November Activities

SERVING SENIORS

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.

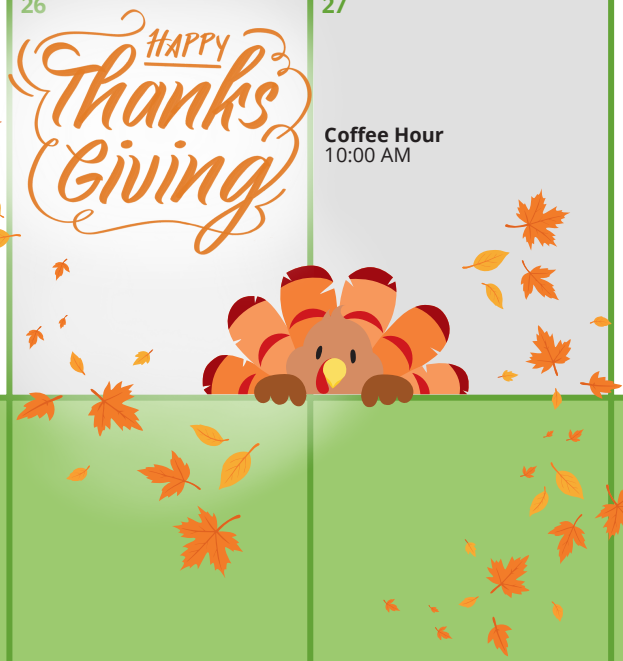
SUN	MON	TUES	WED	THURS	FRI	SAT
1 **DST Ends** Move your clocks one hour back! **Ping Pong** All day Dia de Los Muertos	**2** **Yoga w/ Yerson** 9:00 AM **Medi-Cal and CalFresh Q&A and Enrollment** 11:00 AM **Coffee Hour** 10:00 AM **Quiet Utility Hour** 3:00 PM	**3** **Introduction to Tai Chi** 8:30 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	**4** **Pilates w/ Henry** 9:15 AM **Coffee Hour** 10:00 AM	**5** **Introduction to Tai Chi** 8:30 AM **Walking Group** 8:45 AM **Blood Pressure Check** 9:00 AM **Coffee Hour** 10:00 AM **Bingo** 9:30 AM **Singing Group** 11:00 AM **Karaoke** 1:00 PM **Coloring & Crafts** 2:00 PM	**6** Happy Dhanteras **CEG/SVA Meeting (Dining Room)** 9:00 AM **Coffee Hour** 10:00 AM **Crochet Circle** 10:00 AM **Friday at the Movies** 1:00 PM **Quiet Utility Hour** 3:00 PM	**7** **Ping Pong** All day
8 **Ping Pong** All day	**9** Diwali **Yoga w/ Yerson** 9:00 AM **Coffee Hour** 10:00 AM **Quiet Utility Hour** 3:00 PM	**10** **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	**11** Veterans Day **Pilates w/ Henry** 9:15 AM **Coffee Hour** 10:00 AM	**12** **Introduction to Tai Chi** 8:30 AM **Walking Group** 8:45 AM **Blood Pressure Check** 9:00 AM **Coffee Hour** 10:00 AM **Bingo** 9:30 AM **Singing Group** 11:00 AM **Karaoke** 1:00 PM **Coloring & Crafts** 2:00 PM	**13** **SVA Meeting (MBSR)** 9:00 AM **Coffee Hour** 10:00 AM **Ice Cream Social** 2:00 PM **Friday at the Movies** 1:00 PM **Quiet Utility Hour** 3:00 PM World Kindness Day	**14** **Bingo w/ TVIA SD2** 1:00 PM
15 **Ping Pong** All day	**16** **Yoga w/ Yerson** 9:00 AM **Coffee Hour** 10:00 AM **Quiet Utility Hour** 3:00 PM	**17** **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 **Medicare Open Enrollment** 10:30 AM **Over a Cup of Coffee** 10:00 AM **Bingo** 2:00 PM **Karaoke** 3:00 PM	**18** **Yoga w/ Henry** 9:15 AM **Coffee Hour and Health Presentation** 10:00 AM **PAWs: Pet Supply** 11:00 AM **Birthday Party** 2:00 PM **Quiet Utility Hour** 3:00 PM	**19** **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	**20** **CEG Meeting (MBSR)** 9:00 AM **Coffee Hour** 10:00 AM **Crochet Circle** 10:00 AM **Spoken Word Workshop (MBSR)** 10:00 AM **Lunch Punch Raffle** All Lunches **Friday at the Movies** 1:00 PM **Quiet Utility Hour** 3:00 PM	**21** TICKET **Bingo w/ TVIA SD3** 1:00 PM

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SUN	MON	TUES	WED	THURS	FRI	SAT
22 **Ping Pong** All day	23 **Yoga w/ Yerson** 9:00 AM **Coffee Hour** 10:00 AM **Quiet Utility Hour** 3:00 PM	24 **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	25 **Yoga w/ Henry** 9:15 AM **Coffee Hour** 10:00 AM **Quiet Utility Hour** 3:00 PM	26 	27 **Coffee Hour** 10:00 AM	28 **Ping Pong** All day
29 **Ping Pong** All day	30 **Yoga w/ Yerson** 9:00 AM **Coffee Hour** 10:00 AM **Quiet Utility Hour** 3:00 PM					

November 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 November 20th. Make sure you get those punches!