

Providence Wellness & Activity Center

All activities are **FREE!**

FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Valentine's day</p>		<p>1</p> <p>Health Insurance Enrollment 8:00-4:30pm Tone It Up! 8:30am – 10:00am Zumba/Cardio AM 11:30-12:30pm Zumba PM 6:00-7:00pm</p>	<p>2</p> <p>Health Insurance Enrollment 8:00-4:30pm Mental Health Class 8:30-10:00am Aerobics 10:00-11:00am Guitar Class-Adults 6:00-7:30pm</p>	<p>3</p> <p>Yoga 8:00-9:00am Diabetes Management Class 9:00-11:30am Parent Support Group 9:30-11:30am Aerobics 11:00-12:00pm Aztec Dance Class 5:00-6:00pm Zumba PM 6:00-7:00pm</p>	<p>4</p> <p>CHAT Wellness Class 9:00-11:00am</p>
5	6	7	8	8	10	11
Health Insurance Enrollment 8:00-12:00pm Senior Exercise Class 10:00-11:00am Zumba AM 11:30-12:30pm Zumba PM 6:00-7:00pm	Health Insurance Enrollment 8:00-4:30pm Aerobics 10:00-11:00am Aguilas Unidas NAC (SBCC) 10:30-12:30pm Zumba PM 6:00-7:00pm Guitar Class-Kids 6:00-7:30pm	Health Insurance Enrollment 8:00-4:30pm Tone It Up! 8:30am – 9:15am Senior Exercise Class 10:00-11:00am Zumba/Cardio AM 11:30-12:30pm Grief Support Group 5:30-7:00pm Zumba PM 6:00-7:00pm	Health Insurance Enrollment 8:00-4:30pm Mental Health Class 8:30-10:00am Aerobics 10:00-11:00am Guitar Class-Adults 6:00-7:30pm	Health Insurance Enrollment 8:00-4:30pm Mental Health Class 8:30-10:00am Aerobics 10:00-11:00am Guitar Class-Adults 6:00-7:30pm	Yoga 8:00-9:00am Diabetes Management Class 9:00-11:30am Parent Support Group 9:30-11:30am Aerobics 11:00-12:00pm Aztec Dance Class 5:00-6:00pm Zumba PM 6:00-7:00pm	CHAT Wellness Class 9:00-11:00am
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
Health Insurance Enrollment 8:00-12:00pm Senior Exercise Class 10:00-11:00am Zumba AM 11:30-12:30pm Zumba PM 6:00-7:00pm	Health Insurance Enrollment 8:00-4:30pm Love Your Body Event 10:00 – 12:00pm Aguilas Unidas NAC (SBCC) 10:30-12:30pm Zumba PM 6:00-7:00pm Guitar Class-Kids 6:00-7:30pm	Health Insurance Enrollment 8:00-4:30pm Tone It Up! 8:30am – 10:00am Senior Exercise Class 10:00-11:00am Zumba/Cardio AM 11:30-12:30pm Grief Support Group 5:30-7:00pm Zumba PM 6:00-7:00pm	Health Insurance Enrollment 8:00-4:30pm Mental Health Class 8:30-10:00am Aerobics 10:00-11:00am Guitar Class-Adults 6:00-7:30pm	Health Insurance Enrollment 8:00-4:30pm Mental Health Class 8:30-10:00am Aerobics 10:00-11:00am Guitar Class-Adults 6:00-7:30pm	Yoga 8:00-9:00am Diabetes Management Class 9:00-11:30am Parent Support Group 9:30-11:30am Aerobics 11:00-12:00pm Aztec Dance Class 5:00-6:00pm Zumba PM 6:00-7:00pm	CHAT Wellness Class 9:00-11:00am
26	27	28	<p><i>Upcoming events this month...</i></p> <p>Love Your Body Fitness Event Tuesday, February 21st 10:00am - 12:00pm</p>		<p><i>What's NEW this month...</i></p> <p>Guitar Class for Kids and Adults Kids every Tuesday 6:00pm – 7:30pm Adults every Thursday 6:00pm – 7:30pm</p>	
Health Insurance Enrollment 8:00-12:00pm Senior Exercise Class 10:00-11:00am Zumba AM 11:30-12:30pm Zumba PM 6:00-7:00pm	Health Insurance Enrollment 8:00-4:30pm Aerobics 10:00-11:00am Aguilas Unidas NAC (SBCC) 10:30-12:30pm Zumba PM 6:00-7:00pm Guitar Class-Kids 6:00-7:30pm	Health Insurance Enrollment 8:00-4:30pm Aerobics 10:00-11:00am Aguilas Unidas NAC (SBCC) 10:30-12:30pm Zumba PM 6:00-7:00pm Guitar Class-Kids 6:00-7:30pm				



470 N Hawaiian Ave
Wilmington, CA
(424) 212-5640



Providence Centro de Bienestar y Actividad

¡Todas las actividades son GRATIS!

FEBRERO 2017

Domingo	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO		
			1 Inscripción en Seguros Médicos 8:00-4:30pm Tonifique Su Cuerpo 8:30am-10:00am Zumba/Cardio AM 11:30-12:30pm Zumba PM 6:00-7:00pm	2 Inscripción en Seguros Médicos 8:00-4:30pm Clase de Salud Mental 8:30-10:00am Aerobics 10:00-11:00am Clase de Guitarra-Adultos 6:00-7:30pm	3 Yoga 8:00-9:00am Clase de Diabetes 9:00-11:30am Grupo de Apoyo para Padres 9:30-11:30am Danza Azteca 5:00-6:00pm Zumba PM 6:00-7:00pm	4 CHAT Clase de Bienestar 9:00-11:00am		
5	6 Inscripción en Seguros Médicos 8:00-12:00pm Ejercicio Tercera Edad 10:00-11:00am Zumba AM 11:30-12:30pm Zumba PM 6:00-7:00pm	7 Inscripción en Seguros Médicos 8:00-4:30pm Aerobics 10:00-11:00am Águilas Unidas NAC (SBCC) 10:30-12:30pm Zumba PM 6:00-7:00pm Clase de Guitarra-Niños 6:00-7:30pm	8 Inscripción en Seguros Médicos 8:00-4:30pm Tonifique Su Cuerpo 8:30am-9:15am Ejercicio Tercera Edad 10:00-11:00am Zumba/Cardio AM 11:30-12:30pm Grupo de Apoyo al Duelo 5:30-7:00pm Zumba PM 6:00-7:00pm	9 Inscripción en Seguros Médicos 8:00-4:30pm Clase de Salud Mental 8:30-10:00am Aerobics 10:00-11:00am Clase de Guitarra-Adultos 6:00-7:30pm	10 Yoga 8:00-9:00am Clase de Diabetes 9:00-11:30am Grupo de Apoyo para Padres 9:30-11:30am Danza Azteca 5:00-6:00pm Zumba PM 6:00-7:00pm	11 CHAT Clase de Bienestar 9:00-11:00am		
12	13 Inscripción en Seguros Médicos 8:00-12:00pm Ejercicio Tercera Edad 10:00-11:00am Zumba AM 11:30-12:30pm Zumba PM 6:00-7:00pm	14  Inscripción en Seguros Médicos 8:00-4:30pm Aerobics 10:00-11:00am Águilas Unidas NAC (SBCC) 10:30-12:30pm Zumba PM 6:00-7:00pm Clase de Guitarra-Niños 6:00-7:30pm	15 Inscripción en Seguros Médicos 8:00-4:30pm Tonifique Su Cuerpo 8:30am-10:00am Ejercicio Tercera Edad 10:00-11:00am Zumba/Cardio AM 11:30-12:30pm Zumba PM 6:00-7:00pm	16 Inscripción en Seguros Médicos 8:00-4:30pm Clase de Salud Mental 8:30-10:00am Aerobics 10:00-11:00am Clase de Guitarra-Adultos 6:00-7:30pm	17 Yoga 8:00-9:00am Clase de Diabetes 9:00-11:30am Grupo de Apoyo para Padres 9:30-11:30am Aerobics 11:00-12:00pm Danza Azteca 5:00-6:00pm Zumba PM 6:00-7:00pm	18 CHAT Clase de Bienestar 9:00-11:00am		
19	20 Inscripción en Seguros Médicos 8:00-12:00pm Ejercicio Tercera Edad 10:00-11:00am Zumba AM 11:30-12:30pm Zumba PM 6:00-7:00pm	21 Inscripción en Seguros Médicos 8:00-4:30pm Ama Su Cuerpo Evento 10:00 – 12:00pm Águilas Unidas NAC (SBCC) 10:30-12:30pm Zumba PM 6:00-7:00pm Clase de Guitarra-Niños 6:00-7:30pm	22 Inscripción en Seguros Médicos 8:00-4:30pm Tonifique Su Cuerpo 8:30am-10:00am Ejercicio Tercera Edad 10:00-11:00am Zumba/Cardio AM 11:30-12:30pm Grupo de Apoyo al Duelo 5:30-7:00pm Zumba PM 6:00-7:00pm	23 Inscripción en Seguros Médicos 8:00-4:30pm Clase de Salud Mental 8:30-10:00am Aerobics 10:00-11:00am Clase de Guitarra-Adultos 6:00-7:30pm	24 Yoga 8:00-9:00am Clase de Diabetes 9:00-11:30am Grupo de Apoyo para Padres 9:30-11:30am Aerobics 11:00-12:00pm Danza Azteca 5:00-6:00pm Zumba PM 6:00-7:00pm	25 CHAT Clase de Bienestar 9:00-11:00am		
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