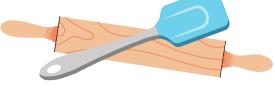


February Activities

SERVING
SENIORS

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact 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
						
1 Ping Pong All day	2  Yoga w/ Yerson 9:00 AM Medi-Cal and CalFresh Q&A and Enrollment 10:30 AM - 2:30 PM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	3 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	4 Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Financial Literacy w/ US Bank 10:30 AM Quiet Utility Hour 3:00 PM	5 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 & Crafts 2:00 PM	6  CEG/SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Lunar New Year 2026 2:00 PM	7  Ping Pong All day
8 Ping Pong All day	 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Love Your Heart Event w/ Health Education 11:00 AM Quiet Utility Hour 3:00 PM	9 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	10 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	11  Pilates w/ Henry 9:15 AM Coffee Hour 10:00 AM PAWS: Pet Supply 11:00 AM Greeting Card Class w/ Letitia 2:00 PM	12  Blood Pressure Check 9:00 AM West Cooking Demo Doors open 9:30 AM Demo starts 10:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	13  SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM Quiet Utility Hour 3:00 PM
						14  Valentine's Party 10:00 AM - 12:30 PM Bingo 1:00 PM

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SUN	MON	TUES	WED	THURS	FRI	SAT
15 Ping Pong All day	16  Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM 	17  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	18  Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Quiet Utility Hour 3:00 PM	19  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 & Crafts 2:00 PM	20  Spoken Word Workshop (MBSR) 10:00 AM Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	21  Bingo 1:00 PM
22 Ping Pong All day	23  Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	24  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	25  Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	26  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 & Crafts 2:00 PM	27  Coffee Hour 10:00 AM Lunch Punch Raffle All Lunches Friday at the Movies 1:00 PM Buffalo Soldiers Presentation 2:00 PM Quiet Utility Hour 3:00 PM	28  Ping Pong All day



Lunch Punch Cards can be redeemed for raffle tickets during lunch on February 27th. Make sure you get those punches!