


SERVING
SENIORS

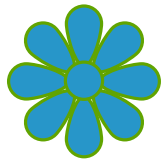
Gary and Mary West Senior Wellness Center

September 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 Walking Group 8:45 AM Singing Group 10:00 AM Bingo 10:00 AM	2 Ping Pong + Chess 10:00 AM Friday at the Movies: Reservoir Dogs 1:00 PM	3 Center closes at 12:00pm for special event
4	5 Labor Day! 	6 Walking Group 8:45 AM Vitals 9:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM	7 Bone-Building Fitness 9:30 AM <i>Join & get a free exercise towel.</i> Presentation: Medicare Fraud Alert 10:00 AM Presentation: Safe Driving with Circulate San Diego 3:00 PM	8 Walking Group - Walking Field Trip hosted by Circulate San Diego 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM Civic Engagement 1:00 PM	9 Ping Pong + Chess 10:00 AM Friday at the Movies: Kill Bill 1:00 PM Ice Cream Social 2:00 PM	10
11	12 Bone-Building Fitness 9:30 AM Soul Line Dancing 11:00 AM <i>Join & get a free exercise towel.</i> Ping Pong + Chess 1:00 PM	13 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 Oral Health Class 2:00 PM	14 Bone-Building Fitness 9:30 AM Greeting Card Class 1:30 PM	15 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM PAWS Pet Supply 11:00 AM - 12:00 PM	16 Cardio Drumming 9:00 AM <i>Join & get a free exercise towel.</i> Ping Pong + Chess 11:30 AM Friday at the Movies: Kill Bill 2 1:00 PM	17 Special Bingo with Lin 1:00 PM



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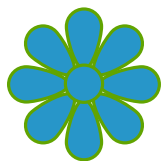
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SUN	MON	TUES	WED	THURS	FRI	SAT
18	19 Bone-Building Fitness 9:30 AM Soul Line Dancing 11:00 AM Art for All Ages 12:00 PM	20 Mindful Movement 8:00 AM Walking Group 8:45 AM Vitals 9:00 AM Over a Cup of Coffee 10:00 AM Bingo 10:00 AM	21 Bone-Building Fitness 9:30 AM Write Out Loud 1:00 PM Birthday Party 2:00 PM	22 Walking Group 8:45 AM West Cooking Demo 9:30 AM Civic Engagement 1:00 PM General Store Hours: 1:30 - 2:30 PM	23 Ping Pong + Chess 10:00 AM Friday at the Movies: Once Upon a Time in Hollywood 1:00 PM	24 Special Bingo with Lin 1:00 PM
25	26 Bone-Building Fitness 9:30 AM The History Guy 1:30 PM	27 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	28 Bone-Building Fitness 9:30 AM Greeting Card Class 1:30 PM	29 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 11:00 AM	30 Cardio Drumming 9:00 AM <i>Join & get a free exercise towel.</i> Ping Pong + Chess 11:30 AM Friday at the Movies: Inglorious Bastards 1:00 PM	

Don't have your new Serving Seniors card yet?
 Check in with Karin at the Front Desk to get yours.






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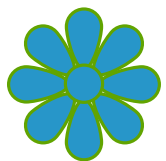
Gary and Mary West Senior Wellness Center

老年中心九月份活動

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 走一走小組 8:45 AM 歌唱組 10:00 AM 賓果 10:00 AM	2 乒乓+ 圍棋 10:00 AM 週五看電影: 落水狗 Reservoir Dogs 1:00 PM	3 老年中心於中午 12:00點關閉以舉辦 特別活動
4	5 勞動節! 	6 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	7 健骨運動俱樂部 9:30 AM 參加此活動可以免費獲 得一條運動毛巾 演講: Medicare醫療保 險欺詐提示 10:00 AM 演講: 安全駕駛 Circulate San Diego 3:00 PM	8 走一走小組 - 由Circulate San Diego 主辦 8:45 AM 賓果 10:00 AM 歌唱組 11:00 AM 公民參與 1:00 PM	9 乒乓+ 圍棋 10:00 AM 週五看電影: 標殺令 Kill Bill 1:00 PM 冰淇淋社交時間 2:00 PM	10
11	12 健骨運動俱樂部 9:30 AM 靈樂排舞俱樂部 11:00 AM 參加此活動可以免費 獲得一條運動毛巾 乒乓+ 圍棋 1:00 PM	13 正念運動 8:00 AM 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	14 健骨運動俱樂部 9:30 AM 卡片製作班 1:30 PM	15 走一走小組 8:45 AM 賓果 10:00 AM 歌唱組 11:00 AM PAWS寵物食品/用品 供應 11:00 AM - 12:00 PM	16 有氧擊鼓運動 9:00 AM 參加此活動可以免費 獲得一條運動毛巾 乒乓+ 圍棋 11:30 AM 週五看電影: 標殺令2 Kill Bill 2 1:00 PM	17 特別賓果 1:00 PM



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老年中心九月份活動

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SUN	MON	TUES	WED	THURS	FRI	SAT
18	19 健骨運動俱樂部 9:30 AM 靈樂排舞俱樂部 11:00 AM 不分年齡段的藝術時間 12:00 PM	20 正念運動 8:00 AM 走一走小組 8:45 AM 血壓檢查 9:00 AM 喝杯咖啡談心學習小組 10:00 AM 賓果 10:00 AM	21 健骨運動俱樂部 9:30 AM 大聲“寫”出來 1:00 PM 生日派對 2:00 PM	22 走一走小組 8:45 AM 西廚示範 9:30 AM 公民參與 1:00 PM 雜貨店時間: 1:30 - 2:30 PM	23 乒乓+ 圍棋 10:00 PM 週五看電影: 從前, 有個好萊塢 Once Upon a Time in Hollywood 1:00 PM	24 特別賓果 1:00 PM
25	26 健骨運動俱樂部 9:30 AM 講歷史故事時間 1:30 PM	27 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 口腔健康教育 - 西班牙文 2:00 PM	28 健骨運動俱樂部 9:30 AM 卡片製作班 1:30 PM	29 走一走小組 8:45 AM 賓果 10:00 AM 歌唱組 11:00 AM	30 有氧擊鼓運動 9:00 AM 乒乓+ 圍棋 11:30 AM 週五看電影: 無恥混蛋 Inglorious Bastards 1:00 PM	

沒有Serving Seniors 老年中心的新卡嗎?
與前台的 Karin (卡琳) 聯繫以獲取您的新卡。

