October 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
		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	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	Senior Book Club 10:00 AM Friday at the Movies 1:00 PM Karaoke 2:00 PM	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	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	Special Weekend Bingo w/ Linh 1:00pm

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SUN	MON	TUES	WED	THURS	FRI	SAT
20 Ping Pong	21 Bone-Building Fitness 9:30 AM	22 Walking Group 8:45 AM	23 Bone-Building Fitness 9:30 AM	24 Walking Group 8:45 AM	25 Cardio Drumming 10:45 AM	Ping Pong
	Karaoke 3:00 PM	Vitals 9:00 AM	Bone-Building Fitness 10:35 AM	Bingo 10:00 AM	Friday at the Movies 1:00 PM	
		Bingo 10:00 AM	Quilting with Eiko 10:00 AM	Singing Group 10:00 AM	Karaoke 2:00 PM	
		Over a Cup of Coffee 10:00 AM	Senior Idol 2:00 PM	Card Making 1:45 PM		
		Multipurpose Hour 3:00 PM	+	Multipurpose Hour 3:00 PM		
27	28	29		31	~ W	
	Bone-Building Fitness 9:30 AM	Walking Group 8:45 AM	Bone-Building Fitness 9:30 AM	Walking Group 8:45 AM	6	
	Karaoke 9:00	Vitals 9:00 AM	Bone-Building Fitness	Bingo 10:00 AM	المد	
Ping Pong	2:00 PM	Bingo 10:00 AM	10:35 AM	Singing Group 10:00 AM		
		Over a Cup of Coffee 10:00 AM	Quilting with Eiko 10:00 AM	Multipurpose Hour 3:00 PM		
		Multipurpose Hour 3:00 PM	Karaoke 2:00 PM	Lunch Punch Card Redemption Day! Two winners at each lunch		



Lunch Punch Cards can be redeemed for raffle tickets during lunch on <u>October 31st</u>. Make sure you get those punches!