

January Activities

Judith L. Seltz Senior Wellness Center

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

SERVING
SENIORS

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 	2	3
4	5	6 Civic Engagement Group 10:00 AM to 10:30 AM	7 	8 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	9	10
11	12	13 Civic Engagement Group 10:00 AM to 10:30 AM	14 Blood Pressure Check 1:00 PM	15 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	16	17
18	19 	20 Civic Engagement Group 10:00 AM to 10:30 AM	21 Blood Pressure Check 1:00 PM	22 Yoga w/ Henry 10:00 AM Birthday Party 1:00 PM 	23	24
25	26	27 Civic Engagement Group 10:00 AM to 10:30 AM	28 Blood Pressure Check 1:00 PM	29 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	30	31

Case Management available by appointment.