

SERVING
SENIORS

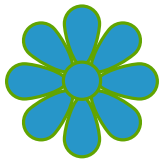
Gary and Mary West Senior Wellness Center

August 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 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Ping Pong 1:00 PM	2 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 Birthday Party 2:00 PM	3 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Health Ed Class 2:00 PM	4 Walking Group 8:45 AM Singing Group 10:00 AM Bingo 10:00 AM Presentation: The 10 Signs <i>Alzheimer's Association</i> 2:00 PM	5 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Friday at the Movies: <i>Jurassic Park</i> 1:00 PM	6 Special Bingo 1:00 PM
7	8 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Ping Pong 1:00 PM	9 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	10 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Greeting Card Class 1:30 PM Center closes at 2:30 p.m.	11 Walking Group 8:45 AM West Cooking Demo 9:30 AM Civic Engagement 1:00 PM Photojournalism: Advocacy with Peggy Peattie 2:00 PM	12 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Friday at the Movies: <i>The Lost World</i> 1:00 PM Ice Cream Social 2:00 PM	13
14	15 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Art for All Ages 12:00 PM Ping Pong 2:00 PM	16 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Tech Tuesday 1:30 PM	17 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Write Out Loud 1:00 PM	18 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM PAWS Pet Supply 11:00 AM - 12:00 PM	19 *Feeling Fit canceled*  Artopia <u>Gallery hours:</u> 10:30 AM - 1:45 PM <u>Award Ceremony & Reception:</u> 2:00 - 3:00 PM 	20



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<p>21</p>	<p>22 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Interactive Music Hour Presented during first lunch by Side of the Road Show 11:00 AM The History Guy 1:30 PM</p>	<p>23 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 Photojournalism: Storytelling with Peggy Peattie 2:00 PM</p>	<p>24 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Greeting Card Class 1:30 PM</p>	<p>25 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM Civic Engagement 1:00 PM General Store Hours: 1:30 - 2:30 PM</p>	<p>26 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM Friday at the Movies: Jurassic Park III 1:00 PM</p>	<p>27 Special Bingo 1:00 PM</p>
<p>28</p>	<p>29 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM</p>	<p>30 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</p>	<p>31 Feeling Fit Club 9:00 AM Feeling Fit Club 10:15 AM</p>			

August Updates:

The Gathering Place: Effective August 1st, all activities will now be held in the Gathering Place and the lounge area will be in the Lifelong Learning Insititute. Join us for an activity!

Bingo: Effective August 1st, the first 3 bingo cards will be free for all players. Additional cards may be purchased for \$0.50 each or 3 for \$1. Come test your luck to see if you will be one of our lucky winners!

