

# December Activities

SERVING  
SENIORS

## Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact [volunteer@servingseniors.org](mailto:volunteer@servingseniors.org) for more information.  
We will be scanning activity cards at all activities this month, so please have them with you.

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM	<b>2</b>  <b>Coffee Hour</b> 10:00 AM  <b>Sound Bath</b> 10:45 AM  <b>Karaoke</b> 3:00 PM	<b>3</b>  <b>Walking Group</b> 8:45 AM  <b>Vitals</b> 9:00 AM  <b>Coffee Hour</b> 10:00 AM  <b>Over a Cup of Coffee</b> 10:00 AM	<b>4</b>  <b>CEG &amp; SVA Meeting</b> 9:00 AM  <b>Bone-Building Fitness</b> 9:30 AM and 10:35 AM  <b>Coffee Hour</b> 10:00 AM  <b>General Store</b> 11:00 AM  <b>Karaoke</b> 3:00 PM	<b>5</b>  <b>Walking Group</b> 8:45 AM  <b>Coffee Hour</b> 10:00 AM  <b>Bingo</b> 10:00 AM  <b>Singing Group</b> 10:00 AM  <b>Quiet Utility Hour</b> 3:00 PM	<b>6</b>  <b>Coffee Hour</b> 10:00 AM  <b>Ageless Beauty Hour</b> 11:00AM  <b>Karaoke</b> 3:00 PM	<b>7</b>  <b>Special Weekend Bingo w/ Linh</b> 1:00 PM
<b>8</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM	<b>9</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>Coffee Hour</b> 10:00 AM  <b>Zumba</b> 10:45 AM  <b>Presentation: Grief and Loss</b> 2:00 PM  <b>Karaoke</b> 3:00 PM	<b>10</b>  <b>Walking Group</b> 8:45 AM  <b>Vitals</b> 9:00 AM  <b>Coffee Hour</b> 10:00 AM  <b>Bingo</b> 10:00 AM, 2:00 PM  <b>Over a Cup of Coffee</b> 10:00 AM	<b>11</b>  <b>Bone-Building Fitness</b> 9:30 AM and 10:35 AM  <b>Coffee Hour</b> 10:00 AM  <b>Artopia</b> 10:00 AM  <b>PAWS: Pet Supply</b> 11:00 AM  <b>Karaoke</b> 3:00 PM	<b>12</b>  <b>Walking Group</b> 8:45 AM  <b>Singing Group</b> 10:00 AM  <b>Coffee Hour</b> 10:00 AM  <b>Financial Literacy Presentation</b> 10:00 AM  <b>Quiet Utility Hour</b> 3:00 PM	<b>13</b>  <b>Coffee Hour</b> 10:00 AM  <b>Ice Cream Social</b> 2:00 PM  <b>Karaoke</b> 3:00 PM	<b>14</b>  <b>Cookie Decorating w/ TVIA</b> 12:00 PM 2:00 PM
<b>15</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM	<b>16</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>Coffee Hour</b> 10:00 AM  <b>Karaoke</b> 3:00 PM	<b>17</b>  <b>Walking Group</b> 8:45 AM  <b>Vitals</b> 9:00 AM  <b>Coffee Hour</b> 10:00 AM  <b>Bingo</b> 10:00 AM, 2:00 PM  <b>Over a Cup of Coffee</b> 10:00 AM  <b>Quiet Utility Hour</b> 3:00 PM	<b>18</b>  <b>Bone-Building Fitness</b> 9:30 AM and 10:35 AM  <b>Coffee Hour</b> 10:00 AM  <b>Birthday Party</b> 2:00 PM  <b>Karaoke</b> 3:00 PM	<b>19</b>  <b>Cooking Demo</b> 9:30 AM  <b>Coffee Hour</b> 10:00 AM  <b>Quiet Utility Hour</b> 3:00 PM	<b>20</b>  <b>Coffee Hour</b> 10:00 AM  <b>Author Hour</b> 10:00 AM  <b>Ageless Beauty Hour</b> 11:00AM  <b>Arts &amp; Crafts</b> 2:00 PM  <b>Karaoke</b> 3:00 PM	<b>21</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM

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SUN	MON	TUES	WED	THURS	FRI	SAT
<b>22</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM	<b>23</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>Coffee Hour</b> 10:00 AM  <b>Cozy Coats Giveaway</b> 1:30 PM  <b>Karaoke</b> 3:00 PM	<b>24</b>  <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Quiet Utility Hour</b> 3:00 PM	<b>25</b> 	<b>26</b>  <b>Walking Group</b> 8:45 AM  <b>Coffee Hour</b> 10:00 AM  <b>Bingo</b> 10:00 AM  <b>Singing Group</b> 10:00 AM  <b>Quiet Utility Hour</b> 3:00 PM	<b>27</b>  <b>Coffee Hour</b> 10:00 AM  <b>Cardio Drumming</b> 10:45 AM  <b>Karaoke</b> 3:00 PM	<b>28</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM
<b>29</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM	<b>30</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>Coffee Hour</b> 10:00 AM  <b>Karaoke</b> 3:00 PM	<b>31</b>  <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM, 2:00 PM <b>Over a Cup of Coffee</b> 10:00 AM <b>Quiet Utility Hour</b> 3:00 PM				

**Lunch Punch Raffle! Please redeem your December Punch Cards.**



Lunch Punch Cards can be redeemed for raffle tickets during lunch on December 27th. Make sure you get those punches!