

September Activities

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@serving seniors.org for more information.
We will be scanning activity cards at all activities this month, so please have them with you.

SERVING
SENIORS

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 	2 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM	3 CEG & SVA Meeting (MBSR) 9:00 AM General Store 11:00 AM - 2:00 PM Karaoke 3:00 PM	4 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	5 Coffee Hour 10:00 AM Coloring with Karen 11:00 AM - 2:00 PM Friday at the Movies 1:00 PM Karaoke 3:00 PM	6 Ping Pong All day
7 Ping Pong All day	8  Medi-Cal and CalFresh Q&A and Enrollment 10:30 AM - 2:30 PM Coffee Hour 10:00 AM Karaoke 3:00 PM	9 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Health Presentation 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM	10 Coffee Hour 10:00 AM PAWS: Pet Supply 11:00 AM Karaoke 3:00 PM 	11 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	12 Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM Karaoke 3:00 PM	13 Ping Pong All day
14 Ping Pong All day	15 Coffee Hour 10:00 AM Karaoke 3:00 PM	16 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM	17  SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Karaoke 3:00 PM	18  Blood Pressure Check 9:00 AM West Cooking Demo Doors open 9:30 AM Demo starts 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	19 Coffee Hour 10:00 AM Spoken Word Workshop 10:00 AM Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM Karaoke 3:00 PM	20 Bingo w/ TVIA SD2 1:00 PM Ping Pong All day





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SUN	MON	TUES	WED	THURS	FRI	SAT
21  Ping Pong All day	22  Coffee Hour 10:00 AM Karaoke 3:00 PM	23 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM	24 CEG Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	25 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Fall Prevention Event 9:00 AM - 12:00 PM Coffee Hour 10:00 AM Bingo 10:35 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	26 Coffee Hour 10:00 AM Coloring with Karen 11:00 AM - 2:00 PM Friday at the Movies 1:00 PM Karaoke 3:00 PM	27 Bingo w/ SDGE 1:00 PM Ping Pong All day
28 Ping Pong All day	29  Coffee Hour 10:00 AM Karaoke 3:00 PM	30 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Lunch Punch Raffle All Lunches Bingo 2:00 PM Quiet Utility Hour 3:00 PM				



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