Disponibilidad)</p> <p>Inscripción de CalFresh (Cada Miercoles) 9 a.m.- 4 p.m.</p>	 <p>CRC Sitio de Web</p>	<p>FELIZ AÑO NUEVO</p>  <p>CENTRO CERRADO</p>	 <p>CENTRO CERRADO</p>	 <p>CENTRO CERRADO</p>	 <p>CENTRO CERRADO</p>
 <p>CENTRO CERRADO</p>	 <p>CENTRO CERRADO</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>Despensa de Alimentos 11:30 a.m. (suministro limitado)</p> <p>Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m.</p> <p>Ayuda con la Tarea (edades 5-12) 2:45 p.m. - 3:45 p.m.</p> <p>Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.</p>	<p>Clase de Jugos y Ensaladas 9 a.m. - 10 a.m.</p> <p>Cocina Saludable 10:00 a.m. - 11:30 a.m.</p> <p>Ejercicio! Adultos y Personas Mayores 12 p.m. - 1 p.m.</p> <p>Baile de Salsa Aeróbicos 3 p.m. - 4 p.m.</p> <p>Ejercicio y Tonificar 4 p.m. - 5 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>CENTRO CERRADO</p>
<p>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>Ejercicios para Niños-Juegos y Diversion! 3:45 p.m. - 4:45 p.m.</p> <p>Ayuda con la Tarea (edades 5-12) 3:45 p.m. - 4:45 p.m.</p>	<p>Educacion Sobre Diabetes 9 a.m. - 10 a.m.</p> <p>La Nutrición y Usted 10 a.m. - 11 a.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>Ayuda con la Tarea (edades 5-12) 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>Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m.</p> <p>Ayuda con la Tarea (edades 5-12) 2:45 p.m. - 3:45 p.m.</p> <p>Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.</p> <p>Día Nacional del Gorro (Ponte un gorro!)</p>	<p>Clase de Jugos y Ensaladas 9 a.m. - 10 a.m.</p> <p>Cocina Saludable 10:00 a.m. - 11:30 a.m.</p> <p>Ejercicio! Adultos y Personas Mayores 12 p.m. - 1 p.m.</p> <p>Artes y Manualidades 2:00 p.m. - 2:45 p.m.</p> <p>Baile de Salsa Aeróbicos 3 p.m. - 4 p.m.</p> <p>Ejercicio y Tonificar 4 p.m. - 5 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>Distribucion de Panales para Bebes 2 p.m. - 3 p.m. *PRE-REGISTRACION REQUERIDA*</p> <p>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	 <p>CENTRO CERRADO</p>
 <p>DÍA DE MARTIN LUTHER KING</p> <p>CENTRO CERRADO</p>	<p>RCP/Primeros Auxilios Registrarse en freecprla.com-Español 10:00 a.m. - 1:00 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>Ayuda con la Tarea (edades 5-12) 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>Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m.</p> <p>Ayuda con la Tarea (edades 5-12) 2:45 p.m. - 3:45 p.m.</p> <p>Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.</p>	<p>Clase de Jugos y Ensaladas 9 a.m. - 10 a.m.</p> <p>Cocina Saludable 10:00 a.m. - 11:30 a.m.</p> <p>Ejercicio! Adultos y Personas Mayores 12 p.m. - 1 p.m.</p> <p>Baile de Salsa Aeróbicos 3 p.m. - 4 p.m.</p> <p>Ejercicio y Tonificar 4 p.m. - 5 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>Yoga para Todos 3:45 p.m. - 4:45 p.m.</p>	 <p>CENTRO CERRADO</p>
<p>Yoga para Todos 9 a.m. - 10 a.m.</p> <p>Pilates 12 p.m. - 1 p.m.</p> <p>BINGO! 2:30 p.m. - 3:15 p.m.</p> <p>Ejercicios para Niños-Juegos y Diversion! 3:45 p.m. - 4:45 p.m.</p> <p>Ayuda con la Tarea (edades 5-12) 3:45 p.m. - 4:45 p.m.</p> <p>DÍA DEL CALCETÍN LOCO! (Usa calcetines locos!)</p>	<p>Educacion Sobre Diabetes 9 a.m. - 10 a.m.</p> <p>La Nutrición y Usted 10 a.m. - 11 a.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>Ayuda con la Tarea (edades 5-12) 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>Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m.</p> <p>Ayuda con la Tarea (edades 5-12) 2:45 p.m. - 3:45 p.m.</p> <p>Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.</p>	<p>Clase de Jugos y Ensaladas 9 a.m. - 10 a.m.</p> <p>Cocina Saludable 10:00 a.m. - 11:30 a.m.</p> <p>Ejercicio! Adultos y Personas Mayores 12 p.m. - 1 p.m.</p> <p>Baile de Salsa Aeróbicos 3 p.m. - 4 p.m.</p> <p>Ejercicio y Tonificar 4 p.m. - 5 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>Pinte y Disfrute su Cafe! 3:00 p.m. - 3:45 p.m.</p> <p>Yoga para Todos 3:45 p.m. - 4:45 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. Supervisión 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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