

1525 Fourth Ave, San Diego, CA 92101

Contact: volunteer@servingseniors.org or 619-487-0621 for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Gathering Place Multipurpose Hour 11:15 AM Chinese Bingo 1:00 PM	Senior Book Club 10:00 AM  Karaoke 12:15 PM  Friday at the Movies 1:00 PM	3 Ping Pong
4 Ping Pong	Eye Clinic 8:00 AM-3:00 PM Bone-Building Fitness 9:30 AM Sound Bath 10:45 AM Karaoke 11:00 AM	Walking Group 8:45 AM  Vitals 9:00 AM to 10:00 AM  Bingo 10:00 AM  Over a Cup of Coffee 10:00 AM  Gathering Place Multipurpose Hour 11:15 AM	7 Civic Eng. & Senior Volunteer Mtg 9:00 to 9:30 Bone-Building Fitness 9:30 AM Quilting with Eiko 10:00 AM Bone-Building Fitness 10:35 AM Senior Prom 2:00-4:00	8 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Gathering Place Multipurpose Hour 11:15 AM	Cardio Drumming 10:45  Karaoke 12:15 PM  Friday at the Movies 1:00 PM  Ice Cream Social 2:00 PM	<b>10</b> Special Bingo with Linh 1:00-2:00 PM
11 Ping Pong	Bone-Building Fitness 9:30 AM  Zumba 10:45 AM  Karaoke 12:00 PM	13 Walking Group 8:45 AM  Bingo 10:00 AM  Over a Cup of Coffee 10:00 AM  Gathering Place Multipurpose Hour 11:15 AM to 1:30 PM	Bone-Building Fitness 9:30 AM Quilting with Eiko 10:00 AM Bone-Building Fitness 10:35 AM Karaoke 12:00 PM Jewelry Making 1:45 PM	Walking Group 8:45 AM  West Cooking Demo 9:30 AM  PAWS: Pet Supply 11:00 AM  Gathering Place Multipurpose Hour 11:15 AM	Author Hour with Neil Ricco 10:30 AM Eye Care with Sydney 11:30 AM Gathering Place Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM	17



## **Gary and Mary West Senior Wellness Center**

## **August Activities**

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SUN	MON	TUES	WED	THURS	FRI	SAT
18 Ping Pong	Bone-Building Fitness 9:30 AM  Karaoke 11:00 AM  Art for All Ages 12:30 AM	Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Coloring with Karen 11:45 AM	Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM Write Out Loud 1:00 PM Birthday Party 2:00 PM Karaoke 3:00 PM	22 Walking Group 8:45 AM  Bingo 10:00 AM Singing Group 10:00 AM  Gathering Place Multipurpose Hour 11:15 AM  Jewelry Making 1:45 PM	Free Legal Clinic (sign up at Info. and Referral) 8:45-12:00  Cardio Drumming 10:45 AM  Sexual Health 12:00 PM  Friday at the Movies 1:00 PM	24
25 Ping Pong	Bone-Building Fitness 9:30 AM Karaoke 11:00 AM The History Guy 1:30 PM - 2:30 PM	27 Walking Group 8:45 AM  Vitals 9:00 AM  Bingo 10:00 AM  Over a Cup of Coffee 10:00 AM  Gathering Place Multipurpose Hour 2:30 - 3:30 PM	Bone-Building Fitness 9:30 AM  Bone-Building Fitness 10:35 AM  Quilting with Eiko 10:00 AM  Karaoke 12:00 PM	Walking Group 8:45 AM  Bingo 10:00 AM  Singing Group 10:00 AM  Gathering Place Multipurpose Hour 11:15 AM	30 Karaoke 12:15 PM Friday at the Movies 1:00 PM	August Punch Card Redemption Day - Two winners at each lunch

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

