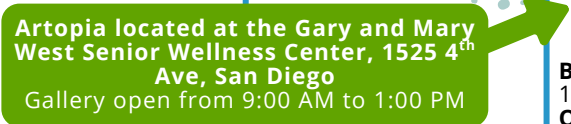


October Activities

SERVING
SENIORS

Judith L. Seltz Senior Wellness Center

5257 Mt Etna Dr, San Diego, CA 92117. Contact volunteer@serving seniors.org for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Blood Pressure Check 1:00 PM Open Chat with Health Education 2:30 PM	2 Bingo 1:30 PM	3	4
5	6	7	8 Blood Pressure Check 1:00 PM Open Chat with Health Education 2:30 PM	9 Yoga w/ Henry 10:00 AM Bingo 1:30 PM Arts & Crafts w/ Beth 2:30 PM	10	11
12	13 	14	15 Blood Pressure Check 1:00 PM Open Chat with Health Education 2:30 PM	16 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	17	18
19	20 	21	22 Blood Pressure Check 1:00 PM Open Chat with Health Education 2:30 PM	23 Yoga w/ Henry 10:00 AM Birthday Bingo 1:30 PM	24	25
26	27 	28	29  Blood Pressure Check 1:00 PM Open Chat with Health Education 2:30 PM	30 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	31 	

Case Management available by appointment.