

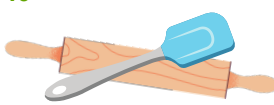
September Activities

SERVING
SENIORS

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@servingseiors.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
 HISPANIC HERITAGE MONTH 		1 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 Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	2 Yoga w/ Henry 9:15 AM Medicare 101 10:30 AM General Store All Lunches 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 Coffee Hour 10:00 AM Bingo 9:30 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	4 CEG/SVA Meeting (Dining Room) 9:00 AM Coffee Hour 10:00 AM Naomi's Crochet Circle 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM 	5 Ping Pong All day
6 Ping Pong All day	7  HAPPY LABOR DAY Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	8 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	9  Pilates w/ Henry 9:15 AM Coffee Hour 10:00 AM PAWs: Pet Supply 11:00 AM Greeting Card Class w/ Letitia (Sign Up at Front Desk) 2:00 PM	10  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	11 SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Ice Cream Social 2:00 PM Quiet Utility Hour 3:00 PM	12 Culinary Presentation w/ Compassionate Companions 9:30 AM Ping Pong All day 
13  HAPPY GRANDPARENTS DAY Ping Pong All day	14  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	15 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	16  INDEPENDENCIA DE México Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM 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 Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	18 Coffee Hour 10:00 AM Naomi's Crochet Circle 10:00 AM Spoken Word Workshop (MBSR) 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	19 Ping Pong All day

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20 Ping Pong All day	21 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM 	22 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 	23  Yoga w/ Henry 9:15 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 Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	25 Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	26 Bingo 1:00 PM
27 Ping Pong All day	28 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	29 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 Voter Registration All Lunches Bingo 2:00 PM Karaoke 3:00 PM 	30 Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Lunch Punch Raffle All Lunches Quiet Utility Hour 3:00 PM 			

September 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 September 30th. Make sure you get those punches!