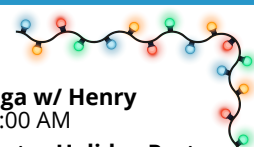


December Activities

SERVING
SENIORS

Judith L. Seltz Senior Wellness Center

5257 Mt Etna Dr, San Diego, CA 92117. Contact volunteer@serving seniors.org for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 Civic Engagement Group 10:00 AM to 10:30 AM	3 Health Presentation and Blood Pressure Check 1:00 PM	4 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	5	6
7	8	9	10 Blood Pressure Check 1:00 PM	11 Yoga w/ Henry 10:00 AM Birthday Bingo 1:30 PM 	12	13
14 	15	16 Civic Engagement Group 10:00 AM to 10:30 AM	17 Blood Pressure Check 1:00 PM	18  Yoga w/ Henry 10:00 AM Winter Holiday Party 2:00 PM	19	20
21 	22	23	24 Blood Pressure Check 1:00 PM	25 	26	27
28	29	30	31 			

Case Management available by appointment.