

November 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

Native American Heritage Month



1
Dia de Los MUERTOS
Life's Journey w/ UCSD Life Course Scholars
9:00 AM

2
Daylight Saving Time (DST) Ends! Remember to move your clocks back one hour.



3
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

4
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

5
Yoga w/ Henry
9:15 AM
Coffee Hour
10:00 AM
Arts & Crafts w/ Envoy Consultants
11:00 AM
Quiet Utility Hour
3:00 PM

6
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

7
CEG/SVA Meeting (MBSR)
9:00 AM
Nutrition Education Course (6/6)
10:00 AM
Coffee Hour
10:00 AM
Friday at the Movies
1:00 PM
Quiet Utility Hour
3:00 PM

8
Weekend Bingo w/ Snoops for Soups
1:00 PM

Ping Pong
All day

9
Yoga w/ Yerson
9:00 AM
Coffee Hour
10:00 AM
Quiet Utility Hour
3:00 PM



10
Walking Group
8:45 AM
Blood Pressure Check
9:00 AM
Bingo
10:00 AM
Coffee Hour
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
Health Presentation
10:00 AM
Coffee Hour
10:00 AM
PAWS: Pet Supply
11:00 AM
Quiet Utility Hour
3:00 PM

12
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

13
SVA Meeting (MBSR)
9:00 AM
Coffee Hour
10:00 AM
Friday at the Movies
1:00 PM
Ice Cream Social and Device Accessibility Workshop w/ the Legal Aid Society
2:00 PM
Quiet Utility Hour
3:00 PM

14
Weekend Bingo w/ Aztec Professional Pre-Health Organization
1:00 PM

Ping Pong
All day

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SUN	MON	TUES	WED	THURS	FRI	SAT
16 Ping Pong All day	17 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	18 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	19 Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Quiet Utility Hour 3:00 PM	20  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	21 CEG Meeting (MBSR) 9:00 AM Spoken Word Workshop (MBSR) 10:00 AM Coffee Hour 10:00 AM Lunch Punch Raffle All Lunches Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	22 Weekend Bingo w/ CCA Key Club 1:00 PM
23 Ping Pong All day	24 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	25 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	26 Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	27 	28 Early Lunch Punch Raffle due to upcoming holidays. All participants will receive 2 extra entries!	 Ping Pong All day
30						

November 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 & 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 November 21st. Make sure you get those punches!