

August Activities

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@serving seniors.org for more information.
We will be scanning activity cards at all activities this month, so please have them with you.

SERVING
SENIORS

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Coffee Hour 10:00 AM Coloring with Karen 11:00 AM - 2:00 PM Friday at the Movies 1:00 PM Karaoke 3:00 PM	2 Ping Pong All day Knitting with Eiko 1:00 PM
3 Ping Pong All day Knitting with Eiko 1:00 PM	4 Strength Training w/ Rosana 9:30 AM Coffee Hour 10:00 AM Medicare Assistance 11:00 AM - 2:00 PM Karaoke 3:00 PM 	5 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 Quiet Utility Hour 3:00 PM	6 CEG & SVA Meeting (MBSR) 9:00 AM Pilates w/ Rosana 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM 	7 Walking Group 8:45 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	8 Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM Karaoke 3:00 PM	9 Ping Pong All day Knitting with Eiko 1:00 PM
10 Ping Pong All day Knitting with Eiko 1:00 PM	11  Strength Training w/ Rosana 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	12 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 Quiet Utility Hour 3:00 PM 	13 Yoga w/ Rosana 9:30 AM Coffee Hour 10:00 AM PAWS: Pet Supply 11:00 AM Animal Meet & Greet w/ SD Zoo 2:00 PM Karaoke 3:00 PM 	14  West Cooking Demo 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	15 Coffee Hour 10:00 AM Spoken Word Workshop 10:00 AM Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM Karaoke 3:00 PM	16 Ping Pong All day Knitting with Eiko 1:00 PM

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17 Ping Pong All day Knitting with Eiko 1:00 PM	18 Strength Training w/ Rosana 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	19 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Health Presentation 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM	20 SVA Meeting (MBSR) 9:00 AM Zumba w/ Rosana 9:30 AM Coffee Hour 10:00 AM Senior Idol 2:00 PM Karaoke 3:00 PM	21 Walking Group 8:45 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	22 Coffee Hour 10:00 AM Coloring with Karen 11:00 AM - 2:00 PM Friday at the Movies 1:00 PM Karaoke 3:00 PM	23 Ping Pong All day Knitting with Eiko 1:00 PM
24 Ping Pong All day Knitting with Eiko 1:00 PM Ping Pong All day Knitting with Eiko 1:00 PM	25 Strength Training w/ Rosana 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	26 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 Quiet Utility Hour 3:00 PM	27 CEG Meeting (MBSR) 9:00 AM Pilates w/ Rosana 9:30 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Karaoke 3:00 PM	28 Walking Group 8:45 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	29 Coffee Hour 10:00 AM Lunch Punch Raffle All lunches Friday at the Movies 1:00 PM Karaoke 3:00 PM	30 Ping Pong All day Knitting with Eiko 1:00 PM

August Punch Card



Join us for lunch & get a punch.

Reach the 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 August 29th.
Make sure you get those punches!

