

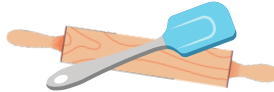
August Activities

SERVING
SENIORS

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@serving seniors.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 Tech Help (Mandarin) 1:00 PM
2 Ping Pong All day	3  Yoga w/ Yerson 9:00 AM Medi-Cal and CalFresh Q&A and Enrollment 11:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	4 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	5 Yoga w/ Henry 9:15 AM Medicare 101 10:30 AM Coffee Hour 10:00 AM Safety Workshop (Sign-Up Required) 2:00 PM Quiet Utility Hour 3:00 PM	6 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	7  CEG/SVA Meeting (MBSR) 9:00 AM 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 	8 Ping Pong All day
9 Ping Pong All day	10  Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	11 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	12  Pilates w/ Henry 9:15 AM Coffee Hour 10:00 AM PAWs: Pet Supply 11:00 AM Greeting Card Class w/ Letitia (Sign Up at Front Desk) 2:00 PM	13  Blood Pressure Check 9:00 AM West Cooking Demo Doors open 9:30 AM Demo starts 10:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	14 SVA Meeting (MBSR) 9:00 AM Spoken Word Workshop (MBSR) 10:00 AM Coffee Hour 10:00 AM Ice Cream Social 2:00 PM Quiet Utility Hour 3:00 PM	15 Ping Pong All day

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SUN	MON	TUES	WED	THURS	FRI	SAT
16 Ping Pong All day	17 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	18 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 10:00 AM Over a Cup of Coffee 10:00 AM Social Services Workshop 11:00 AM Bingo 2:00 PM Karaoke 3:00 PM	19 Yoga w/ Henry 9:15 AM Medicare: Know Your Rights 10:30 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Quiet Utility Hour 3:00 PM	20 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 10:00 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	21 SENIOR CITIZENS DAY 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	22 Tech Help (Mandarin) 1:00 PM
23 Ping Pong All day	24 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	25 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	26 Yoga w/ Henry 9:15 AM Medicare: Fraud and Abuse 10:30 AM Coffee Hour 10:00 AM Senior Idol 2:30 PM Quiet Utility Hour 3:00 PM	27 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 10:00 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	28 Coffee Hour 10:00 AM Lunch Punch All lunches Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	29 Ping Pong All day
30 Ping Pong All day	31 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM					

August Punch Card

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22			

Join us for lunch to get a punch.

Reach the numbered image for entries into the raffle. Maximum of 6 entries possible.

One punch per lunch.

One card per person.

Lunch Punch Cards can be redeemed for raffle tickets during lunch on August 28th.
Make sure you get those punches!