

2019 SEPTEMBER

UPCOMING EVENTS

TUESDAY
10 Alzheimer's Class
10:00am – 11:00am

TUESDAY
24 CPR Demonstration
10:00am – 1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED FOR THE HOLIDAYS	3 Health Insurance/CF 8:00-4:30pm Mental Health Class 8:30-9:30am Farmers' Market 9:00-3:00pm Senior Exercise 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm	4 Health Insurance/CF 8:00-4:30pm Senior Exercise 9:00-10:00am Senior Health Class 10:00-11:00am Aerobics 10:00-11:00am Zumba Step 6:00-7:00pm	5 Health Insurance/CF 8:00-4:30pm Zumba Step 10:00-11:00am	6 Yoga 8:30-10:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm Aztec Dance 7:30-9:30pm	7 Aerobics 8:00-9:00am
9 Health Insurance/CF 8:00-12:00pm Arts & Crafts 9:00-11:00am Kickboxing 10:00 11:00am Zumba 6:00-7:00pm	10 Health Insurance/CF 8:00-4:30pm Mental Health Class 8:30-9:30am Farmers' Market 9:00-3:00pm Senior Exercise 9:00-10:00am Alzheimer's Class 10:00-11:00am Kickboxing 10:00 -11:00am Cooking Demo 10:30-11:30am Zumba 6:00-7:00pm	11 Health Insurance/CF 8:00-4:30pm Senior Exercise 9:00-10:00am Aerobics 10:00-11:00am Grief Support Group (Span.) 5:30-7:00pm Zumba Step 6:00-7:00pm	12 Health Insurance/CF 8:00-4:30pm Zumba Step 10:00-11:00am	13 Yoga 8:30-10:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm Aztec Dance 7:30-9:30pm	14 Aerobics 8:00-9:00am
16 Health Insurance/CF 1:30-4:30pm Arts & Crafts 9:00-11:00am Kickboxing 10:00 11:00am Zumba 6:00-7:00pm	17 Health Insurance/CF 8:00-4:30pm Mental Health Class 8:30-9:30am Farmers' Market 9:00-3:00pm Senior Exercise 9:00-10:00am Kickboxing 10:00-11:00am Zumba 6:00-7:00pm	18 Health Insurance/CF 8:00-4:30pm Senior Exercise 9:00-10:00am Aerobics 10:00-11:00am Zumba Step 6:00-7:00pm	19 Health Insurance/CF 8:00-4:30pm Best Start Wilmington Partnership Meeting 9:00-11:00am Zumba Step 10:00-11:00am	20 Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm Aztec Dance 7:30-9:30pm	21 Aerobics 8:00-9:00am
23 Health Insurance/CF 8:00-12:00pm Arts & Crafts 9:00-11:00am Kickboxing 10:00-11:00am Zumba 6:00-7:00pm	24 Health Insurance/CF 8:00-4:30pm Mental Health Class 8:30-9:30am Farmers' Market 9:00-3:00pm Senior Exercise 9:00-10:00am Kickboxing 10:00 -11:00am CPR Demo 10:00-1:00pm Zumba 6:00-7:00pm	25 Health Insurance/CF 8:00-4:30pm Senior Exercise 9:00-10:00am Aerobics 10:00-11:00am Grief Support Group (Span.) 5:30-7:00pm Zumba Step 6:00-7:00pm	26 Health Insurance/CF 8:00-4:30pm Zumba Step 10:00-11:00am	27 Yoga 8:30-10:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm Aztec Dance 7:30-9:30pm	28 Aerobics 8:00-9:00am
30 Health Insurance/CF 8:00-12:00pm Arts & Crafts 9:00-11:00am Kickboxing 10:00-11:00am Zumba 6:00-7:00pm	<p>We are located at: 470 N Hawaiian Ave Wilmington, CA (424) 212-5640</p>				

3 ways to fend off the flu

It's never fun to be sick, but the flu is more serious than the common cold. It can be dangerous – especially for older people, children under 4, and pregnant women. **Get your flu shot, boost immunity with healthy habits, and keep your germs to yourself.**

September's best: Calabasas

Zucchini's improve digestion, lower blood sugar levels, and supports a healthy heart. Try this **Zucchini Smoothie**: Combine 1 ½ cups unsweetened almond milk, 2 tbs flaxseed, ¼ tsp cinnamon, 1 cup zucchini, 1 cup spinach, ½ banana, and ½ tsp pure vanilla extract. Blend and enjoy!



2019 SEPTIEMBRE

PROXIMOS EVENTOS

MARTES
10
Clase de Alzheimer's
10:00am – 11:00am

MARTES
24
Demostración de CPR
10:00am – 1:00pm

3 formas de defenderse de la gripe
Nunca es divertido enfermarse, pero la gripe es mas seria que el resfriado común. Puede ser peligrosa, especialmente para las personas mayores, los niños menores de 4 anos y las mujeres embarazadas. **Vacúnese contra la gripe, refuerce su inmunidad con hábitos saludables, y guarde sus microbios para usted.**

El mejor de septiembre: Calabacitas
Las calabacitas mejora la digestión, reduce los niveles de azúcar en la sangre y apoya un corazón sano. Pruebe este **Licuada de Calabacitas**: Combine 1 ½ tazas de leche de almendras sin azúcar, 2 cucharadas de linaza, ¼ cucharadita de canela, 1 taza de calabacitas, 1 taza de espinacas, ½ plátano y ½ cucharadita de extracto puro de vainilla. ¡Mezcla y disfruta!



lunes	martes	miércoles	jueves	viernes	sábado
2 CERRADO POR LOS DIAS FESTIVOS	3 Seguros Médicos/CF 8:00-4:30pm Clase de Salud Mental 8:30-9:30am Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm	4 Seguros Médicos/CF 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Clase de Salud – Seniors 10:00-11:00am Aerobics 10:00-11:00am Zumba Step 6:00-7:00pm	5 Seguro Medico/CF 8:00-4:30pm Zumba Step 10:00-11:00am	6 Yoga 8:30-10:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm Danza Azteca 7:30-9:30pm	7 Aerobics 8:00-9:00am
9 Seguros Médicos/CF 8:00-12:00pm Manualidades 9:00-11:00am Kickboxing 10:00 -11:00am Zumba 6:00-7:00pm	10 Seguros Médicos/CF 8:00-4:30pm Clase de Salud Mental 8:30-9:30am Farmers' Market 9:00-3:00pm Ejercicio Tercera Edad 9:00-10:00am Clase de Alzheimer's 10:00-11:00am Kickboxing 10:00 -11:00am Demostración de Cocina 10:30-11:30am Zumba 6:00-7:00pm	11 Seguros Médicos/CF 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Aerobics 10:00-11:00am Grupo de Apoyo-Duelo 5:30-7:00pm Zumba Step 6:00-7:00pm	12 Seguro Medico/CF 8:00-4:30pm Zumba Step 10:00-11:00am	13 Yoga 8:30-10:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm Danza Azteca 7:30-9:30pm	14 Aerobics 8:00-9:00am
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