

SERVING
SENIORS

Gary and Mary West Senior Wellness Center

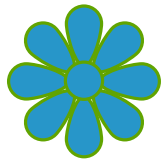
October Activities

1525 Fourth Ave, San Diego, CA 92101

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

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Connecting Through Collage 10:00 AM
2	3 Bone-Building Fitness 9:30 AM	4 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM	5 Bone-Building Fitness 9:30 AM	6 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM	7 Connecting Through Collage 10:00 AM Friday at the Movies: Midway 1:00 PM	8
9	10 Bone-Building Fitness 9:30 AM Soul Line Dancing 11:00 AM Ping Pong + Chess 1:00 PM	11 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Oral Health Class 2:00 PM	12 Bone-Building Fitness 9:30 AM Greeting Card Class 1:30 PM	13 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM Civic Engagement 1:00 PM	14 Cardio Drumming 9:00 AM Cancer Awareness Presentation 1:00 PM Friday at the Movies: Hiroshima 1:00 PM Ice Cream Social 2:00 PM	15

We will be scanning activity cards at all activities this month, so please have it with you!



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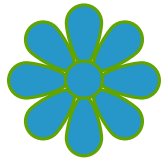
SUN	MON	TUES	WED	THURS	FRI	SAT
16 	17 Bone-Building Fitness 9:30 AM Soul Line Dancing 11:00 AM Art for All Ages 12:30 PM	18 Walking Group 8:45 AM Vitals 9:00 AM West Cooking Demo 9:30 AM Over a Cup of Coffee 10:00 AM Bingo Cancelled 10:00 AM Memory Screening 1:00 - 4:00 PM	19 Bone-Building Fitness 9:30 AM Vaccine Clinic <i>Dining Room</i> 10:00 AM - 1:00PM Write Out Loud 1:00 PM Birthday Party + Karaoke 2:00 PM	20 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM PAWS Pet Supply 11:00 AM - 12:00 PM	21 Recycled Art with Marie 11:00 AM Presentation: Health and Pain Management 12:00 PM Friday at the Movies: Hurt Locker 1:00 PM	22 Special Bingo with Lin 1:00 PM
23 	24 Bone-Building Fitness 9:30 AM The History Guy 1:30 PM	25 Mindful Movement 8:00 AM Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Clase de educación en salud bocal 2:00 PM	26 Bone-Building Fitness 9:30 AM Home Organizing Tips with Carol 11:00 AM Greeting Card Class 1:30 PM	27 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM Civic Engagement 1:00 PM General Store Hours: 1:30 - 2:30 PM	28 Cardio Drumming 9:00 AM Recycled Art with Marie 11:00 AM  Senior Homecoming!	29
30 	31 Bone-Building Fitness 9:30 AM					

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Want to win a free \$10 VISA Gift Card?

Every activity you attend gives you another entry into our monthly gift card raffle! 5 winners will be chosen on **October 31st.**





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老年中心十月份活動

1525 Fourth Ave, San Diego, CA 92101

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

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 人生故事拼貼畫班 10:00 AM
2	3 健骨運動俱樂部 9:30 AM	4 走一走小組 8:45 AM 血壓檢查 9:00 AM 賓果 10:00 AM 喝杯咖啡談心學習小組 10:00 AM	5 健骨運動俱樂部 9:30 AM	6 走一走小組 8:45 AM 賓果 10:00 AM 歌唱組 10:00 AM	7 人生故事拼貼畫班 10:00 AM 週五看電影: 決戰中途島 Midway 1:00 PM	8
9	10 健骨運動俱樂部 9:30 AM 靈樂排舞俱樂部 11:00 AM 乒乓+ 圍棋 1:00 PM	11 走一走小組 8:45 AM 血壓檢查 9:00 AM 賓果 10:00 AM 喝杯咖啡談心學習小組 10:00 AM 口腔健康座談會 2:00 PM	12 健骨運動俱樂部 9:30 AM 卡片製作班 1:30 PM	13 走一走小組 8:45 AM 賓果 10:00 AM 歌唱組 11:00 AM 公民參與 1:00 PM	14 有氧擊鼓運動 9:00 AM 癌症意識座談會 1:00 PM 週五看電影: 廣島之戀 Hiroshima 1:00 PM 冰淇淋社交時間 2:00 PM	15

我們將在本月的所有活動中掃描客人的老年中心ID卡，所以請記得隨身攜帶！



老年中心十月份活動

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我們將在本月的所有活動中掃描客人的老年中心ID卡，所以請記得隨身攜帶!

您參加的每一項活動都會給您多一次的機會參與我們每月的禮品卡抽獎活動！5名獲獎者將會在10月31日抽出。

