


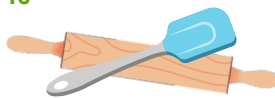


July Activities

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@servingseiors.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>Yoga w/ Henry 9:15 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>2</p> <p>Introduction to Tai Chi 8:30 AM</p> <p>Walking Group 8:45 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 11:00 AM</p> <p>Karaoke 1:00 PM</p> <p>Coloring & Crafts 2:00 PM</p>	<p>3</p> <p>Coffee Hour 10:00 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>4</p> <p>4th of July</p> <p>Ping Pong All day</p>
<p>5</p> <p>Ping Pong All day</p>	<p>6</p>  <p>Yoga w/ Yerson 9:00 AM</p> <p>Medi-Cal and CalFresh Q&A and Enrollment 11:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>7</p> <p>Introduction to Tai Chi 8:30 AM</p> <p>Walking Group 8:45 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Over a Cup of Coffee 10:00 AM</p> <p>Bingo 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>8</p>  <p>Pilates w/ Henry 9:15 AM</p> <p>Coffee Hour 10:00 AM</p> <p>PAWs: Pet Supply 11:00 AM</p> <p>Greeting Card Class w/ Letitia (Sign Up at Front Desk) 2:00 PM</p>	<p>9</p> <p>Introduction to Tai Chi 8:30 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 11:00 AM</p> <p>Karaoke 1:00 PM</p> <p>Coloring & Crafts 2:00 PM</p>	<p>10</p>  <p>CEG/SVA Meeting (MBSR) 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Naomi's Crochet Circle 10:00 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Ice Cream Social 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>11</p> <p>Ping Pong All day</p>
<p>12</p> <p>Ping Pong All day</p>	<p>13</p> <p>Yoga w/ Yerson 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>14</p> <p>Introduction to Tai Chi 8:30 AM</p> <p>Walking Group to SD History Center (Sign-Up Required) 8:45 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Over a Cup of Coffee 10:00 AM</p> <p>Bingo 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>15</p>  <p>Yoga w/ Henry 9:15 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Technology Class: Virus Awareness 1:00 PM</p> <p>Birthday Party 2:00 PM</p> 	<p>16</p>  <p>Blood Pressure Check 9:00 AM</p> <p>West Cooking Demo Doors open 9:30 AM Demo starts 10:00 AM</p> <p>Karaoke 1:00 PM</p> <p>Coloring & Crafts 2:00 PM</p>	<p>17</p> <p>SVA Meeting (MBSR) 9:00 AM</p> <p>Spoken Word Workshop (MBSR) 10:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>18</p> <p>Ping Pong All day</p> <p>Technology Class (Mandarin) 1:00 PM</p> 


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SUN	MON	TUES	WED	THURS	FRI	SAT
<p>19</p> <p>Ping Pong All day</p>	<p>20</p> <p>Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Medical Equipment Check 10:00 AM Quiet Utility Hour 3:00 PM</p>  	<p>21</p> <p>Introduction to Tai Chi 8:30 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Succulent Party 1:30 PM - 4:00 PM Bingo 2:00 PM Karaoke 3:00 PM</p>	<p>22</p> <p>Yoga w/ Henry 9:15 AM - 9:45 AM Financial Literacy w/ US Bank 10:00 AM Coffee Hour 10:00 AM Technology Class: AI Scam Awareness 1:00 PM Quiet Utility Hour 3:00 PM</p>  	<p>23</p> <p>Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM</p>	<p>24</p> <p>Coffee Hour 10:00 AM Naomi's Crochet Circle 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM</p> 	<p>25</p> <p>Ping Pong All day</p>
<p>26</p> <p>Ping Pong All day</p>	<p>27</p> <p>Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM</p>	<p>28</p> <p>Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM</p>	<p>29</p> <p>Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Technology Class: Virus Awareness 1:00 PM Quiet Utility Hour 3:00 PM</p> 	<p>30</p> <p>Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM</p>	<p>31</p> <p>Social Connections Presentation 10:00 AM Coffee Hour 10:00 AM Lunch Punch All lunches Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM</p> 	

July Punch Card

1	2	3	4	5	<p>Join us for lunch & get a punch.</p> <p>Reach the  for entries into the raffle. Maximum of 6 entries possible.</p> <p>One punch per lunch. One card per person.</p>
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	
21	22				

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