

December Activities

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@serving seniors.org for more information.
We will be scanning activity cards at all activities this month, so please have them with you.

SERVING
SENIORS

SUN	MON	TUES	WED	THURS	FRI	SAT
	1  Yoga w/ Yerson 9:00 AM Medi-Cal and CalFresh Q&A and Enrollment 10:30 AM - 2:30 PM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	2  Giving Tuesday Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Over a Cup of Coffee 10:00 AM	3 Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM General Store All Lunches Quiet Utility Hour 3:00 PM	4 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	5 CEG/SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	6 Weekend Bingo w/ TVIA SD3 1:00 PM
7 Ping Pong All day	8 Yoga w/ Yerson 9:00 AM Health Presentation 10:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	9 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	10  Pilates w/ Henry 9:15 AM Coffee Hour 10:00 AM Vaccine Clinic 10:30 AM to 2:00 PM PAWS: Pet Supply 11:00 AM Quiet Utility Hour 3:00 PM	11  Blood Pressure Check 9:00 AM West Cooking Demo Doors open 9:30 AM Demo starts 10:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	12 SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Arts & Crafts with Kaiser 10:30 - 12:00 PM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM Quiet Utility Hour 3:00 PM	13 Weekend Bingo w/ TVIA SD2 1:00 PM
14  Ping Pong All day	15 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	16 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	17 Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Birthday Party and Coat Giveaway 2:00 PM  Quiet Utility Hour 3:00 PM	18 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	19 Spoken Word Workshop (MBSR) 10:00 AM Coffee Hour 10:00 AM Lunch Punch Raffle All Lunches Friday at the Movies 1:00 PM Animal Ambassador Visit w/ the San Diego Zoo 2:00 PM Quiet Utility Hour 3:00 PM	20 Ping Pong All day  Early Lunch Punch Raffle due to upcoming holidays. All participants will receive 2 extra entries!

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21  Ping Pong All day	22 Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	23 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	24  Coffee Hour 10:00 AM	25 	26 Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	27 Weekend Bingo w/ Snoops for Soups 1:00 PM
28 Ping Pong All day	29 Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	30 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	31  Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM			



Lunch Punch Cards can be redeemed for raffle tickets during lunch on December 19th. Make sure you get those punches!