




# NORWALK FEBRUARY 2025

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Medi-Cal LA Care New Member Orientation</b> (Monday - Friday) 9 a.m. - 4 p.m. <b>Member Services &amp; Medi-Cal Enrollment</b> Call for Availability <b>CalFresh Enrollment</b> (Wednesdays)					
<b>Yoga for All</b> 9 a.m. - 10 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Homework Help (ages 5-12 y/o)</b> 3 p.m. - 4 p.m. <b>Kids' Fitness! Games &amp; Fun!</b> 3:45 p.m. - 4:45 p.m.	<b>CPR/First Aid - Spanish</b> Register at <a href="http://freecprla.com">freecprla.com</a> 10:00 a.m. - 1:00 p.m. <b>Yoga for All</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m. <b>Homework Help (ages 5-12 y/o)</b> 3:45 p.m. - 4:45 p.m.	<b>Salsa Dance Aerobics</b> 9 a.m. - 10 a.m. <b>Stretch and Tone</b> 10 a.m. - 11 a.m. <b>Fruits &amp; Vegetables Class</b> 2:30 p.m. - 3:30 p.m. <b>Homework Help (ages 5-12 y/o)</b> 2:45 p.m. - 3:45 p.m. <b>Kids' Cooking Class</b> 3:45 p.m. - 4:45 p.m.	<b>Juicing &amp; Salads Class</b> 9:00 a.m. - 10:00 a.m. <b>Healthy Cooking</b> 10:00 a.m. - 11:30 a.m. <b>Exercise! Adult &amp; Senior</b> 12 p.m. - 1 p.m. <b>Salsa Dance Aerobics</b> 3 p.m. - 4 p.m. <b>Fitness &amp; Body Toning</b> 4 p.m. - 5 p.m.	<b>Exercise for All</b> 9:00 a.m. - 10:00 a.m. <b>Cooking Matters</b> 10:15 a.m. - 11:45 a.m. <b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.	
<b>Yoga for All</b> 9 a.m. - 10 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Homework Help (ages 5-12 y/o)</b> 3 p.m. - 4 p.m. <b>Kids' Fitness! Games &amp; Fun!</b> 3:45 p.m. - 4:45 p.m. <b>Come in &amp; Make a Valentine's Day Card!</b> (between 10 a.m. - 4 p.m.) <b>WEAR RED OR PINK</b>	<b>Diabetes Wellness</b> 9 a.m. - 10 a.m. <b>Nutrition &amp; You</b> 10 a.m. - 11 a.m. <b>Valentine's Day Bingo</b> 11:30 a.m. - 12:30 p.m. <b>Yoga for All</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m. <b>Homework Help (ages 5-12 y/o)</b> 3:45 p.m. - 4:45 p.m.	<b>Food Pantry (while supplies last)</b> <b>Salsa Dance Aerobics</b> 9 a.m. - 10 a.m. <b>Stretch and Tone</b> 10 a.m. - 11 a.m. <b>Fruits &amp; Vegetables Class</b> 2:30 p.m. - 3:30 p.m. <b>Homework Help (ages 5-12 y/o)</b> 2:45 p.m. - 3:45 p.m. <b>Kids' Cooking Class</b> 3:45 p.m. - 4:45 p.m.	<b>Juicing &amp; Salads Class</b> 9:00 a.m. - 10:00 a.m. <b>Healthy Cooking</b> 10:00 a.m. - 11:30 a.m. <b>Exercise! Adult &amp; Senior</b> 12 p.m. - 1 p.m. <b>Salsa Dance Aerobics</b> 3 p.m. - 4 p.m. <b>Fitness &amp; Body Toning</b> 4 p.m. - 5 p.m.	<b>Exercise for All</b> 9:00 a.m. - 10:00 a.m. <b>Cooking Matters</b> 10:15 a.m. - 11:45 a.m. <b>Valentine's Day Painting</b> 3:45 p.m. - 4:45 p.m. <b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.	
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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](http://CommunityResourceCenterLA.org)



# NORWALK FEBRERO 2025

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<b>Orientación para Nuevos Miembros de LA Care Medi-Cal</b> (Lunes - Viernes) 9 a.m. - 4 p.m. <b>Servicios para Miembros y Inscripción de Medi-Cal</b> (Llame para Disponibilidad) <b>Inscripción de CalFresh</b> (Cada Miercoles) 9 a.m.- 4 p.m.	 CRC Sitio de Web				
<b>Yoga para Todos</b> 9 a.m. - 10 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 3 p.m. - 4 p.m. <b>Ejercicios para Niños-Juegos y Diversion!</b> 3:45 p.m. - 4:45 p.m.	<b>RCP/Primeros Auxilios Registrarse en freecprla.com- Español</b> 10:00 a.m. - 1:00 p.m. <b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 3:45 p.m. - 4:45 p.m.	<b>Baile de Salsa Aeróbicos</b> 9 a.m. -10 a.m. <b>Estirar y Tonificar</b> 10 a.m. -11 a.m. <b>Clase de Frutas y Verduras</b> 2:30 p.m. - 3:30 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 2:45 p.m. - 3:45 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m.	<b>Clase de Jugos y Ensaladas</b> 9 a.m. - 10 a.m. <b>Cocina Saludable</b> 10:00 a.m. - 11:30 a.m. <b>Ejercicio! Adultos y Personas Mayores</b> 12 p.m. - 1 p.m. <b>Baile de Salsa Aeróbicos</b> 3 p.m. - 4 p.m. <b>Ejercicio y Tonificar</b> 4 p.m. - 5 p.m.	<b>Ejercicios para Todos</b> 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	
<b>Yoga para Todos</b> 9 a.m. - 10 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 3 p.m. - 4 p.m. <b>Ejercicios para Niños-Juegos y Diversion!</b> 3:45 p.m. - 4:45 p.m. <b>Entra y haz una tarjeta de San Valentín! (entre las 10 a.m. - 4 p.m.)</b> <b>VÍSTETE DE ROJO O ROSA</b>	<b>Educacion Sobre Diabetes</b> 9 a.m. - 10 a.m. <b>La Nutrición y Usted</b> 10 a.m. - 11 a.m. <b>Día de Valentin Bingo!</b> 11:30 a.m. - 12:30 p.m. <b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 3:45 p.m. - 4:45 p.m. <b>VÍSTETE DE ROJO O ROSA</b>	<b>Despensa de Alimentos (suministro limitado)</b> <b>Baile de Salsa Aeróbicos</b> 9 a.m. -10 a.m. <b>Estirar y Tonificar</b> 10 a.m. -11 a.m. <b>Clase de Frutas y Verduras</b> 2:30 p.m. - 3:30 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 2:45 p.m. - 3:45 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m. <b>VÍSTETE DE ROJO O ROSA</b>	<b>Clase de Jugos y Ensaladas</b> 9 a.m. - 10 a.m. <b>Cocina Saludable</b> 10:00 a.m. - 11:30 a.m. <b>Ejercicio! Adultos y Personas Mayores</b> 12 p.m. - 1 p.m. <b>Baile de Salsa Aeróbicos</b> 3 p.m. - 4 p.m. <b>Ejercicio y Tonificar</b> 4 p.m. - 5 p.m. <b>VÍSTETE DE ROJO O ROSA</b>	<b>Ejercicios para Todos</b> 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Artes y manualidades para todos</b> 3:45 p.m. - 4:45 p.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m. <b>¡PONTE ACCESORIOS PARA EL DÍA DE SAN VALENTÍN!</b>	
 <b>CENTRO CERRADO</b>	<b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 3:45 p.m. - 4:45 p.m.	<b>Baile de Salsa Aeróbicos</b> 9 a.m. -10 a.m. <b>Estirar y Tonificar</b> 10 a.m. -11 a.m. <b>Clase de Frutas y Verduras</b> 2:30 p.m. - 3:30 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 2:45 p.m. - 3:45 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m.	<b>Clase de Jugos y Ensaladas</b> 9 a.m. - 10 a.m. <b>Cocina Saludable</b> 10:00 a.m. - 11:30 a.m. <b>Ejercicio! Adultos y Personas Mayores</b> 12 p.m. - 1 p.m. <b>Baile de Salsa Aeróbicos</b> 3 p.m. - 4 p.m. <b>Ejercicio y Tonificar</b> 4 p.m. - 5 p.m.	<b>Ejercicios para Todos</b> 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Manejando la Presión Arterial Alta</b> 12 p.m. - 1:30 p.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	
<b>Yoga para Todos</b> 9 a.m. - 10 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 3 p.m. - 4 p.m. <b>Ejercicios para Niños-Juegos y Diversion!</b> 3:45 p.m. - 4:45 p.m.	<b>Educacion Sobre Diabetes</b> 9 a.m. - 10 a.m. <b>La Nutrición y Usted</b> 10 a.m. - 11 a.m. <b>Yoga para Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Baile de Salsa Aeróbicos</b> 9 a.m. -10 a.m. <b>Estirar y Tonificar</b> 10 a.m. -11 a.m. <b>Clase de Frutas y Verduras</b> 2:30 p.m. - 3:30 p.m. <b>Ayuda con la Tarea (edades 5-12)</b> 2:45 p.m. - 3:45 p.m. <b>Cocina Saludable para Niños</b> 3:45 p.m. - 4:45 p.m.	<b>Clase de Jugos y Ensaladas</b> 9 a.m. - 10 a.m. <b>Cocina Saludable</b> 10:00 a.m. - 11:30 a.m. <b>Ejercicio! Adultos y Personas Mayores</b> 12 p.m. - 1 p.m. <b>Baile de Salsa Aeróbicos</b> 3 p.m. - 4 p.m. <b>Ejercicio y Tonificar</b> 4 p.m. - 5 p.m.	<b>Ejercicios para Todos</b> 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Manejando la Presión Arterial Alta</b> 12 p.m. - 1:30 p.m. <b>RCP/Primeros Auxilios Registrarse en freecprla.com- Ingles</b> 12:30 p.m. - 3:30 p.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	

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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