

# February Activities

SERVING  
SENIORS

## Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact [volunteer@servingseiors.org](mailto: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
						<p><b>1</b></p> <p><b>Ping Pong</b> All day</p> <p><b>Knitting with Eiko</b> 1:00 PM</p>
<p><b>2</b></p> <p><b>Ping Pong</b> All day</p> <p><b>Knitting with Eiko</b> 1:00 PM</p>	<p><b>3</b></p> <p><b>Bone-Building Fitness</b> 9:30 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Drumming Performance</b> 2:00 PM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p><b>4</b></p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Vitals</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM, 2:00 PM</p> <p><b>Over a Cup of Coffee</b> 10:00 AM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>5</b></p> <p><b>CEG/SVA Monthly Mtg</b> 9:30 AM</p> <p><b>Bone-Building Fitness</b> 9:30 AM and 10:35 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>PAWS: Pet Supply</b> 11:00 AM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p><b>6</b></p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Health Presentation w/ Circulate San Diego</b> 10:00 AM</p> <p><b>Singing Group</b> 10:00 AM</p> <p><b>Coloring &amp; Crafts</b> 2:00 PM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>7</b></p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Sound Bath w/ Rosana</b> 11:30 AM</p> <p><b>Friday at the Movies</b> 1:00 PM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p><b>8</b></p> <p><b>Ping Pong</b> All day</p> <p><b>Knitting with Eiko</b> 1:00 PM</p>
<p><b>9</b></p> <p><b>Ping Pong</b> All day</p> <p><b>Knitting with Eiko</b> 1:00 PM</p>	<p><b>10</b></p> <p><b>Bone-Building Fitness</b> 9:30 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p><b>11</b></p> <p><b>Love Your Heart</b> 8:30 AM - 12:30 PM</p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Vitals</b> 9:00 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Over a Cup of Coffee</b> 10:00 AM</p> <p><b>Bingo</b> 2:00 PM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>12</b></p> <p><b>Bone-Building Fitness</b> 9:30 AM and 10:35 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p><b>13</b></p> <p><b>Walking Group</b> 8:45 AM</p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Bingo</b> 10:00 AM</p> <p><b>Singing Group</b> 10:00 AM</p> <p><b>Coloring &amp; Crafts</b> 2:00 PM</p> <p><b>Quiet Utility Hour</b> 3:00 PM</p>	<p><b>14</b></p> <p><b>Coffee Hour</b> 10:00 AM</p> <p><b>Author Hour</b> 10:00 AM</p> <p><b>Zumba w/ Rosana</b> 11:30 AM</p> <p><b>Friday at the Movies</b> 1:00 PM</p> <p><b>Ice Cream Social</b> 2:00 PM</p> <p><b>Karaoke</b> 3:00 PM</p>	<p><b>15</b></p> <p><b>Ping Pong</b> All day</p> <p><b>Knitting with Eiko</b> 1:00 PM</p>

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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	<b>17</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>Coffee Hour</b> 10:00 AM  <b>Karaoke</b> 3:00 PM	<b>18</b>  <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM, 2:00 PM <b>Over a Cup of Coffee</b> 10:00 AM <b>Quiet Utility Hour</b> 3:00 PM	<b>19</b>  <b>Bone-Building Fitness</b> 9:30 AM and 10:35 AM  <b>Coffee Hour</b> 10:00 AM  <b>Birthday Party</b> 2:00 PM  <b>Karaoke</b> 3:00 PM	<b>20</b>  <b>Cooking Demo</b> 9:30 AM <b>Coloring &amp; Crafts</b> 2:00 PM <b>Quiet Utility Hour</b> 3:00 PM	<b>21</b>  <b>Coffee Hour</b> 10:00 AM  <b>Yoga w/ Rosana</b> 11:30 AM  <b>Friday at the Movies</b> 1:00 PM  <b>Arts &amp; Crafts</b> 2:00 PM  <b>Karaoke</b> 3:00 PM	<b>22</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM
<b>23</b>  <b>Ping Pong</b> All day  <b>Knitting with Eiko</b> 1:00 PM	<b>24</b>  <b>Bone-Building Fitness</b> 9:30 AM  <b>Coffee Hour</b> 10:00 AM  <b>Karaoke</b> 3:00 PM	<b>25</b>  <b>Walking Group</b> 8:45 AM <b>Vitals</b> 9:00 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM, 2:00 PM <b>Over a Cup of Coffee</b> 10:00 AM <b>Quiet Utility Hour</b> 3:00 PM	<b>26</b>  <b>Bone-Building Fitness</b> 9:30 AM and 10:35 AM  <b>Coffee Hour</b> 10:00 AM  <b>Karaoke</b> 3:00 PM	<b>27</b>  <b>Walking Group</b> 8:45 AM <b>Coffee Hour</b> 10:00 AM <b>Bingo</b> 10:00 AM <b>Singing Group</b> 10:00 AM <b>Coloring &amp; Crafts</b> 2:00 PM <b>Quiet Utility Hour</b> 3:00 PM	<b>28</b>  <b>Coffee Hour</b> 10:00 AM  <b>Zumba w/ Rosana</b> 11:30 AM  <b>Friday at the Movies</b> 1:00 PM  <b>Karaoke</b> 3:00 PM	

**Lunch Punch Raffle! Please redeem our Punch Cards.**

### February Punch Card

1	2	3	4	5	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.
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	
21	22				

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