


SERVING  
SENIORS

# Gary and Mary West Senior Wellness Center

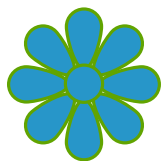
## January Activities

1525 Fourth Ave, San Diego, CA 92101

Contact: [volunteer@servingseiors.org](mailto:volunteer@servingseiors.org) or 619-487-0621 for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1</b> 	<b>2</b> <b>Bone-Building Fitness</b> 9:30 AM	<b>3</b> <b>Mindful Movement</b> 8:00 AM <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM	<b>4</b> <b>Bone-Building Fitness</b> 9:30 AM  <b>Arts and Crafts</b> 11:00 AM	<b>5</b> <b>Walking Group</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 10:00 AM	<b>6</b> <b>Recycled Art w/ Marie</b> 9:00 AM - 11:00 AM  <b>Friday at the Movies:</b> <i>The Greatest Show on Earth</i> 1:00 PM	<b>7</b> <b>Crafts for Care: Jewelry Making</b> 10:00 AM
<b>8</b> 	<b>9</b> <b>Bone-Building Fitness</b> 9:30 AM  <b>Sending Sentiments</b> 12:00 PM	<b>10</b> <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM <b>Karaoke Hour</b> 12:00 PM <b>Oral Health Class</b> 1:00 PM	<b>11</b> <b>Bone-Building Fitness</b> 9:30 AM  <b>Presentation:</b> Balboa Park Museum Passes Information Session 10:30 AM  <b>Greeting Card Class</b> 1:30 PM	<b>12</b> <b>Walking Group</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 11:00 AM	<b>13</b> <b>Cardio Drumming</b> 9:00 AM  <b>Friday at the Movies:</b> <i>Edward Scissorhands</i> 1:00 PM  <b>Ice Cream Social</b> <i>Now with sugar free options</i> 2:00 PM	<b>14</b> <b>Special Bingo with Linh</b> 1:00 PM
<b>15</b> January 16th is 	<b>16</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Art for All Ages</b> 12:30 PM <b>Ping Pong + Chess</b> 2:00 PM	<b>17</b> <b>Mindful Movement</b> 8:00 AM <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Bingo</b> 10:00 AM <b>Over a Cup of Coffee</b> 10:00 AM	<b>18</b> <b>Bone-Building Fitness</b> 9:30 AM <b>Health Education:</b> A Healthier You 1:00 PM <b>Birthday Party</b> 2:00 PM  <b>Center closes at 2:30 PM!</b>	<b>19</b> <b>Walking Group</b> 8:45 AM <b>West Cooking Demo</b> 9:30 AM  <b>Bingo Canceled</b> 10:00 AM  <b>PAWS Pet Supply</b> 11:00 AM - 12:00 PM	<b>20</b> <b>Author Event with Neil Ricco</b> <i>King Virus</i> 10:30 AM  <b>Friday at the Movies:</b> <i>The March (2013)</i> 1:00 PM	<b>21</b> <b>TVIA Game Day</b> 1:00 PM

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



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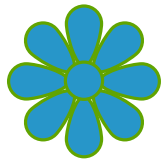
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SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>22</b></p>	<p><b>23</b>  <b>Bone-Building Fitness</b>            9:30 AM  <b>Soul Line Dancing</b>            11:00 AM  <b>The History Guy</b>            1:30 PM</p>	<p><b>24</b>  <b>Walking Group</b>            8:45 AM  <b>Vitals</b>            9:00 AM  <b>Over a Cup of Coffee</b>            10:00 AM  <b>Bingo</b>            10:00 AM  <b>Presentation: Military Veteran Resources</b>            1:00 PM</p>	<p><b>25</b>  <b>Bone-Building Fitness</b>            9:30 AM  <b>Write Out Loud</b>            1:00 PM  <b>Greeting Card Class</b>            2:00 PM  <b>Chinese Bingo</b>            2:30 PM - 3:30 PM</p>	<p><b>26</b>  <b>Walking Group</b>            8:45 AM  <b>Bingo</b>            10:00 AM  <b>Singing Group</b>            11:00 AM  <b>Civic Engagement Meeting</b>            1:00 PM  <b>General Store Hours:</b>            2:00 PM - 3:00 PM</p>	<p><b>27</b>  <b>Cardio Drumming</b>            9:00 AM  <b>Friday at the Movies:</b>  <i>Blade Runner</i>            1:00 PM</p>	<p><b>28</b>  <b>Special Bingo with Lin</b>            1:00 PM</p>
<p><b>29</b></p>	<p><b>30</b>  <b>Bone-Building Fitness</b>            9:30 AM  <b>Soul Line Dancing</b>            11:00 AM</p>	<p><b>31</b>  <b>Mindful Movement</b>            8:00 AM  <b>Walking Group</b>            8:45 AM  <b>Vitals</b>            9:00 AM  <b>Bingo</b>            10:00 AM  <b>Over a Cup of Coffee</b>            10:00 AM  <b>Spanish Bingo</b>            12:00 PM  <b>Salud Bucal</b>            1:00 PM</p>				



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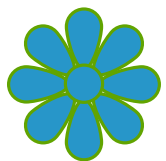
## 老年中心一月份活動

1525 Fourth Ave, San Diego, CA 92101

聯係: [volunteer@servingseniors.org](mailto:volunteer@servingseniors.org) 或 619-487-0621 瞭解更多詳情。

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 健骨运动俱乐部 9:30 AM	3 正念運動 8:00 AM 走一走小组 8:45 AM 血壓檢查 9:00 AM 賓果 10:00 AM 喝杯咖啡谈心学习小组 10:00 AM	4 健骨运动俱乐部 9:30 AM 手工製作 11:00 AM	5 走一走小组 8:45 AM 賓果 10:00 AM 歌唱組 10:00 AM	6 瑪莉的回收物品美術課 9:00 AM - 11:00 AM 周五看電影: 《戲中之王》 <i>The Greatest Show on Earth</i> 1:00 PM	7 手工表達關懷: 珠寶製作 10:00 AM
8	9 健骨运动俱乐部 9:30 AM 寫節日賀卡"發送情懷" 12:00 PM	10 走一走小组 8:45 AM 血壓檢查 9:00 AM 賓果 10:00 AM 喝杯咖啡谈心学习小组 10:00 AM 卡拉OK時間 12:00 PM 口腔健康科 1:00 PM	11 健骨运动俱乐部 9:30 AM 講座: 巴爾波亞公園博物館 門票質詢 10:30 AM 卡片制作班 1:30 PM	12 走一走小组 8:45 AM 賓果 10:00 AM 歌唱組 11:00 AM	13 有氧击鼓运动 9:00 AM 周五看電影: 《剪刀手愛德華》 <i>Edward Scissorhands</i> 1:00 PM 冰淇淋社交時間 現在有無糖選擇 2:00 PM	14 特別賓果-Lin 1:00 PM
15 1月16日是 馬丁路德金紀念日 	16 健骨运动俱乐部 9:30 AM 不分年齡段的藝術時間 12:30 PM 乒乓+ 圍棋 2:00 PM	17 正念運動 8:00 AM 走一走小组 8:45 AM 血壓檢查 9:00 AM 賓果 10:00 AM 喝杯咖啡谈心学习小组 10:00 AM	18 健骨运动俱乐部 9:30 AM 健康教育座談會: 更健康的你 1:00 PM 生日派對 2:00 PM 中心在下午 2:30 關閉	19 走一走小组 8:45 AM 西廚示範 9:30 AM 賓果取消 10:00 AM PAWS 寵物食品/用品 供應 11:00 AM - 12:00 PM	20 作者尼爾.里科 (Neil Ricco) 活動 King Virus (國王病毒) 10:30 AM 周五看電影: 《向華盛頓進軍(2013)》 <i>The March (2013)</i> 1:00 PM	21 与青少年志愿者玩游戏 1:00 PM

我们将在本月的所有活动中扫描客人的老年中心ID卡，所以请记得随身携带!



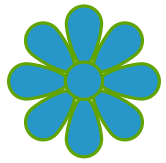
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老年中心一月份活動 1525 Fourth Ave, San Diego, CA 92101

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SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>22</b></p>	<p><b>23</b></p> <p>健骨运动俱乐部 9:30 AM</p> <p>灵乐舞蹈俱乐部 11:00 AM</p> <p>講歷史故事時間 1:30 PM</p>	<p><b>24</b></p> <p>走一走小组 8:45 AM</p> <p>血壓檢查 9:00 AM</p> <p>喝杯咖啡谈心学习小组 10:00 AM</p> <p>賓果 10:00 AM</p> <p>講座: 退伍軍人資源 1:00 PM</p>	<p><b>25</b></p> <p>健骨运动俱乐部 9:30 AM</p> <p>大聲“寫”出來 1:00 PM</p> <p>卡片制作班 2:00 PM</p> <p>中文賓果 2:30 PM - 3:30 PM</p>	<p><b>26</b></p> <p>走一走小组 8:45 AM</p> <p>賓果 10:00 AM</p> <p>歌唱組 11:00 AM</p> <p>公民參與 1:00 PM</p> <p>杂货店时间: 2:00 PM - 3:00 PM</p>	<p><b>27</b></p> <p>有氧击鼓运动 9:00 AM</p> <p>周五看電影: 《銀翼殺手》 <i>Blade Runner</i> 1:00 PM</p>	<p><b>28</b></p> <p>特別賓果-Lin 1:00 PM</p>
<p><b>29</b></p>	<p><b>30</b></p> <p>健骨运动俱乐部 9:30 AM</p> <p>灵乐舞蹈俱乐部 11:00 AM</p>	<p><b>31 正念運動</b> 8:00 AM</p> <p>走一走小组 8:45 AM</p> <p>血壓檢查 9:00 AM</p> <p>賓果 10:00 AM</p> <p>喝杯咖啡谈心学习小组 10:00 AM</p> <p>西班牙語賓果 12:00 PM</p> <p>口腔健康 (西班牙語) 1:00 PM</p>				




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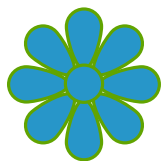
# Gary and Mary West Senior Wellness Center

**Actividades de Enero** 1525 Fourth Ave, San Diego, CA 92101

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SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1</b>	<b>2</b> Ejercicio para formación de huesos 9:30 AM	<b>3</b> Movimiento consiente 8:00 AM Grupo de caminata 8:45 AM Vitales 9:00 AM Bingo 10:00 AM Con una taza de café 10:00 AM	<b>4</b> Ejercicio para formación de huesos 9:30 AM Artes y manualidades 11:00 AM	<b>5</b> Grupo de caminata 8:45 AM Bingo 10:00 AM Grupo de canto 10:00 AM	<b>6</b> Arte reciclada con Marie 9:00 AM - 11:00 AM Viernes de cine: <i>The Greatest Show on Earth</i> 1:00 PM	<b>7</b> "Crafts for Care": Accesorios 10:00 AM
<b>8</b>	<b>9</b> Ejercicio para formación de huesos 9:30 AM Mandando Deseos 12:00 PM	<b>10</b> Grupo de caminata 8:45 AM Vitales 9:00 AM Bingo 10:00 AM Con una taza de café 10:00 AM Hora de karaoke 12:00 PM Clase de Salud Bucal 1:00 PM	<b>11</b> Ejercicio para formación de huesos 9:30 AM Presentacion: Session de Informacion para pasas a museos de Balboa 10:30 AM Clase de tarjetas de felicitación 1:30 PM	<b>12</b> Grupo de caminata 8:45 AM Bingo 10:00 AM Grupo de canto 11:00 AM	<b>13</b> Cardio con tambores 9:00 AM Viernes de cine: Edward Scissorhands 1:00 PM Reunion con helado <i>Hay opciones de azucar reducida</i> 2:00 PM	<b>14</b> Bingo Especial con Lin 1:00 PM
<b>15</b> Enero 16 es 	<b>16</b> Ejercicio para formación de huesos 9:30 AM Arte para todas las edades 12:30 PM Ping Pong + Ajedrez 2:00 PM	<b>17</b> Movimiento consiente 8:00 AM Grupo de caminata 8:45 AM Vitales 9:00 AM Bingo 10:00 AM Con una taza de café 10:00 AM	<b>18</b> Ejercicio para formación de huesos 9:30 AM Educacion Saludable: Un "tu" mas saludable! 1:00 PM Celebracion de Cumpleaños 2:00 PM <b>¡El centro cierra a las 2:30 PM!</b>	<b>19</b> Grupo de caminata 8:45 AM Demostracion de Cocina West 9:30 AM <b>Bingo Cancelado</b> 10:00 AM Comida y mas para mascotas(PAWS): 11:00 AM - 12:00 PM	<b>20</b> Lectura de Autor: Neil Ricco <i>King Virus</i> 10:30 AM Viernes de cine: <i>The March (2013)</i> 1:00 PM	<b>21</b> TVIA - Dia de juegos 1:00 PM

Estaremos escaneando su identificación de actividades. Favor de tenerla siempre con usted!



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<b>22</b>	<b>23</b> <b>Ejercicio para formación de huesos</b> 9:30 AM  <b>Baile de linea</b> 11:00 AM  <b>El Hombre de Historia</b> 1:30 PM	<b>24</b> <b>Grupo de caminata</b> 8:45 AM <b>Vitales</b> 9:00 AM <b>Con una taza de café</b> 10:00 AM <b>Bingo</b> 10:00 AM <b>Presentacion: Recursos para veteranos</b> 1:00 PM	<b>25</b> <b>Ejercicio para formación de huesos</b> 9:30 AM <b>Lecturas cortas y poemas con Walter:</b> 1:00 PM <b>Clase de tarjetas de felicitación</b> 1:30 PM <b>BINGO EN MANDARIN</b> 2:00 PM - 3:00 PM	<b>26</b> <b>Grupo de caminata</b> 8:45 AM <b>Bingo</b> 10:00 AM <b>Grupo de canto</b> 11:00 AM <b>Junta de "Civic Engagement"</b> 1:00 PM <b>Hora de tienda general:</b> 2:00 PM - 3:00 PM	<b>27</b> <b>Cardio con tambores</b> 9:00 AM  <b>Viernes de cine:</b> <i>Blade Runner</i> 1:00 PM	<b>28</b>
<b>29</b>	<b>30</b> <b>Ejercicio para formación de huesos</b> 9:30 AM <b>Baile de linea</b> 11:00 AM	<b>31</b> <b>Movimiento consiente</b> 8:00 AM <b>Grupo de caminata</b> 8:45 AM <b>Vitales</b> 9:00 AM <b>Bingo</b> 10:00 AM <b>Con una taza de café</b> 10:00 AM <b>BINGO EN ESPAÑOL</b> 12:00 PM <b>Salud Bucal</b> 1:00 PM				