

November Activities

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@servingseiors.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>Coffee Hour 10:00 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>2</p> <p>Ping Pong</p>
<p>3</p> <p>Ping Pong</p> 	<p>4</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Sound Bath 10:45 AM</p> <p>Karaoke 3:00 PM</p>	<p>5</p> <p>Walking Group 8:45 AM</p> <p>Vitals 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM, 2:00 PM</p> <p>Over a Cup of Coffee 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>6</p> <p>CEG & SVA Meeting 9:00 AM</p> <p>Bone-Building Fitness 9:30 AM and 10:35 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Quilting with Eiko 10:00 AM</p> <p>Karaoke 3:00 PM</p> 	<p>7</p> <p>Walking Group 8:45 AM</p> <p>Singing Group 10:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>8</p> <p>Coffee Hour 10:00 AM</p>  <p>Senator Toni Atkins Honoring Paul Downey 10:30 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Ice Cream Social 2:00 PM</p> <p>Karaoke 3:00 PM</p> 	<p>9</p> <p>Special Weekend Bingo w/ MADCAPS 1:00 PM</p>
<p>10</p> <p>Ping Pong</p>	<p>11</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Zumba 10:45 AM</p> <p>Karaoke 3:00 PM</p>	<p>12</p> <p>Walking Group 8:45 AM</p> <p>Vitals 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM, 2:00 PM</p> <p>Over a Cup of Coffee 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>13</p> <p>Bone-Building Fitness 9:30 AM and 10:35 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Quilting with Eiko 10:00 AM</p> <p>PAWS: Pet Supply 11:00 AM</p> <p>Karaoke 3:00 PM</p> 	<p>14</p> <p>Cooking Demo 9:30 AM</p> <p>Quiet Utility Hour 3:00 PM</p> 	<p>15</p> <p>Coffee Hour 10:00 AM</p> <p>Author Hour 10:00 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Arts & Crafts 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>16</p> <p>Special Weekend Bingo w/ Linh 1:00 PM</p>

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SUN	MON	TUES	WED	THURS	FRI	SAT
17 Ping Pong	18 Bone-Building Fitness 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	19 Walking Group 8:45 AM Vitals 9:00 AM Coffee Hour 10:00 AM Homelessness Presentation 10:00 AM Over a Cup of Coffee 10:00 AM Quiet Utility Hour 3:00 PM	20 Bone-Building Fitness 9:30 AM and 10:35 AM Coffee Hour 10:00 AM Quilting with Eiko 10:00 AM Birthday Party 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 Quiet Utility Hour 3:00 PM	22 Coffee Hour 10:00 AM Cardio Drumming 10:45 AM Friday at the Movies 1:00 PM Karaoke 3:00 PM	23 Ping Pong
24 Ping Pong	25 Bone-Building Fitness 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	26 Walking Group 8:45 AM Vitals 9:00 AM Coffee Hour 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM	27 Bone-Building Fitness 9:30 AM and 10:35 AM Coffee Hour 10:00 AM Quilting with Eiko 10:00 AM Karaoke 3:00 PM	28 29 		30 Ping Pong

Lunch Punch Card Redemption Day! (11/22)

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 22th. Make sure you get those punches!