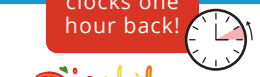
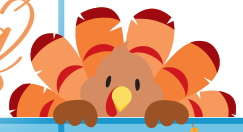
November Activities

SERVING SENIORS

Judith L. Seltz Senior Wellness Center

5257 Mt Etna Dr, San Diego, CA 92117. Contact volunteer@servingseniors.org for more information.

	MON	TUES	WED	THURS	FRI	SAT
1 **DST Ends** Move your clocks one hour back!  	2 **Ladies' Dance Group** 2:00 PM	3 **Yoga w/ Henry** 10:45 AM	4 **Blood Pressure Check** 1:00 PM	5 **Yoga w/ Henry** 10:30 AM **Bingo** 2:00 PM	6  **Tech Help w/ Balboa Branch Library** At Lunch	7
8	9  **Ladies' Dance Group** 2:00 PM	10 **Yoga w/ Henry** 10:45 AM	11 	12 **Yoga w/ Henry** 10:30 AM **Birthday Bingo** 2:00 PM 	13 	14
15	16 **Ladies' Dance Group** 2:00 PM	17 **Yoga w/ Henry** 10:45 AM	18 **Blood Pressure Check** 1:00 PM	19 **Yoga w/ Henry** 10:30 AM **Gratitude Celebration** 2:00 PM	20	21
22	23 **Ladies' Dance Group** 2:00 PM	24 **Yoga w/ Henry** 10:45 AM	25 **Medicare Open Enrollment and Blood Pressure Check** 1:00 PM	26  	27	28
29	30 **Ladies' Dance Group** 2:00 PM					

Case Management available by appointment at Front Desk.