

SERVING
SENIORS

Gary and Mary West Senior Wellness Center

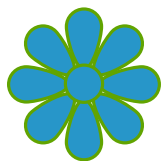
November Activities

1525 Fourth Ave, San Diego, CA 92101

Contact: volunteer@servingseiors.org or 619-487-0621 for more information.

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------------------------|--|--|---|---|---|---|
| | | 1 Mindful Movement 8:00 AM Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM | 2 Bone-Building Fitness 9:30 AM | 3 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM | 4 Cardio Drumming 9:00 AM Friday at the Movies: Coco 1:00 PM | 5 Special Bingo with Lin 1:00 PM |
| 6 | 7 Bone-Building Fitness 9:30 AM Senior Transportation Info Table 11:30 AM - 1:30 PM Advocacy + Ageism Presentation with Chrisy 1:00 PM | 8 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Your Safe Place Mobile Clinic 9am - 12pm | 9 Bone-Building Fitness 9:30 AM Popsicle Meet and Greet with Serving Seniors' Staff <i>All 3 lunches</i> Center closes early today - All Staff Meeting | 10 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM Civic Engagement 1:00 PM Greeting Card Class 1:30 PM | 11 Cardio Drumming 9:00 AM Friday at the Movies: Red Notice 1:00 PM Ice Cream Social 2:00 PM  | 12 |
| 13 TVIA Game Day 1:00 PM | 14 Bone-Building Fitness 9:30 AM Soul Line Dancing 11:00 AM Ping Pong + Chess 1:00 PM | 15 Mindful Movement 8:00 AM Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Oral Health Class 2:00 PM | 16 Bone-Building Fitness 9:30 AM Birthday Party + Karaoke 2:00 PM | 17 Walking Group 8:45 AM West Cooking Demo 9:30 AM Bingo Canceled 10:00 AM PAWS Pet Supply 11:00 AM - 12:00 PM Singing Group 11:00 AM | 18 Diabetes Awareness Presentation 1:00 PM Friday at the Movies: Gladiator 1:00 PM | 19 Special Bingo with Lin 1:00 PM |

We will be scanning activity cards at all activities this month, so please have it with you!




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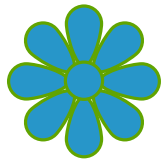
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| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----|---|--|---|---|--|-----|
| 20 | 21 Bone-Building Fitness 9:30 AM Soul Line Dancing 11:00 AM Art for All Ages 12:30 PM | 22 Walking Group 8:45 AM Vitals 9:00 AM Over a Cup of Coffee 10:00 AM Bingo 10:00 AM | 23 Bone-Building Fitness 9:30 AM Write Out Loud 1:00 PM | 24 Walking Group 8:45 AM Bingo Canceled 10:00 AM Thanksgiving Lunch! <i>Get a thank you gift card!</i> 11:00 AM & 12:15 PM  | 25 General Store Hours: 11:30 AM - 12:30 PM Friday at the Movies: Men in Black 1:00 PM | 26 |
| 27 | 28 Bone-Building Fitness 9:30 AM The History Guy 1:30 PM | 29 Mindful Movement 8:00 AM Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Clase de educación en salud bocal 2:00 PM | 30 Bone-Building Fitness 9:30 AM Vaccine Clinic 10:00 AM - 2:00 PM | | | |

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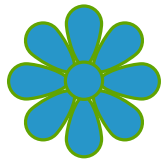
Gary and Mary West Senior Wellness Center

老年中心十一月份活动

1525 Fourth Ave, San Diego, CA 92101

Contact: volunteer@serving seniors.org or 619-487-0621 for more information.

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|--|---|---|---|--|-------------------------------------|
| | | 1 正念运动 8:00 AM 走一走小组 8:45 AM 血压检查 9:00 AM 宾果 10:00 AM 喝杯咖啡谈心学习小组 10:00 AM | 2 健运动骨俱乐部 9:30 AM | 3 走一走小组 8:45 AM 宾果 10:00 AM 歌唱组 11:00 AM | 4 有氧击鼓运动 9:00 AM 周五看电影: 寻梦环游记 - Coco 1:00 PM | 5 特别果宾 1:00 PM |
| 6 | 7 健运动骨俱乐部 9:30 AM 长者交通信息 11:30 AM - 1:30 PM 与 Chrisy 一起倡导及了解年龄歧视的座谈会 1:00 PM | 8 走一走小组 8:45 AM 血压检查 9:00 AM 宾果 10:00 AM 喝杯咖啡谈心学习小组 10:00 AM Your Safe Place (您的安全之地) 流动支援 9am - 12pm | 9 健运动骨俱乐部 9:30 AM 与老年中心员工交流的冰棒见面会 所有 3 顿午餐时间 中心今天提早关闭 - 全体员工会议 | 10 走一走小组 8:45 AM 宾果 10:00 AM 歌唱组 11:00 AM 公民参与 1:00 PM 卡片制作班 1:30 PM | 11 有氧击鼓运动 9:00 AM 周五看电影: 红色通缉令 - Red Notice 1:00 PM 冰淇淋社交時間 2:00 PM  VETERANS DAY 退伍军人节 | 12 |
| 13 与青少年志愿者玩游戏交流日 2:00 PM | 14 健运动骨俱乐部 9:30 AM 灵乐排舞俱乐部 11:00 AM 乒乓+ 圍棋 1:00 PM | 15 正念运动 8:00 AM 走一走小组 8:45 AM 血压检查 9:00 AM 宾果 10:00 AM 喝杯咖啡谈心学习小组 10:00 AM 口腔健康科 2:00 PM | 16 健运动骨俱乐部 9:30 AM 生日派對 + 卡拉OK 2:00 PM | 17 走一走小组 8:45 AM 西廚示範 9:30 AM 賓果活動取消 10:00 AM PAWS 寵物食品/用品供應 11:00 AM - 12:00 PM 歌唱组 11:00 AM | 18 癌症意識座談會 1:00 PM 周五看电影: 角斗士 Gladiator 1:00 PM | 19 特别果宾 1:00 PM |



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老年中心十一月份活动

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| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----|--|--|--|---|--|-----|
| 20 | 21 健运动骨俱乐部 9:30 AM 灵乐排舞俱乐部 11:00 AM 不分年龄段的艺术时间 12:30 PM | 22 走一走小组 8:45 AM 血压检查 9:00 AM 喝杯咖啡谈心学习小组 10:00 AM 宾果 10:00 AM | 23 健运动骨俱乐部 9:30 AM 大聲“寫”出來 1:00 PM | 24 走一走小组 8:45 AM 賓果活動取消 10:00 AM 感恩节午餐! 有機會获得感谢礼品卡! 11:00 AM & 12:15 PM  | 25 杂货店时间: 11:30 AM- 12:30 PM 周五看电影: 黑衣人 Men in Black 1:00 PM | 26 |
| 27 | 28 健运动骨俱乐部 9:30 AM 講歷史故事時間 1:30 PM | 29 正念运动 8:00 AM 走一走小组 8:45 AM 血压检查 9:00 AM 宾果 10:00 AM 喝杯咖啡谈心学习小组 10:00 AM 口腔健康科 - 西班牙语 2:00 PM | 30 健运动骨俱乐部 9:30 AM 疫苗接種診所 10:00 AM - 2:00PM | | | |

我们将在本月的所有活动中扫描客人的老年中心ID卡，
所以请记得随身携带!

