

September Activities

SERVING
SENIORS

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@servingseiors.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
1 Ping Pong	2 HAPPY LABOR DAY!	3 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Mem.s at the Museum 2:00 PM Multipurpose Hour 3:00 PM	4 Civ. Egmt./Sr. Vol. Mtg 9:00 AM Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM General Store 11:30 AM to 2:00 PM Karaoke 2:00 PM	5 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Chinese Bingo 1:00 PM Multipurpose Hour 3:00 PM	6 Senior Book Club 10:00 AM Friday at the Movies 1:00 PM Karaoke 2:00 PM	7 Special Weekend Bingo w/ Linh 1:00 PM
8 Ping Pong	9 Bone-Building Fitness 9:30 AM Zumba 10:45 AM Karaoke 2:00 PM	10 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Multipurpose Hour 3:00 PM	11 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM Card Making 1:45 PM Karaoke 2:00 PM	12 Walking Group 8:45 AM West Cooking Demo 9:30 AM Civic Engagement 1:00 PM Multipurpose Hour 3:00 PM	13 20 Millionth Meal Celebration 10:30 AM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM Karaoke 3:00 PM	14 Ping Pong
15 Ping Pong	16 Bone-Building Fitness 9:30 AM Wellness and Mental Health 11:00AM Art for All Ages 12:30 PM Karaoke 2:00 PM	17 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Cardio Drumming 11:15 AM Multipurpose Hour 3:00 PM	18 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 2:30 PM Karaoke 3:00 PM	19 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM PAWS: Pet Supply 11:00 AM Multipurpose Hour 3:00 PM	20 Author Hour 10:00 AM Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM Karaoke 3:00 PM	21 Ping Pong

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Lunch Punch Cards can be redeemed for raffle tickets during lunch on September 30th. Make sure you get those punches!