



# NORWALK SENIOR CENTER

# COURSE CONNECTION

14040 San Antonio Dr, Norwalk, CA 90650

Adult Education  
Course offerings:  
Cerritos College

MONDAY		INSTRUCTOR:	FEE:	ROOM:
9:00 - 10:00 A.M.	Yoga Stretch I	Jackson	None	Activity Room B
10:00 - 11:00 A.M.	Yoga Stretch II	Jackson	None	Activity Room B
1:00 - 2:00 P.M.	Tai Chi Chuan	Layne	None	Activity Room B
2:00 - 3:00 P.M.	Balance & Mobility	Layne	None	Activity Room B

## WEDNESDAY

9:00 - 10:00 A.M.	Yoga Stretch I	Jackson	None	Activity Room B
10:00 - 11:00 A.M.	Yoga Stretch II	Jackson	None	Activity Room B

## THURSDAY

3:00 - 5:00 P.M.	Special Topic	Dr. Levy	None	Activity Room A
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## FRIDAY

9:00 - 11:00 A.M.	American Cultural Experience	Dr. Levy	None	Activity Room A
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**CLOSED:** MONDAY, NOVEMBER 11, 2024 IN OBSERVANCE OF VETERANS DAY.  
**THURSDAY, NOVEMBER 28 AND FRIDAY, NOVEMBER 29, 2024 IN OBSERVANCE OF THANKSGIVING.**

*Senior Center Computer Lab, Billiards Room and Fitness Room are available at 8:00 a.m.  
 Please check-in at the front desk when you enter the building.*

*Students may register for any  
 Adult Education Course at  
 anytime with instructor approval.*

**NOTE:** All Cerritos sponsored  
 classes, Fall Session begins  
 Monday, August 19, 2024 and ends  
 Friday, December 20, 2024.

(For more information about  
 Cerritos College Sponsored classes,  
 please see the instructor). Classes  
 are limited to 25 students per class.

**For additional information,  
 please contact us at:  
 (562) 929-5580**

### Senior Center Hours:

**Monday -Thursday  
 8:00 a.m. - 6:00 p.m.**

**Friday  
 8:00 a.m. - 5:00 p.m.**

**Saturday:  
 8:00 a.m. - 1:00 p.m.**



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FALL SESSION #1  
OCTOBER 21, 2024 -  
DECEMBER 6, 2024

## Senior Center Sponsored Classes

### Registration information

- Priority goes to Norwalk residents.
- First come, first serve
- Numbers will be distributed at 8:00 a.m. from the North side entrance
- Registration begins at 9:00 a.m.
- One number per registrant
- Only one person may register for classes per number
- Photo identification with proof of residency required
- All fees must be paid in full at time of registration.

Fall Session #1 registration:  
Norwalk Resident\* registration:  
Wednesday, October 9, 2024  
Non-Resident registration:  
Wednesday, October 16, 2024

Class space is limited. Current students are not guaranteed continued enrollment. All courses subject to cancellation due to low enrollment. Please retain original receipt in case of refund request.

Winter Session #1:

Resident Registration begins  
Friday, December 27, 2024

Non-Resident Registration begins  
Friday, January 3, 2025

MONDAY	INSTRUCTOR:		RESIDENT FEE:	NON-RESIDENT FEE:	ROOM:
10:15 - 11:15 A.M.	Dance Fitness with Patty	Sandoval	None	\$26.00	Fitness Room
1:00 - 4:00 P.M.	Swedish Weaving Social	Volunteer	None	None	Lounge Room
TUESDAY					
9:00 - 11:30 A.M.	Lap Robe Making	Volunteer	None	None	Lounge Room
10:00 - 12:00 P.M.	Fine Arts - Intermediate	Lujan	\$10.00	\$20.00	Activity Room B
1:00 - 3:00 P.M.	Fine Arts - Beginner	Lujan	\$10.00	\$20.00	Activity Room B
WEDNESDAY					
9:00 - 11:00 A.M.	Crochet Social	Volunteer	None	None	Lounge Room
10:15 - 11:15 A.M.	Dance Fitness with Patty	Sandoval	None	\$26.00	Fitness Room
12:30 - 4:30 P.M.	Quilting Social	Volunteer	None	None	Activity Room B
THURSDAY					
9:00 - 9:50 A.M.	CIRCL Mobility™/Zumba Gold Chair	Ramirez	None	\$15.00	Fitness Room
10:00 - 10:50 A.M.	Zumba Gold Toning	Ramirez	None	\$15.00	Fitness Room
FRIDAY					
10:15 - 11:15 A.M.	Dancin' Feet - Hybrid Line Dance	Sandoval	None	\$15.00	Fitness Room
SATURDAY					
9:00 - 9:50 A.M.	Line Dance - Beginner	Jones	\$10.00	\$20.00	Activity Room B

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