

# October Activities

## Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact [volunteer@serving seniors.org](mailto:volunteer@serving seniors.org) for more information.  
We will be scanning activity cards at all activities this month, so please have them with you.

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**1**  
**Walking Group**  
8:45 AM  
**Vitals**  
9:00 AM  
**Bingo**  
10:00 AM  
**Over a Cup of Coffee**  
10:00 AM  
**Multipurpose Hour**  
3:00 PM

**2**  
**Civ. Egmt./Sr. Vol. Mtg**  
9:00 AM  
**Bone-Building Fitness**  
9:30 AM  
**Bone-Building Fitness**  
10:35 AM  
**Quilting with Eiko**  
10:00 AM

**3**  
**Walking Group**  
8:45 AM  
**Bingo**  
10:00 AM  
**Singing Group**  
10:00 AM  
**Multipurpose Hour**  
3:00 PM

**4**  
**Senior Book Club**  
10:00 AM  
**Friday at the Movies**  
1:00 PM  
**Karaoke**  
2:00 PM



**5**  
**Ping Pong**

**6**  
**Ping Pong**

**7**  
**Bone-Building Fitness**  
9:30 AM  
**Sound Bath**  
10:45 AM  
**Karaoke**  
2:00 PM

**8**  
**Walking Group**  
8:45 AM  
**Vitals**  
9:00 AM to 10:00 AM  
**Bingo**  
10:00 AM  
**Over a Cup of Coffee**  
10:00 AM  
**Multipurpose Hour**  
3:00 PM

**9**  
**Bone-Building Fitness**  
9:30 AM  
**Bone-Building Fitness**  
10:35 AM  
**Quilting with Eiko**  
10:00 AM  
**PAWS: Pet Supply**  
11:00 AM  
**Card Making**  
1:45 PM  
**Karaoke**  
2:00 PM

**10**  
**Walking Group**  
8:45 AM  
**Singing Group**  
10:00 AM  
**Civic Engagement**  
1:00 PM  
**Multipurpose Hour**  
3:00 PM

**11**  
**Cardio Drumming**  
10:45 AM  
**Friday at the Movies**  
1:00 PM  
**Ice Cream Social**  
2:00 PM  
**Karaoke**  
3:00 PM



**12**  
**Ping Pong**

**13**  
**Ping Pong**

**14**  
**Bone-Building Fitness**  
9:30 AM  
**Zumba**  
10:45 AM  
**Karaoke**  
2:00 PM

**15**  
**Walking Group**  
8:45 AM  
**Vitals**  
9:00 AM  
**Bingo**  
10:00 AM  
**Over a Cup of Coffee**  
10:00 AM  
**Coloring with Karen**  
11:45 AM  
**Multipurpose Hour**  
3:00 PM

**16**  
**Bone-Building Fitness**  
9:30 AM  
**Bone-Building Fitness**  
10:35 AM  
**Quilting with Eiko**  
10:00 AM  
**Birthday Party**  
2:00 PM  
**Karaoke**  
3:00 PM



**17**  
**Walking Group**  
8:45 AM  
**West Cooking Demo**  
9:30 AM  
**Bingo**  
10:00 AM  
**Multipurpose Hour**  
3:00 PM



**18**  
**Author Hour**  
10:00 AM  
**Vaccine Clinic**  
10:00 AM  
**Friday at the Movies**  
1:00 PM  
**Arts & Crafts**  
2:00 PM  
**Karaoke**  
3:00 PM



**19**  
**Special Weekend Bingo w/ Linh**  
1:00pm

