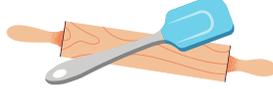


# March Activities

## Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact [volunteer@servingseniors.org](mailto:volunteer@servingseniors.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
<p>1</p> <p><b>Ping Pong</b> All day</p>	<p>2</p>  <p><b>Yoga w/ Yerson</b> 9:00 AM</p> <p><b>Medi-Cal and CalFresh Q&amp;A and Enrollment</b> 10:30 AM - 2:30 PM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p>3</p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Older Adult Presentation w/ Circulate San Diego</b> 10:00 AM</p> <p><b>Over a Cup of Coffee</b> 10:00 AM</p> <p><b>Bingo</b> 2:00 PM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p>4</p> <p><b>Yoga w/ Henry</b> 9:15 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>General Store</b> All Lunches</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p>5</p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM</p> <p><b>Singing Group</b> 10:00 AM</p> <p><b>Karaoke</b> 1:00 PM</p> <p><b>Coloring &amp; Crafts</b> 2:00 PM</p>	<p>6</p> <p><b>CEG/SVA Meeting (Dining Room)</b> 9:00 AM</p> <p><b>Naomi's Crochet Circle</b> 10:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Friday at the Movies</b> 1:00 PM</p> 	<p>7</p> <p><b>Ping Pong</b> All day</p>
<p>8</p> <p><b>International WOMENS Day</b></p> <p><b>Ping Pong</b> All day</p>  <p><b>Daylight Saving Time (DST) starts. Push those clocks forward!</b></p>	<p>9</p> <p><b>Yoga w/ Yerson</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p>10</p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM</p> <p><b>Over a Cup of Coffee</b> 10:00 AM</p> <p><b>Bingo</b> 2:00 PM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p>11</p>  <p><b>Pilates w/ Henry</b> 9:15 AM - 9:45 AM</p> <p><b>American Lung Cancer Awareness Presentation</b> 10:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>PAWS: Pet Supply</b> 11:00 AM</p> <p><b>Greeting Card Class w/ Letitia</b> 2:00 PM</p>	<p>12</p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM</p> <p><b>Singing Group</b> 10:00 AM</p> <p><b>Karaoke</b> 1:00 PM</p> <p><b>Coloring &amp; Crafts</b> 2:00 PM</p>	<p>13</p> <p><b>SVA Meeting (MBSR)</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Friday at the Movies</b> 1:00 PM</p> <p><b>Ice Cream Social</b> 2:00 PM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p>14</p>  <p><b>Culinary Presentation w/ Compassionate Companions</b> Doors open 9:30 AM Activity starts 10:00 AM</p>
<p>15</p> <p><b>Ping Pong</b> All day</p>	<p>16</p> <p><b>Yoga w/ Yerson</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p>17</p> <p><b>HAPPY ST. PATRICK'S DAY</b></p> <p><b>Walking Group Outing to Balboa Park</b> 8:45 AM</p> <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM</p> <p><b>Over a Cup of Coffee</b> 10:00 AM</p> <p><b>Bingo</b> 2:00 PM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p>18</p> <p><b>Yoga w/ Henry</b> 9:15 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p>19</p>  <p><b>Blood Pressure Check</b> 9:00 AM</p> <p><b>West Cooking Demo</b> Doors open 9:30 AM Demo starts 10:00 AM</p> <p><b>Karaoke</b> 1:00 PM</p> <p><b>Coloring &amp; Crafts</b> 2:00 PM</p> 	<p>20</p> <p><b>SPRING</b></p> <p><b>CEG Meeting (MBSR)</b> 9:00 AM</p> <p><b>Spoken Word Workshop (MBSR)</b> 10:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Friday at the Movies</b> 1:00 PM</p> <p><b>Arts &amp; Crafts</b> 2:00 PM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p> 	<p>21</p> <p><b>Ping Pong</b> All day</p>

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SUN	MON	TUES	WED	THURS	FRI	SAT
<p>22</p> <p>Ping Pong All day</p>	<p>23</p> <p>Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM</p>	<p>24</p> <p>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 Karaoke 3:00 PM</p>	<p>25</p> <p>Walking Group to the Women's Museum of California 8:45 AM Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Quiet Utility Hour 3:00 PM</p> 	<p>26</p> <p>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 Karaoke 1:00 PM Coloring &amp; Crafts 2:00 PM</p>	<p>27</p> <p>Coffee Hour 10:00 AM Friday at the Movies 1:00 PM USS Midway Presentation 2:00 PM Quiet Utility Hour 3:00 PM</p> 	<p>28</p> <p>Ping Pong All day</p>
<p>29</p> <p>Ping Pong All day</p>	<p>30</p> <p>Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM</p>	<p>31</p> <p></p> <p>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 Karaoke 3:00 PM</p> 				

### March Punch Card

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

Lunch Punch Cards can be redeemed for raffle tickets during lunch on March 31st. Make sure you get those punches!