

# March Activities

## Judith L. Seltz Senior Wellness Center

5257 Mt Etna Dr, San Diego, CA 92117. Contact [volunteer@serving seniors.org](mailto:volunteer@serving seniors.org) for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Bingocize 1:00 PM	3	4 Bingocize and Blood Pressure Check 1:00 PM	5 Yoga w/ Henry 10:00 AM Technology Letters with High Tech High 12:00 PM, during lunch Bingo 1:30 PM Arts & Crafts 2:30 pm	6	7
8 International WOMENS Day  Daylight Saving Time (DST) starts. Push those clocks forward! 	9 Bingocize 1:00 PM	10	11 Bingocize and Blood Pressure Check 1:00 PM	12 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	13	14 
15	16 Bingocize 1:00 PM Technology Conversations and Cake with High Tech High 2:00 PM	17 HAPPY ST. PATRICK'S DAY  Civic Engagement Group 10:00 AM to 10:30 AM	18 Bingocize and Blood Pressure Check 1:00 PM	19 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	20 SPRING  Technology Conversations and Cake with High Tech High 2:00 PM	21 
22	23 Bingocize 1:00 PM	24	25 Bingocize and Blood Pressure Check 1:00 PM	26 Yoga w/ Henry 10:00 AM Birthday Bingo 1:30 PM 	27	28
29	30 Bingocize 1:00 PM	31 				

Case Management available by appointment.