

SERVING  
SENIORS

## Gary and Mary West Senior Wellness Center

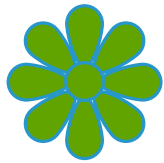
### May Activities

1525 Fourth Ave, San Diego, CA 92101

Contact: [volunteer@serving seniors.org](mailto:volunteer@serving seniors.org) or 619-487-0621 for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1 Senior Volunteer Meeting (1st offering)</b> 9:00 - 9:30 AM  <b>Bone-Building Fitness</b> 9:30 AM  <b>Women's Support Group</b> 10:00 AM  <b>Sending Sentiments</b> 11:30 AM	<b>2 Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Karaoke Hour</b> 12:00 PM <b>Memories at the Museum</b> 2:00pm	<b>3 Senior Volunteer Meeting (2nd offering)</b> 9:00 - 9:30 AM  <b>Bone-Building Fitness</b> 9:30 AM  <b>Bone-Building Fitness</b> 10:35 AM	<b>4 Walking Group</b> 8:45 AM  <b>Bingo</b> 10:00 AM  <b>Singing Group</b> 11:00 AM	<b>5 Friday at the Movies:</b> 1:00 PM	<b>6</b>
<b>7</b>	<b>8 Bone-Building Fitness</b> 9:30 AM  <b>Bone Health Class</b> <i>Mind, Body, Spirit</i> 11:00 AM  <b>Let's Talk Travel with Katherine</b> 11:00 AM  <b>Zumba</b> 1:15 PM	<b>9 Mindful Movement</b> 8:00 AM <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Oral Health</b> 11:00 AM <b>LOTERIA in Spanish</b> 1:00 PM	<b>10 Bone-Building Fitness</b> 9:30 AM  <b>Bone-Building Fitness</b> 10:35 AM  <b>Greeting Card Class</b> 1:30 PM	<b>11 Walking Group</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 11:00 AM  <b>Civic Engagement Meeting</b> 1:00 PM  <b>Coloring with Karen</b> 2:00 PM	<b>12 Women's Support Group</b> 10:00 AM  <b>Cardio Drumming</b> 11:00 AM  <b>Friday at the Movies:</b> 1:00 PM  <b>Ice Cream Social</b> <i>Now with sugar free options</i> 2:00 PM	<b>13 Special Bingo with Linh</b> 1:00 PM
<b>14</b> 	<b>15 Bone-Building Fitness</b> 9:30 AM  <b>Art for All Ages</b> 12:30 PM	<b>16 Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Bingo</b> 10:00 AM  <b>Over a Cup of Coffee</b> 10:00 AM	<b>17 Bone-Building Fitness</b> 9:30 AM <b>Bone-Building Fitness</b> 10:35 AM <b>Write Out Loud</b> 1:00 PM <b>Birthday Party</b> 2:00 PM 	<b>18 Walking Group</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>PAWS Pet Supply</b> 11:00 AM - 12:00 PM  <b>Singing Group</b> 11:00 AM	<b>19 Author Event with Neil Ricco</b> 10:30 AM  <b>Friday at the Movies:</b> 1:00 PM  <b>Arts &amp; Crafts</b> 2:00 PM	<b>20 Special Bingo with Sabrina</b> 1:00 PM

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



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SUN	MON	TUES	WED	THURS	FRI	SAT
<b>21</b>	<b>22</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>The History Guy</b> 1:30pm	<b>23</b> <b>Mindful Movement</b> 8:00 AM <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Bingo</b> 10:00 AM <b>Circulate SD Walking Promo Event</b> 1:00 PM <b>LOTERIA in Spanish</b> 1:00 PM	<b>24</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>Bone-Building Fitness</b> 10:35 AM  <b>Greeting Card Class</b> 1:30 PM  <b>Chinese Bingo</b> 2:30 PM - 3:30 PM	<b>25</b> <b>Walking Group</b> 8:45 AM <b>West Cooking Demo</b> 9:30 AM <b>Bingo Cancelled</b> 10:00 AM <b>Singing Group</b> 11:00 AM <b>General Store Hours:</b> 12:00 PM - 1:00 PM <b>Civic Engagement Meeting</b> 1:00 PM	<b>26</b>  <b>Cardio Drumming</b> 11:00 AM  <b>Friday at the Movies:</b> 1:00 PM	<b>27</b>  <b>Special Bingo with Linh</b> 1:00 PM
<b>28</b>	<b>29</b>  <div> <div>★ ★ ★</div> <div>HAPPY</div> <div>★ ★ ★</div> <div>MEMORIAL</div> <div>Day</div> </div>	<b>30</b>  <b>Walking Group</b> 8:45 AM  <b>Vitals</b> 9:00 AM  <b>Bingo</b> 10:00 AM  <b>Over a Cup of Coffee</b> 10:00 AM  <b>Salud Bocal</b> 11:00 AM	<b>31</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>Bone-Building Fitness</b> 10:35 AM  <b>May Punch Card Redemption Day - Two winners at each lunch</b>			

Punch Cards can be redeemed for raffle tickets during lunch on May 31st! Make sure you get those punches!

