

April 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
		<p>1</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>Quiet Utility Hour 3:00 PM</p> 	<p>2</p> <p>CEG & SVA Meeting 9:00 AM</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bone-Building Fitness 10:35 AM</p> <p>Karaoke 3:00 PM</p>	<p>3</p> <p>Walking Group 8:45 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 10:00 AM</p> <p>Coloring & Crafts 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>4</p> <p>Coffee Hour 10:00 AM</p> <p>Cardio Drumming w/ Rosana 11:30 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>5</p> <p>Ping Pong All day</p> <p>Pressed Flower Suncatcher Craft w/ the Girl Scouts 11:30 AM</p> <p>Knitting with Eiko + Arts and Crafts with Brandon 1:00 PM</p>
<p>6</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p>	<p>7</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Karaoke 3:00 PM</p> 	<p>8</p> <p>Walking Group 8:45 AM</p> <p>Blood Pressure Check 9:00 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Legal Presentation w/ the Cal Western School of Law 10:00 AM</p> <p>Over a Cup of Coffee 10:00 AM</p> <p>Bingo 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>9</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bone-Building Fitness 10:35 AM</p> <p>PAWS: Pet Supply 11:00 AM</p> <p>Karaoke 3:00 PM</p>	<p>10</p> <p>Walking Group 8:45 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 10:00 AM</p> <p>Ice Cream Social w/ Slalom 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>11</p> <p>Coffee Hour 10:00 AM</p> <p>Sound Bath w/ Rosana 11:30 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>12</p> <p>Ping Pong All day</p> <p>Weekend Bingo w/TVIA 1:00 PM</p>
<p>13</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p> 	<p>14</p> <p>ANNIVERSARY</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>15th Anniversary of the Gary and Mary West Senior Wellness Center 2:30 PM</p> 	<p>15</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>Quiet Utility Hour 3:00 PM</p>	<p>16</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bone-Building Fitness 10:35 AM</p> <p>Birthday Party 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>17</p>  <p>West Cooking Demo 10:00 AM</p> <p>Coloring & Crafts 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>18</p> <p>Coffee Hour 10:00 AM</p> <p>Author Hour 10:00 AM</p> <p>Zumba w/ Rosana 11:30 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Arts & Crafts 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>19</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p>

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SUN	MON	TUES	WED	THURS	FRI	SAT
<p>20</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p> <p><i>Happy Easter</i></p> 	<p>21</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Karaoke 3:00 PM</p> 	<p>22</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>Quiet Utility Hour 3:00 PM</p> 	<p>23</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bone-Building Fitness 10:35 AM</p> <p>Karaoke 3:00 PM</p>	<p>24</p> <p>Walking Group 8:45 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bingo 10:00 AM</p> <p>Singing Group 10:00 AM</p> <p>Coloring & Crafts 2:00 PM</p> <p>Quiet Utility Hour 3:00 PM</p>	<p>25</p> <p>Coffee Hour 10:00 AM</p> <p>Yoga w/ Rosana 11:30 AM</p> <p>Friday at the Movies 1:00 PM</p> <p>Earth Day Craft w/ USD Office of Sustainability 2:00 PM</p> <p>Karaoke 3:00 PM</p>	<p>26</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p>
<p>27</p> <p>Ping Pong All day</p> <p>Knitting with Eiko 1:00 PM</p> 	<p>28</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Farewell to Paul: Seniors Ice Cream Social 2:00PM</p> <p>Karaoke 3:00 PM</p> <p><i>Thank You</i></p> 	<p>29</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>Quiet Utility Hour 3:00 PM</p>	<p>30</p> <p>Bone-Building Fitness 9:30 AM</p> <p>Coffee Hour 10:00 AM</p> <p>Bone-Building Fitness 10:35 AM</p> <p>Karaoke 3:00 PM</p>			

Lunch Punch Raffle! Please redeem your Punch Cards.

April 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 & get a punch.

Reach the  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 April 30th. Make sure you get those punches!