











SUN	MON	TUES	WED	THURS	FRI	SAT
						<b>1</b>  <b>Ping Pong</b>
<b>2</b>  <b>Ping Pong</b>	<b>3</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Sound Bath</b> 10:45 AM <b>Karaoke</b> 11:00 AM <b>Summer Bingo with St. Paul PACE</b> 1:00 PM	<b>4</b> <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM to 10:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Karaoke</b> 11:15 AM to 1:30 PM	<b>5</b> <b>Senior Volunteer Meeting</b> 9:00 to 9:30 <b>Bone-Building Fitness</b> 9:30 AM <b>Bone-Building Fitness</b> 10:35 AM <b>Quilting with Eiko</b>  10:00 AM <b>General Store</b> 11:30 AM to 2:00 PM	<b>6</b> <b>Walking Group</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 10:00 AM <b>Karaoke</b> 11:15 AM <b>Chinese Bingo</b> 1:00 PM	<b>7</b> <b>Friday at the Movies</b> 1:00 PM <b>Gift card/Blanket Raffle &amp; Ice cream Sundaes</b> 12:30 PM to 3:00 PM	<b>8</b>  <b>Special Bingo with Linh</b> 1:00 PM
<b>9</b>  <b>Ping Pong</b>	<b>10</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Zumba</b> 10:45 AM <b>Karaoke</b> 1:15 PM  	<b>11</b> <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM to 10:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>LOTERIA in Spanish</b> 1:00 PM	<b>12</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Bone-Building Fitness</b> 10:35 AM <b>Quilting with Eiko</b>  10:00 AM <b>Greeting Card Class</b>  1:45 PM	<b>13</b> <b>Walking Group</b> 8:45 AM <b>West Cooking Demo</b>  9:30 AM <b>Karaoke</b> 11:15 AM <b>Civic Engagement</b> 1:00 PM	<b>14</b> <b>Senior Book Club</b>  10:00 AM <b>Cardio Drumming</b> 11:00 AM  <b>Karaoke</b> 12:15 PM <b>Friday at the Movies</b> 1:00 PM <b>Ice Cream Social</b>  2:00 PM	<b>15</b>  <b>Ping Pong</b>

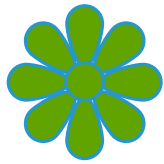
We will be scanning activity cards at all activities this month, so please have them with you!

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>16</b> 	<b>17</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Karaoke</b> 11:00 AM <b>Art for All Ages</b> 12:30 PM 	<b>18</b> <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Coloring with Karen</b> 11:45 AM <b>Men's Health</b> 1:00 PM	<b>19</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Bone-Building Fitness</b> 10:35 AM <b>Quilting with Eiko</b> 10:00 AM <b>Write Out Loud</b> 1:00 PM  <b>Birthday Party</b> 2:00 PM 	<b>20</b> <b>Walking Group</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 10:00 AM <b>PAWS: Pet Supply</b> 11:00 AM <b>Karaoke</b> 11:15 AM - 12:30 PM	<b>21</b> <b>Memory Screening</b> 9:00 AM - 4:00 PM <b>Author Hour</b> 10:30 AM <b>Karaoke</b> 12:15 PM <b>Friday at the Movies</b> 1:00 PM <b>Arts &amp; Crafts</b> 2:00 PM 	<b>22</b>
<b>23</b> Ping Pong	<b>24</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Karaoke</b> 11:00 AM  <b>The History Guy</b> 1:30 PM - 2:30 PM	<b>25</b> <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM	<b>26</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Bone-Building Fitness</b> 10:35 AM <b>Quilting with Eiko</b> 10:00 AM 	<b>27</b> <b>Walking Group</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 10:00 AM <b>Karaoke</b> 11:15 AM <b>Greeting Card Class</b> 1:45 PM 	<b>28</b>  <b>Cardio Drumming</b> 11:00 AM <b>Karaoke</b> 12:15 PM <b>Friday at the Movies</b> 1:00 PM	<b>29</b> <b>June Punch Card Redemption Day - Two winners at each lunch</b> 
<b>30</b>						

Punch Cards can be redeemed for raffle tickets during lunch on June 28th! Make sure you get those punches!

### June Punch Card

1	2	3	4	5		Join us for lunch & get a punch.
6	7	8	9	10		Reach the  for entries into the raffle. Maximum of 6 entries possible.
11	12	13	14	15		One punch per lunch. One card per person.
16	17	18	19	20		
				21		
				22		











SERVING  
SENIORS

# Gary and Mary West Senior Wellness Center

## Actividades de Junio

1525 Fourth Ave, San Diego, CA 92101

Contact: [volunteer@servingseiors.org](mailto:volunteer@servingseiors.org) or 619-487-0621 for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
						1  Ping Pong
2  Ping Pong	3 Ejercicio para formación de huesos 9:30 AM Bano de Sonido 12:30PM- 1:30 PM Karaoke 11:00 AM Bingo Veraniego con St. Paul PACE 1:00 PM 	4 Grupo de caminata 8:45 AM Vitales 9:00 AM - 10:00 AM Bingo 10:00 AM Con una taza de café 10:00 AM Karaoke 11:15 AM to 1:30 PM	5 Junta de Voluntarios Seniors 9:00 - 9:30AM Ejercicio para formación de huesos 9:30 AM Ejercicio para formación de huesos 10:35 AM Cosiendo con Eiko 10:00 AM 	6 Grupo de caminata 8:45 AM Bingo 10:00 AM Grupo de canto 10:00 AM Karaoke 11:15 AM Bingo en Mandarin 1:00 PM	7 Karaoke 12:15 AM Viernes de cine: 1:00 PM Helado y cobijas 1:00 PM	8  Ping Pong
9  Ping Pong	10 Ejercicio para formación de huesos 9:30 AM Karaoke 1:15 PM Zumba 10:45 PM  	11 Grupo de caminata 8:45 AM Vitales 9:00 AM - 10:00 AM Bingo 10:00 AM Con una taza de café 10:00 AM LOTERIA en Español 1:00 PM	12 Ejercicio para formación de huesos 9:30 AM Ejercicio para formación de huesos 10:35 AM Cosiendo con Eiko 10:00 AM Clase de tarjetas de felicitación 1:45 PM  	13 Grupo de caminata 8:45 AM Demostración de Cocina West 9:30 AM Karaoke 11:15 AM Civic Engagement 1:00 PM	14 Club de Lectura 10:00 AM  Cardio con tambores 11:00 AM Karaoke 12:15 AM Viernes de cine: 1:00 PM Reunión con helado 2:00 PM 	15  Ping Pong

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SUN	MON	TUES	WED	THURS	FRI	SAT
<b>16</b> 	<b>17</b> <b>Ejercicio para formación de huesos</b> 9:30 AM <b>Karaoke</b> 11:00 AM <b>Arte para todas las edades</b> 12:30 PM 	<b>18</b> <b>Grupo de caminata</b> 8:45 AM <b>Vitales</b> 9:00 AM - 10:00 AM <b>Bingo</b> 10:00 AM <b>Con una taza de café</b> 10:00 AM <b>Coloreando con Karen</b> 11:45 AM <b>Salud para Hombres</b> 1:00 PM	<b>19</b> <b>Ejercicio para formación de huesos</b> 9:30 AM <b>Ejercicio para formación de huesos</b> 10:35 AM <b>Cosiendo con Eiko</b> 10:00 AM  <b>Lecturas cortas y poemas</b> 1:00 PM <b>Celebración de Cumpleaños</b> 2:00 PM 	<b>20</b> <b>Grupo de caminata</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Grupo de canto</b> 10:00 AM <b>Comida y más para mascotas (PAWS):</b> 11:00 AM <b>Karaoke</b> 11:15 AM - 12:30 PM	<b>21</b> <b>Análisis de Memoria</b> 9:00 AM - 4:00 PM <b>Lectura de Autor: Neil Ricco</b> 10:30 AM <b>Karaoke</b> 12:15 AM <b>Viernes de cine:</b> 1:00 PM <b>Manualidades</b> 2:00 PM 	<b>22</b> <p style="text-align: center;"><b>Ping Pong</b></p>
<b>23</b>	<b>24</b> <b>Ejercicio para formación de huesos</b> 9:30 AM <b>Karaoke</b> 11:00 AM  <b>El Hombre de Historia</b> 1:30 - 2:30 PM	<b>25</b> <b>Grupo de caminata</b> 8:45 AM <b>Vitales</b> 9:00 AM - 10:00 AM <b>Bingo</b> 10:00 AM <b>Con una taza de café</b> 10:00 AM	<b>26</b> <b>Ejercicio para formación de huesos</b> 9:30 AM <b>Ejercicio para formación de huesos</b> 10:35 AM <b>Cosiendo con Eiko</b> 10:00 AM 	<b>27</b> <b>Grupo de caminata</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Grupo de canto</b> 10:00 AM <b>Clase de tarjetas de felicitación</b> 1:45 PM 	<b>28</b>  <b>Cardio con tambores</b> 11:00 AM <b>Karaoke</b> 12:15 AM <b>Viernes de cine:</b> 1:00 PM	<b>29</b> <p style="text-align: center;"><b>Día de canje de tarjetas perforadas de Junio: dos ganadores en cada almuerzo</b></p>
<b>30</b> <p style="text-align: center;"><b>Ping Pong</b></p>						

Las tarjetas de comida podrán ser intercambiadas por boletos para la rifa el 28 de Junio.  
 Asegúrese de obtener una perforación en cada almuerzo!

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16	17	18	19	20	
21	22				One punch per lunch. One card per person.