

February Activities

SERVING
SENIORS

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@servingseiors.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




BLACK
HISTORY
MONTH



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



9

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

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



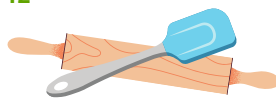
Pilates w/ Henry
9:15 AM

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

February Punch Card

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22			

Join us for lunch to get a punch.

Reach the numbered image for entries into the raffle. Maximum of 6 entries possible.

One punch per lunch.

One card per person.

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