




SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Karaoke 11:15 AM Chinese Bingo 1:00 PM	2 Senior Book Club  10:00 AM Karaoke 12:15 PM Friday at the Movies 1:00 PM	3 Ping Pong
4 Ping Pong	5 Bone-Building Fitness 9:30 AM Black History Month Speaker Series: Professor Ambers 11:00 AM 	6 Walking Group 8:45 AM Vitals 9:00 AM to 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Karaoke 11:15 AM to 12:30 PM Memories at the Museum 2:00 PM	7 Senior Volunteer Meeting 9:00 to 9:30 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM 	8 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM 365 Connect: Making Valentine's Cards  11:30 AM Civic Engagement 1:00 PM	9 Karaoke 12:15 PM Friday at the Movies 1:00 PM Ice Cream Social  2:00 PM	10 African Drumming & Dancing Performance 11:00 AM 
11 Ping Pong	12 Bone-Building Fitness 9:30 AM Art for All Ages 12:30 AM 	13 Mindful Movement 8:00 AM  Walking Group 8:45 AM Vitals 9:00 AM to 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Karaoke 11:15 AM to 1:30 PM LOTERIA in Spanish 1:00 PM	14 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko  10:00 AM Love Your Heart: Blood Pressure Screening Event  1:00 PM to 3:30 PM Greeting Card Class  1:45 PM	15 Walking Group 8:45 AM West Cooking Demo  9:30 AM PAWS: Pet Supply 11:00 AM Karaoke 11:15 AM	16 Author Hour with Neil Ricco 10:30 AM Karaoke 12:15 PM Friday at the Movies 1:00 PM Arts & Crafts  2:00 PM	17 Special Bingo with TVIA SD 3 1:00 PM

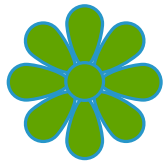
We will be scanning activity cards at all activities this month, so please have them with you!

SUN	MON	TUES	WED	THURS	FRI	SAT
18 Ping Pong	19 Bone-Building Fitness 9:30 AM 	20 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Coloring with Karen 11:45 AM 	21 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 2:00 PM 	22 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Karaoke 11:15 AM Greeting Card Class 1:45 PM 	23 Karaoke 12:15 PM Friday at the Movies 1:00 PM	24 UCSD Life Scholars - Love, Care, Connect Event 8:00 AM - 12:00 PM  Special Bingo with Linh 1:00 PM
25 Ping Pong	26 Bone-Building Fitness 9:30 AM Karaoke 11:00 AM  The History Guy 1:30 PM - 2:30 PM	27 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 LOTERIA in Spanish 1:00 PM	28 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM   Center Closes at 2pm	29 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Karaoke 11:15 AM 	February Punch Card Redemption Day - Two winners at each lunch	

Punch Cards can be redeemed for raffle tickets during lunch on February 29th! Make sure you get those punches!

February Punch Card

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



SERVING
SENIORS

Gary and Mary West Senior Wellness Center

Febrero Actividades 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 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	2 Club de Lectura  10:00 AM Karaoke 12:15 AM Viernes de cine: 1:00 PM	3 Ping Pong
4 Ping Pong	5 Ejercicio para formación de huesos 9:30 AM Mes de la Historia Afroamericana: Profesor Amber 11:00 AM 	6 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 Memorias del museo 2:00 PM	7 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	8 Grupo de caminata 8:45 AM Bingo 10:00 AM Grupo de canto 10:00 AM 365 Connect: Cartas de San Valentín  11:30 AM Civic Engagement 1:00 PM	9 Karaoke 12:15 AM Viernes de cine: 1:00 PM Reunión con helado  2:00 PM	10 Tambores y Danza Africana 11:00 AM 
11 Ping Pong	12 Ejercicio para formación de huesos 9:30 AM Arte para todas las edades  12:30 PM	13 Movimiento Conciente 8:00 AM 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 LOTERIA en Español 1:00 PM	14 Ejercicio para formación de huesos 9:30 AM Ejercicio para formación de huesos 10:35 AM Cosiendo con Eiko  10:00 AM Ama Tu Corazón: Evento de Presión Arterial  1:00 PM to 3:30 PM Clase de tarjetas de felicitación  1:45 PM	15 Grupo de caminata 8:45 AM Demostración de Cocina West  9:30 AM Karaoke 11:15 AM Comida y más para mascotas (PAWS): 11:00 AM Soluciones Positivas Patrocinadas por UPAC 1:00 PM	16 Lectura de Autor: Neil Ricco 10:30 AM Karaoke 12:15 AM Viernes de cine: 1:00 PM Manualidades  2:00 PM	17 Bingo Especial 1:00 PM

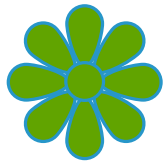
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SUN	MON	TUES	WED	THURS	FRI	SAT
18 Ping Pong	19 Ejercicio para formación de huesos 9:30 AM Karaoke 11:00 AM	20 Grupo de caminata 8:45 AM Vitales 9:00 AM - 10:00 AM Bingo 10:00 AM Con una taza de café 10:00 AM Coloreando con Karen 11:45 AM 	21 Ejercicio para formación de huesos 9:30 AM Ejercicio para formación de huesos 10:35 AM Cosiendo con Eiko  10:00 AM Lecturas cortas y poemas 1:00 PM Celebración de Cumpleaños  2:00 PM	22 Grupo de caminata 8:45 AM Bingo 10:00 AM Grupo de canto 10:00 AM Karaoke 11:15 AM Clase de tarjetas de felicitación  1:45 PM	23 Karaoke 12:15 AM Viernes de cine: 1:00 PM	24  Love, Care, Connect Event with UCSD Life Scholars 8:00 AM to 12:00 PM
25 Ping Pong	26 Ejercicio para formación de huesos 9:30 AM Karaoke 11:00 AM  El Hombre de Historia 1:30 - 2:30 PM	27 Movimiento Conciente 8:00 AM 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 LOTERIA en Español 1:00 PM	28 Ejercicio para formación de huesos 9:30 AM Ejercicio para formación de huesos 10:35 AM Cosiendo con Eiko  10:00 AM Karaoke 12:00 AM	29 Grupo de caminata 8:45 AM Bingo 10:00 AM Grupo de canto 10:00 AM	<p style="text-align: center;">Día de canje de tarjetas perforadas de Febrero: dos ganadores en cada almuerzo</p> 	

Las tarjetas de comida podrán ser intercambiadas por boletos para la rifa el 29 de Febrero.
 Asegúrese de obtener una perforación en cada almuerzo!

February Punch Card

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




SUN	MON	TUES	WED	THURS	FRI	SAT
				1 走一走小组 8:45 AM 賓果遊戲 10:00 AM 歌唱組 10:00 AM 卡拉OK 11:15 AM 中文賓果遊戲 1:00 PM	2 讀書俱樂部  10:00 AM 卡拉OK 12:15 PM 週五看電影: 1:00 PM	3 乒乓
4 乒乓	5 健骨運動俱樂部 9:30 AM 黑人歷史月演講者係列: 安柏教授 11:00 AM 	6 走一走小组 8:45 AM 血壓檢查 9:00 AM - 10:00 AM 賓果遊戲 10:00 AM 卡拉OK 11:15 AM to 12:30 PM 博物館的回憶 2:00 PM	7 志工會議 9:00 - 9:30 AM 健骨運動俱樂部 09:30 AM 健骨運動俱樂部 10:35 AM 與 Eiko 紉縫 10:00 AM  	8 走一走小组 8:45 AM 賓果遊戲 10:00 AM 歌唱組 10:00 AM 365 連接: 製作情人節卡片 11:30 AM 公民參與 1:00 PM 	9 卡拉OK 12:15 PM 週五看電影: 1:00 PM 冰淇淋社交 2:00 PM 	10 非洲鼓樂舞蹈表演 11:00 AM 
11 乒乓	12 健骨運動俱樂部 9:30 AM 適合所有年齡層的藝術 12:30 PM 	13 正念運動  8:00 AM 走一走小组 8:45 AM 血壓檢查 9:00 AM - 10:00 AM 賓果遊戲 10:00 AM 喝杯咖啡談心 10:00 AM 卡拉OK 11:15 AM to 1:30 PM 西班牙語賓果 (Loteria) 1:00 PM	14 健骨運動俱樂部 9:30 AM 健骨運動俱樂部 10:35 AM 與 Eiko 紉縫  10:00 AM 愛你的心: 血壓篩檢活動  1:00 PM to 3:30 PM 卡片制作班  1:45 PM	15 走一走小组 8:45 AM 西式烹飪示範  9:30 AM PAWS 寵物用品 11:00 AM 卡拉OK 11:15 AM	16 尼爾·里科 (Neil Ricco) 的創作時間 10:30 AM 卡拉OK 12:15 PM 週五看電影: 1:00 PM 學工藝美術班  2:00 PM	17 TVIA SD 3 的特殊賓果遊戲 1:00 PM

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SUN	MON	TUES	WED	THURS	FRI	SAT
18 <p style="text-align: center;">乒乓</p>	19 健骨運動俱樂部 9:30 AM 	20 走一走小組 8:45 AM 血壓檢查 9:00 AM 賓果遊戲 10:00 AM 喝杯咖啡談心 10:00 AM 和凱倫一起著色 11:45 AM 	21 健骨運動俱樂部 9:30 AM 健骨運動俱樂部 10:35 AM 與 Eiko 紉縫 10:00 AM 大聲“寫”出來 1:00 PM 生日派對 2:00 PM  	22 走一走小組 8:45 AM 賓果遊戲 10:00 AM 歌唱組 10:00 AM 卡拉OK 11:15 AM 卡片制作班 1:45 PM 	23 卡拉OK 11:15 AM 週五看電影: 1:00 PM	24 加州大學聖地牙哥分校生活學者 - 愛、關懷、聯繫活動 8:00 AM - 12:00 PM  Linh 的特別賓果遊戲 1:00 PM
25 <p style="text-align: center;">乒乓</p>	26 健骨運動俱樂部 9:30 AM 卡拉OK 11:00 AM 歷史專家 1:30 PM - 2:30PM 	27 正念運動 8:00 AM 走一走小組 8:45 AM 血壓檢查 9:00 AM - 10:00 AM 賓果遊戲 10:00 AM 喝杯咖啡談心 10:00 AM 西班牙語賓果 (Loteria) 1:00 PM 	28 健骨運動俱樂部 9:30 AM 健骨運動俱樂部 10:35 AM 與 Eiko 紉縫 10:00 AM   中心下午 2 點關閉	29 走一走小組 8:45 AM 賓果遊戲 10:00 AM 歌唱組 10:00 AM 卡拉OK 11:15 AM	<p style="color: red;">二月打孔卡兌換日 - 當天每個午餐時段 都將會有兩位獲獎者</p> 	

2月29日午餐期間打孔卡可兌換抽獎券！確保你得到那些
打孔！

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				21	
				22	