

May Activities

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	2
3	4  MAY THE FOURTH BE WITH YOU...	5  Financial Education Presentation w/ Navy Federal 1:30 PM	6 Blood Pressure Check 1:00 PM	7 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	8	9
10 	11	12 Civic Engagement Group 10:00 AM - 10:30 AM	13 Blood Pressure Check 1:00 PM	14 Yoga w/ Henry 10:00 AM Bingo 1:30 PM Arts & Crafts 2:30 pm	15	16
17	18	19 Financial Education Presentation w/ Navy Federal 1:30 PM	20 Blood Pressure Check 1:00 PM	21 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	22	23
24	25 	26	27 Blood Pressure Check 1:00 PM	28 Yoga w/ Henry 10:00 AM Birthday Bingo 1:30 PM 	29	30
31						