

August Activities

SERVING
SENIORS

Judith L. Seltz Senior Wellness Center

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

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3 Ladies' Dance Group 2:00 PM	4	5 Blood Pressure Check 1:00 PM	6 Yoga w/ Henry 10:00 AM Bingo 2:00 PM	7 Yoga w/ Henry 9:00 AM	8
9	10 Ladies' Dance Group 2:00 PM	11 Civic Engagement Group 10:00 AM - 10:30 AM	12 Avoiding Healthcare Scams and Blood Pressure Check 1:00 PM	13 Yoga w/ Henry 10:00 AM Bingo 2:00 PM	14 Yoga w/ Henry 9:00 AM	15
16	17 Ladies' Dance Group 2:00 PM	18	19 Blood Pressure Check 1:00 PM	20 Yoga w/ Henry 10:00 AM Bingo 2:00 PM	SENIOR CITIZENS DAY 	
23	24 Ladies' Dance Group 2:00 PM	25	26 Blood Pressure Check 1:00 PM	27 Yoga w/ Henry 10:00 AM Birthday Bingo 2:00 PM 	28 Yoga w/ Henry 9:00 AM	29
30	31 Ladies' Dance Group 2:00 PM					

Case Management available by appointment at Front Desk.