

SERVING SENIORS

Gary and Mary West Senior Wellness Center

July Activities

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 Bone-Building Fitness 9:30 AM Sound Bath 10:45 AM Karaoke 11:00 AM Heat Awareness 1:00 PM Vitals 1:00 PM  	2 Walking Group 8:45 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM	3 Senior Volunteer Meeting 9:00 to 9:30 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM 	4  No Activities Today	5 St. Paul's Pace Health Activity with Erin 10:00 AM Karaoke 12:15 PM Friday at the Movies 1:00 PM	6 Ping Pong
7 Ping Pong	8 Bone-Building Fitness 9:30 AM Zumba 10:45 AM	9 Walking Group 8:45 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM	10 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM  Jewelry Making 1:45 PM - 3:45 PM	11 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Karaoke 11:15 AM Civic Engagement 1:00 PM	12 Senior Book Club 10:00 AM  Cardio Drumming 11:00 AM  Eye Health Class 12:30 PM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM 	13
14 Ping Pong	15 Bone-Building Fitness 9:30 AM Karaoke 1:15 PM Art for All Ages 12:30 AM 	16 Walking Group 8:45 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Coloring with Karen 11:45 AM-1:45PM	17 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM  Write Out Loud 1:00 PM  Birthday Party 2:00 PM 	18 Walking Group 8:45 AM West Cooking Demo 9:30 AM  PAWS: Pet Supply 11:00 AM Karaoke 11:15 AM	19 Author Hour 10:00 AM Karaoke 12:15 PM Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM 	20

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








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21 Ping Pong	22 Bone-Building Fitness 9:30 AM Karaoke 11:00 AM  The History Guy 1:30 PM - 2:30 PM	23 Walking Group 8:45 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM	24 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM 	25 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Karaoke 11:15 AM  Jewelry Making 1:45 PM -3:45 PM	26 Cardio Drumming 11:00 AM  Karaoke 12:15 PM Friday at the Movies 1:00 PM	27	
28 Ping Pong	29 Bone-Building Fitness 9:30 AM Karaoke 11:00 AM	30 Walking Group 8:45 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM	31 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM 	<p style="text-align: center;">July Punch Card Redemption Day - Two winners at each lunch</p> 			

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

July Punch Card

1	2	3	4	5	<p>Join us for lunch & get a punch.</p> <p>Reach the 📌 for entries into the raffle. Maximum of 6 entries possible.</p> <p>One punch per lunch. One card per person.</p>
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	
			21	22	