## **February 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,ou.

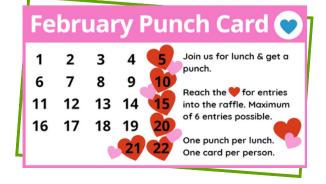
SUN	MON	TUES	WED	THURS	FRI	SAT
						1 <b>Ping Pong</b> All day <b>Knitting with Eiko</b> 1:00 PM
2 Ping Pong All day Knitting with Eiko 1:00 PM	3 Bone-Building Fitness 9:30 AM Coffee Hour 10:00 AM Drumming Performance 2:00 PM Karaoke 3:00 PM	4 Walking Group 8:45 AM Vitals 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM, 2:00 PM Over a Cup of Coffee 10:00 AM Quiet Utility Hour 3:00 PM	CEG/SVA Monthly Mtg 9:30 AMBone-Building Fitness 9:30 AM and 10:35 AMCoffee Hour 10:00 AMPAWS: Pet Supply 11:00 AMKaraoke 3:00 PM	6 Walking Group 8:45 AM Coffee Hour 10:00 AM Health Presentation w/ Circulate San Diego 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	7 Coffee Hour 10:00 AM Sound Bath w/ Rosana 11:30 AM Friday at the Movies 1:00 PM Karaoke 3:00 PM	8 Ping Pong All day Knitting with Eiko 1:00 PM
9 Ping Pong All day Knitting with Eiko 1:00 PM	10 Bone-Building Fitness 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	11 Love Your Heart 8:30 AM - 12:30 PM Walking Group 8:45 AM Vitals 9:00 AM Coffee Hour 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM	12 Bone-Building Fitness 9:30 AM and 10:35 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	13 Walking Group 8:45 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	14 Coffee Hour 10:00 AM Author Hour 10:00 AM Zumba w/ Rosana 11:30 AM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM Karaoke 3:00 PM	15 Ping Pong All day Knitting with Eiko 1:00 PM

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SUN	MON	TUES	WED	THURS	FRI	SAT			
<b>16</b> <b>Ping Pong</b> All day <b>Knitting with Eiko</b> 1:00 PM	17 Bone-Building Fitness 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	18 Walking Group 8:45 AM Vitals 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM, 2:00 PM Over a Cup of Coffee 10:00 AM Quiet Utility Hour 3:00 PM	19 Bone-Building Fitness 9:30 AM and 10:35 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Karaoke 3:00 PM	20 Cooking Demo 9:30 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	21 Coffee Hour 10:00 AM Yoga w/ Rosana 11:30 AM Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM Karaoke 3:00 PM	22 Ping Pong All day Knitting with Eiko 1:00 PM			
23 Ping Pong All day Knitting with Eiko 1:00 PM	24 Bone-Building Fitness 9:30 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	25 Walking Group 8:45 AM Vitals 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM, 2:00 PM Over a Cup of Coffee 10:00 AM Quiet Utility Hour 3:00 PM	26 Bone-Building Fitness 9:30 AM and 10:35 AM Coffee Hour 10:00 AM Karaoke 3:00 PM	27 Walking Group 8:45 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM	28 Coffee Hour 10:00 AM Zumba w/ Rosana 11:30 AM Friday at the Movies 1:00 PM Karaoke 3:00 PM Lunch Punc	ch Raffle! Please			
redeem,our Punch Cards.									



Lunch Punch Cards can be redeemed for raffle tickets during lunch on <u>February 28th</u>. Make sure you get those punches!