

2019 FEBRUARY

UPCOMING EVENTS

MONDAY

4

Arts & Crafts
9:00am – 11:00am

WEDNESDAY

20

Senior Social Hour
10:00am – 11:30am

Healthy habits for a happy heart



Get regular screenings with your doctor to keep tabs on your blood pressure and body mass index (BMI). Blood pressure over 120/80 and BMI of 25 or higher are both linked to increased risk for heart disease and stroke.

February's best: Avocados

Some fats are healthier than others. Unsaturated fats like avocados are the healthiest choices. Try this **Avocado Smoothie**: In a blender, add ½ cup unsweetened almond milk, 1 cup spinach, 1 medium banana, ½ avocado, 1 cups blueberries, 1 tablespoon flaxseed and ¼ teaspoon cinnamon. Enjoy!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We are located at: 470 N Hawaiian Ave Wilmington, CA (424) 212-5640</p> <p>Website: www.providence.org/cacommunityhealth Email: WellnessAndActivityCenter@providence.org</p> <p> </p>				<p>1 Yoga 8:30-10:00am FEAST 9:00-11:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Kickboxing/Zumba 6:00-7:00pm</p>	<p>2 Aerobics 10:00-11:00am</p>
<p>4 Health Insurance/CF 8:00-12:00pm Arts & Crafts 9:00-11:00am Kickboxing 10:00 11:00am Zumba 6:00-7:00pm</p>	<p>5 Health Insurance/CF 8:00-4:30pm Mental Health Class 8:30-10:00am Farmers' Market 9:00-3:00pm Senior Exercise 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm Guitar Class-Kids 6:00-7:30pm</p>	<p>6 Health Insurance/CF 8:00-4:30pm Senior Exercise 9:00-10:00am Aerobics 11:30-12:00pm Grief Support Group (Spanish) 5:30-7:30pm Kickboxing 6:00-7:00pm</p>	<p>7 Health Insurance/CF 8:00-4:30pm Diabetes Class 9:00-11:00am Zumba Step 10:00-11:00am Guitar Class-Adults 6:00-7:30pm</p>	<p>8 Yoga 8:30-10:00am FEAST 9:00-11:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Kickboxing/Zumba 6:00-7:00pm</p>	<p>9 Aerobics 10:00-11:00am</p>
<p>11 Health Insurance/CF 8:00-12:00pm Arts & Crafts 9:00-11:00am Kickboxing 10:00 11:00am Zumba 6:00-7:00pm</p>	<p>12 Health Insurance/CF 8:00-4:30pm Mental Health Class 8:30-10:00am Farmers' Market 9:00-3:00pm Senior Exercise 9:00-10:00am Kickboxing 10:00-11:00am Zumba 6:00-7:00pm Guitar Class-Kids 6:00-7:30pm</p>	<p>13 Health Insurance/CF 8:00-4:30pm Senior Exercise 9:00-10:00am Aerobics 11:30-12:00pm Kickboxing 6:00-7:00pm</p>	<p>14 Health Insurance/CF 8:00-4:30pm Diabetes Class 9:00-11:00am Zumba Step 10:00-11:00am Guitar Class-Adults 6:00-7:30pm</p>	<p>15 Yoga 8:30-10:00am FEAST 9:00-11:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Kickboxing/Zumba 6:00-7:00pm</p>	<p>16 Aerobics 10:00-11:00am</p>
<p>18 Health Insurance/CF 1:30-4:30pm Arts & Crafts 9:00-11:00am Kickboxing 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>19 Health Insurance/CF 8:00-4:30pm Mental Health Class 8:30-10:00am Farmers' Market 9:00-3:00pm Senior Exercise 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm Guitar Class-Kids 6:00-7:30pm</p>	<p>20 Health Insurance/CF 8:00-4:30pm Senior Exercise 9:00-10:00am Senior Social Hour 10:00-11:30am Aerobics 11:30-12:00pm Grief Support Group (Spanish) 5:30-7:30pm Kickboxing 6:00-7:00pm</p>	<p>21 Health Insurance/CF 8:00-4:30pm Diabetes Class 9:00-11:00am Zumba Step 10:00-11:00am Guitar Class-Adults 6:00-7:30pm</p>	<p>22 Yoga 8:30-10:00am FEAST 9:00-11:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Kickboxing/Zumba 6:00-7:00pm</p>	<p>23 Aerobics 10:00-11:00am</p>
<p>25 Health Insurance/CF 8:00-12:00pm Arts & Crafts 9:00-11:00am Kickboxing 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>26 Health Insurance/CF 8:00-4:30pm Mental Health Class 8:30-10:00am Farmers' Market 9:00-3:00pm Senior Exercise 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm Guitar Class-Kids 6:00-7:30pm</p>	<p>27 Health Insurance/CF 8:00-4:30pm Senior Exercise 9:00-10:00am Aerobics 11:30-12:00pm Kickboxing 6:00-7:00pm</p>	<p>28 Health Insurance/CF 8:00-4:30pm Diabetes Class 9:00-11:00am Zumba Step 10:00-11:00am Guitar Class-Adults 6:00-7:30pm</p>		

2019 FEBRERO

PROXIMOS EVENTOS

LUNES

4

Manualidades

9:00am – 11:00am

MIÉRCOLES

20

Hora Social para la Tercera Edad

10:00am – 11:30am

Hábitos saludables para tener un corazón contento



Hágase pruebas de detección regularmente con su médico para llevar un registro de su presión arterial y de su índice de masa corporal (IMC). La presión arterial de más de 120/80 y un IMC de 25 o más están vinculados a un aumento en el riesgo de padecer enfermedades del corazón y ataques cerebrales.



El mejor de febrero: **Aguacates**

Algunas grasas son más saludables que otras. Las grasas no saturadas, como el aguacate son las opciones más saludables. Pruebe este **Licuada de Aguacate**: en una licuadora, agregue ½ taza de leche de almendras sin azúcar, 1 taza de espinacas, 1 plátano, ½ aguacate, 1 taza de arándanos, 1 cucharada linaza y ¼ cucharadita de canela.

lunes	martes	miércoles	jueves	viernes	sábado
				1 Yoga 8:30-10:00am FEAST 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Kickboxing/Zumba 6:00-7:00pm	2 Aerobics 10:00-11:00am
4 Seguros Médicos/CF 8:00-12:00pm Manualidades 9:00-11:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm	5 Seguros Médicos/CF 8:00-4:30pm Clase de Salud Mental 8:30-11:00am Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños 6:00-7:30pm	6 Seguros Médicos/CF 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Aerobics 11:30-12:00pm Grupo de Apoyo del Duelo 5:30-7:30pm Kickboxing 6:00-7:00pm	7 Seguro Medico/CF 8:00-4:30pm Clase de Diabetes 9:00-11:00am Zumba Step 10:00-11:00am Clase de Guitara – Adultos 6:00-7:30pm	8 Yoga 8:30-10:00am FEAST 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Kickboxing/Zumba 6:00-7:00pm	9 Aerobics 10:00-11:00am
11 Seguros Médicos/CF 8:00-12:00pm Manualidades 9:00-11:00am Kickboxing 10:00-11:00am Zumba 6:00-7:00pm	12 Seguros Médicos/CF 8:00-4:30pm Clase de Salud Mental 8:30-11:00am Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños 6:00-7:30pm	13 Seguros Médicos/CF 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Aerobics 11:30-12:00pm Kickboxing 6:00-7:00pm	14 Seguro Medico/CF 8:00-4:30pm Clase de Diabetes 9:00-11:00am Zumba Step 10:00-11:00am Clase de Guitara – Adultos 6:00-7:30pm	15 Yoga 8:30-10:00am FEAST 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Kickboxing/Zumba 6:00-7:00pm	16 Aerobics 10:00-11:00am
18 Seguros Médicos/CF 1:30-4:30PM Manualidades 9:00-11:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm	19 Seguros Médicos/CF 8:00-4:30pm Clase de Salud Mental 8:30-11:00am Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm Clase de Guitara 6:00-7:30pm	20 Seguros Médicos/CF 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Hora Social para la Tercera Edad 10:00-11:30am Aerobics 11:30-12:00pm Grupo de Apoyo del Duelo 5:30-7:30pm Kickboxing 6:00-7:00pm	21 Seguro Medico/CF 8:00-4:30pm Clase de Diabetes 9:00-11:00am Zumba Step 10:00-11:00am Clase de Guitara – Adultos 6:00-7:30pm	22 Yoga 8:30-10:00am FEAST 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Kickboxing/Zumba 6:00-7:00pm	23 Aerobics 10:00-11:00am
25 Seguros Médicos/CF 8:00-12:00pm Manualidades 9:00-11:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm	26 Seguros Médicos/CF 8:00-4:30pm Clase de Salud Mental 8:30-11:00am Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm Clase de Guitara 6:00-7:30pm	27 Seguros Médicos/CF 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Aerobics 11:30-12:00pm Kickboxing 6:00-7:00pm	28 Seguro Medico/CF 8:00-4:30pm Clase de Diabetes 9:00-11:00am Zumba Step 10:00-11:00am Clase de Guitara – Adultos 6:00-7:30pm		