

April Activities

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
			<p>1</p>  <p>Yoga w/ Henry 9:15 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>2</p> <p>Walking Group 8:45 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 10:00 AM</p> <p>Appreciation Card Workshop & Crafts 11:00 AM - 3:00 PM</p> <p>Karaoke 1:00 PM</p>  	<p>3</p> <p>CEG/SVA Meeting (MBSR) 9:00 AM</p> <p>Naomi's Crochet Circle 10:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Friday at the Movies 1:00 PM</p>	<p>4</p> <p>Ping Pong All day</p>
<p>5</p>  <p>Ping Pong All day</p>	<p>6</p>  <p>Yoga w/ Yerson 9:00 AM</p> <p>Medi-Cal and CalFresh Q&A and Enrollment 10:30 AM - 2:30 PM</p> <p>Coffee Hour 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>7</p> <p>Walking Group 8:45 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Over a Cup of Coffee 10:00 AM</p> <p>Health Presentation 11:30 AM</p> <p>Bingo 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>8</p>  <p>Pilates w/ Henry 9:15 AM</p> <p>Coffee Hour 10:00 AM</p> <p>PAWS: Pet Supply 11:00 AM</p> <p>Greeting Card Class w/ Letitia 2:00 PM</p>	<p>9</p> <p>Walking Group 8:45 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 11:00 AM</p> <p>Appreciation Card Workshop & Crafts 11:00 AM - 3:00 PM</p> <p>Karaoke 1:00 PM</p>	<p>10</p> <p>SVA Meeting (MBSR) 9:00 AM</p> <p>Friday Bingo 9:30 AM - 10:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Ice Cream Social and Painting 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p> 	<p>11</p> <p>Painting w/ Girl Scouts 10:00 AM</p>
<p>12</p> <p>Ping Pong All day</p>	<p>13</p> <p>Yoga w/ Yerson 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>14</p> <p>Walking Group 8:45 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Over a Cup of Coffee 10:00 AM</p> <p>Bingo 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>15</p> <p>Yoga w/ Henry 9:15 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Birthday Party 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p> 	<p>16</p>  <p>Blood Pressure Check 9:00 AM</p> <p>West Cooking Demo Doors open 9:30 AM Demo starts 10:00 AM</p> <p>Karaoke 1:00 PM</p> <p>Coloring & Crafts 2:00 PM</p>	<p>17</p> <p>CEG Meeting (MBSR) 9:00 AM</p> <p>Spoken Word Workshop (MBSR) 10:00 AM</p> <p>Naomi's Crochet Circle 10:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Arts & Crafts 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>18</p>  <p>Plant & Paint w/ Girl Scouts 10:00 AM</p> <p>Crafting w/ TVIA 11:00 AM</p> <p>Bingo w/ TVIA 12:00 PM</p> <p>Bingo w/ Snoops for Soups 1:00 PM</p>

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SUN	MON	TUES	WED	THURS	FRI	SAT
19 Ping Pong All day	20 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	21 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 Social Services Workshop w/ Do Santo (Spanish) 11:00 AM Bingo 2:00 PM Karaoke 3:00 PM	22  Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	23 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	24  Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	25 Ping Pong All day
26 Ping Pong All day	27 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	28 Walking Group to the Museum of Us 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 Social Services Workshop w/ Do Santo (Spanish) 11:00 AM Bingo 2:00 PM Karaoke 3:00 PM	29 Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	30 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 11:00 AM Lunch Punch Raffle All Lunches Karaoke 1:00 PM Coloring & Crafts 2:00 PM 		

April 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	

Lunch Punch Cards can be redeemed for raffle tickets during lunch on April 30th. Make sure you get those punches!