

January Activities

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@servingseniors.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>Walking Group 8:45 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 10:00 AM</p> <p>Coloring & Crafts 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>2</p> <p>Coffee Hour 10:00 AM</p> <p>Cardio Drumming w/ Rosana 11:30 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>3</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p>
<p>5</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p>	<p>6</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Karaoke 3:00 PM</p>	<p>7</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>8</p> <p>Bone-Building Fitness 9:30 AM and 10:35 AM</p> <p>Coffee Hour 10:00 AM</p> <p>PAWS: Pet Supply 11:00 AM</p> <p>Karaoke 3:00 PM</p>	<p>9</p> <p>Walking Group 8:45 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 10:00 AM</p> <p>Coloring & Crafts 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>10</p> <p>Coffee Hour 10:00 AM</p> <p>Sound Bath w/ Rosana 11:30 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>11</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p>	
<p>12</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p>	<p>13</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Karaoke 3:00 PM</p>	<p>14</p> <p>Walking Group 8:45 AM</p> <p>Vitals 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Health Presentation 10:00 AM</p> <p>Over a Cup of Coffee 10:00 AM</p> <p>Bingo 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>15</p> <p>Bone-Building Fitness 9:30 AM and 10:35 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Birthday Party 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>16</p> <p>West Cooking Demo 10:00 AM</p> <p>Coloring & Crafts 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>17</p> <p>HAPPY LUNAR NEW YEAR</p>	<p>18</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p>	

January Activities

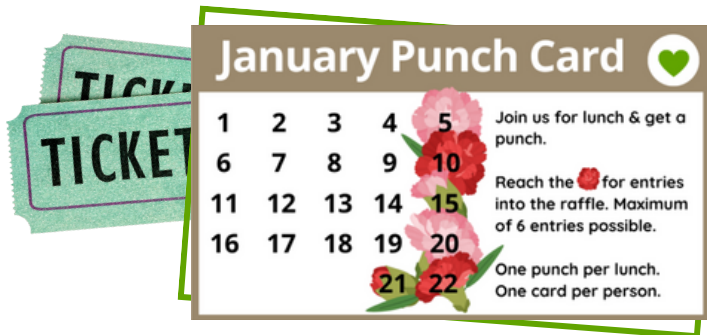
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SUN	MON	TUES	WED	THURS	FRI	SAT
19 Ping Pong All day Knitting with Eiko 1:00 PM	20 Bone-Building Fitness 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	21 Walking Group 8:45 AM Vitals 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM, 2:00 PM Over a Cup of Coffee 10:00 AM Quiet Utility Hour 3:00 PM	22 Bone-Building Fitness 9:30 AM and 10:35 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	23 Walking Group 8:45 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	24 Coffee Hour 10:00 AM Yoga w/ Rosana 11:30 AM Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM Karaoke 3:00 PM	25 Ping Pong All day Knitting with Eiko 1:00 PM
26 Ping Pong All day Knitting with Eiko 1:00 PM	27 Bone-Building Fitness 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	28 Walking Group 8:45 AM Vitals 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM, 2:00 PM Over a Cup of Coffee 10:00 AM Quiet Utility Hour 3:00 PM	29 Bone-Building Fitness 9:30 AM and 10:35 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	30 Walking Group x Circulate SD Audit 8:45 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	31 Coffee Hour 10:00 AM Zumba w/ Rosana 11:30 AM Friday at the Movie 1:00 PM Karaoke 3:00 PM	



Lunch Punch Raffle! Please redeem your December Punch Cards.



Lunch Punch Cards can be redeemed for raffle tickets during lunch on January 31st. Make sure you get those punches!