

2018 OCTOBER

UPCOMING EVENTS

TUESDAY

16 Arthritis Workshop
10:00am – 11:00am

FRIDAY

19 Medicare 101
Workshop
9:30am – 11:00am

TUESDAY

23 Flu Prevention
Workshop
10:00am-11:00am

Healthy habits for women...

Many of the biggest health risks for women are preventable. Stay on top of breast and cervical cancer screenings. Listen to your body – and get care when you need it.

October's best: Broccoli

Broccoli aids in digestion and boosts brain health! Try this **High Fiber Broccoli Smoothie**: 1 cup chopped broccoli, 1 medium avocado, 1 medium banana, 1 tablespoon flaxseed and 1 cup unsweetened pomegranate juice. Blend all ingredients together and enjoy!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Health Insurance/CF** 8:00-12:00pm</p> <p>Arts & Crafts 9:00-11:00am</p> <p>Kickboxing 10:00 11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>2</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Farmers' Market 9:00-3:00pm</p> <p>Senior Exercise 9:00-10:00am</p> <p>Mental Health Class 9:00-11:00am</p> <p>Kickboxing 10:00am -11:00am</p> <p>Zumba 6:00-7:00pm</p> <p>Guitar Class-Kids 6:00-7:30pm</p>	<p>3</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Senior Exercise 10:00-11:00am</p> <p>Aerobics 11:30-12:00pm</p> <p>Grief Support Group 5:30-7:30pm</p> <p>Zumba 6:00-7:00pm</p>	<p>4</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Zumba Step 10:00-11:00am</p> <p>Zumba 6:00-7:00pm</p> <p>Guitar Class-Adults * 6:00-7:30pm</p> <p>Aztec Dance 7:00-8:30pm</p>	<p>5</p> <p>Yoga 8:30-10:00am*</p> <p>Parent Support Group 9:30-11:30am</p> <p>Aerobics 10:00-11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>6</p> <p>Aerobics 10:00-11:00am</p>
<p>8</p> <p>Health Insurance/CF** 8:00-12:00pm</p> <p>Arts & Crafts 9:00-11:00am</p> <p>Kickboxing 10:00 11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>9</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Farmers' Market 9:00-3:00pm</p> <p>Senior Exercise 9:00-10:00am</p> <p>Mental Health Class 9:00-11:00am</p> <p>Kickboxing 10:00am -11:00am</p> <p>Zumba 6:00-7:00pm</p> <p>Guitar Class-Kids 6:00-7:30pm</p>	<p>10</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Senior Exercise 10:00-11:00am</p> <p>Aerobics 11:30-12:00pm</p> <p>Zumba 6:00-7:00pm</p>	<p>11</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Zumba Step 10:00-11:00am</p> <p>Guitar Class-Adults * 6:00-7:30pm</p> <p>Aztec Dance 7:00-8:30pm</p>	<p>12</p> <p>Yoga 8:30-10:00am*</p> <p>Parent Support Group 9:30-11:30am</p> <p>Aerobics 10:00-11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>13</p> <p>Aerobics 10:00-11:00am</p>
<p>15</p> <p>Health Insurance/CF** 1:30-4:30pm</p> <p>Arts & Crafts 9:00-11:00am</p> <p>Kickboxing 10:00 11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>16</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Farmers' Market 9:00-3:00pm</p> <p>Senior Exercise 9:00-10:00am</p> <p>Arthritis Workshop 10:00-11:00am</p> <p>Mental Health Class 9:00-11:00am</p> <p>Kickboxing 10:00am -11:00am</p> <p>Zumba 6:00-7:00pm</p> <p>Guitar Class-Kids 6:00-7:30pm</p>	<p>17</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Senior Exercise 10:00-11:00am</p> <p>Aerobics 11:30-12:00pm</p> <p>Grief Support Group 5:30-7:30pm</p> <p>Zumba 6:00-7:00pm</p>	<p>18</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Zumba Step 10:00-11:00am</p> <p>Zumba 6:00-7:00pm</p> <p>Guitar Class-Adults * 6:00-7:30pm</p> <p>Aztec Dance 7:00-8:30pm</p>	<p>19</p> <p>Yoga 8:30-10:00am*</p> <p>Parent Support Group 9:30-11:30am</p> <p>Medicare Workshop 9:30-11:00am</p> <p>Aerobics 10:00-11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>20</p> <p>Aerobics 10:00-11:00am</p>
<p>22</p> <p>Health Insurance/CF** 8:00-12:00pm</p> <p>Diabetes Management 9:00-11:00am</p> <p>Arts & Crafts 9:00-11:00am</p> <p>Kickboxing 10:00am-11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>23</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Farmers' Market 9:00-3:00pm</p> <p>Senior Exercise 9:00-10:00am</p> <p>Flu Prevention Workshop 10:00-11:00am</p> <p>Mental Health Class 9:00-11:00am</p> <p>Kickboxing 10:00am -11:00am</p> <p>Zumba 6:00-7:00pm</p> <p>Guitar Class-Kids 6:00-7:30pm</p>	<p>24</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Senior Exercise 10:00-11:00am</p> <p>Aerobics 11:30-12:00pm</p> <p>Zumba 6:00-7:00pm</p>	<p>25</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Zumba Step 10:00-11:00am</p> <p>Guitar Class-Adults * 6:00-7:30pm</p> <p>Aztec Dance 7:00-8:30pm</p>	<p>26</p> <p>Yoga 8:30-10:00am*</p> <p>Parent Support Group 9:30-11:30am</p> <p>Aerobics 10:00-11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>27</p> <p>Aerobics 10:00-11:00am</p>
<p>29</p> <p>Health Insurance/CF** 8:00-12:00pm</p> <p>Diabetes Management 9:00-11:00am</p> <p>Arts & Crafts 9:00-11:00am</p> <p>Kickboxing 10:00am -11:00am</p> <p>Zumba 6:00-7:00pm</p>	<p>30</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Farmers' Market 9:00-3:00pm</p> <p>Senior Exercise 9:00-10:00am</p> <p>Mental Health Class 9:00-11:00am</p> <p>Kickboxing 10:00am -11:00am</p> <p>Zumba 6:00-7:00pm</p> <p>Guitar Class-Kids 6:00-7:30pm</p>	<p>31</p> <p>Health Insurance/CF** 8:00-4:30pm</p> <p>Senior Exercise 10:00-11:00am</p> <p>Aerobics 11:30-12:00pm</p> <p>Grief Support Group 5:30-7:30pm</p> <p>Zumba 6:00-7:00pm</p>	<p>Website: www.providence.org/cacommunityhealth</p> <p>Email: WellnessAndActivityCenter@providence.org</p> <p>We are located at: 470 N Hawaiian Ave Wilmington, CA (424) 212-5640</p>		

*Activities are part of SBCC's Community Connection Groups

**CF – CalFresh Enrollment Assistant



2018 OCTUBRE

PROXIMOS EVENTOS

MARTES

16 Taller de Artritis
10:00am – 11:00am

VIERNES

19 Taller de Medicare
9:30am – 11:00am

MARTES

23 Taller de
Prevención de la Gripe
10:00am-11:00am

Hábitos saludables para mujeres...

Muchos de los riesgos mas grandes para la salud de las mujeres se pueden prevenir. Manténgase al corriente de las pruebas de detección de cáncer de seno y de cuello uterino. Escuche a su cuerpo y obtenga atención cuando la necesite.

El mejor de octubre: Brócoli

El brócoli ayuda a la digestión y aumenta la salud del cerebro. Prueba este **Licudo de Fibra Alta y Brócoli**: 1 taza de brócoli picado, 1 aguacate mediano, 1 plátano mediano, 1 cucharada de linaza y 1 taza sin azúcar jugo de granada. Mezcle todos los ingredientes y disfrútalo!



lunes	martes	miércoles	jueves	viernes	sábado
1 Seguros Médicos/CF** 8:00-12:00pm Manualidades 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm	2 Seguros Médicos/CF** 8:00-4:30pm Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Clase de Salud Mental 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños* 6:00-7:30pm	3 Seguros Médicos/CF** 8:00-4:30pm Ejercicio Tercera Edad 10:00-11:00am Aerobics 11:30-12:00pm Grupo de Apoyo del Duelo 5:30-7:30pm Zumba 6:00-7:00pm	4 Seguro Medico/CF** 8:00-4:30pm Zumba Step 10:00-11:00am Zumba 6:00-7:00pm Clase de Guitara – Adultos* 6:00-7:30pm Danza Azteca 7:00-8:30pm	5 Yoga 8:30-10:00am* Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm	6 Aerobics 10:00-11:00am
8 Seguros Médicos/CF** 8:00-12:00pm Manualidades 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm	9 Seguros Médicos/CF** 8:00-4:30pm Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Clase de Salud Mental 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños* 6:00-7:30pm	10 Seguros Médicos/CF** 8:00-4:30pm Ejercicio Tercera Edad 10:00-11:00am Aerobics 11:30-12:00pm Zumba 6:00-7:00pm	11 Seguro Medico/CF** 8:00-4:30pm Zumba Step 10:00-11:00am Clase de Guitara – Adultos* 6:00-7:30pm Danza Azteca 7:00-8:30pm	12 Yoga 8:30-10:00am* Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm	13 Aerobics 10:00-11:00am
15 Seguros Médicos/CF** 1:30-4:30pm Manualidades 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm	16 Seguros Médicos/CF** 8:00-4:30pm Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Taller de Artritis 10:00-11:00am Clase de Salud Mental 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños*6:00-7:30pm	17 Seguros Médicos/CF** 8:00-4:30pm Ejercicio Tercera Edad 10:00-11:00am Aerobics 11:30-12:00pm Grupo de Apoyo del Duelo 5:30-7:30pm Zumba 6:00-7:00pm	18 Seguro Medico/CF** 8:00-4:30pm Zumba Step 10:00-11:00am Zumba 6:00-7:00pm Clase de Guitara – Adultos* 6:00-7:30pm Danza Azteca 7:00-8:30pm	19 Yoga 8:30-10:00am* Grupo de Apoyo Padres 9:30-11:30am Taller de Medicare 9:30-11:00am Aerobics 10:00-11:00am Zumba 6:00-7:00pm	20 Aerobics 10:00-11:00am
22 Seguros Médicos/CF** 8:00-12:00pm Clase de Diabetes 9:00-11:00am Manualidades 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm	23 Seguros Médicos/CF** 8:00-4:30pm Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Taller de Prevencion de la Gripe 10:00-11:00am Clase de Salud Mental 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara 6:00-7:30pm	24 Seguros Médicos/CF** 8:00-4:30pm Ejercicio Tercera Edad 10:00-11:00am Aerobics 11:30-12:00pm Zumba 6:00-7:00pm	25 Seguro Medico/CF** 8:00-4:30pm Zumba Step 10:00-11:00am Clase de Guitara – Adultos* 6:00-7:30pm Danza Azteca 7:00-8:30pm	26 Yoga 8:30-10:00am* Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm	27 Aerobics 10:00-11:00am
29 Seguros Médicos/CF** 8:00-12:00pm Clase de Diabetes 9:00-10:00am Manualidades 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm	30 Seguros Médicos/CF** 8:00-4:30pm Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Clase de Salud Mental 9:00-11:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños* 6:00-7:30pm	31 Seguros Médicos/CF** 8:00-4:30pm Ejercicio Tercera Edad 10:00-11:00am Aerobics 11:30-12:00pm Grupo de Apoyo del Duelo 5:30-7:30pm Zumba 6:00-7:00pm	*Actividades son parte de SBCC Grupos de Conexión Comunitaria **CF – CalFresh/Estampias de comida Website: www.providence.org/cacommunityhealth Email: WellnessAndActivityCenter@providence.org		