

# April Activities

## Judith L. Seltz Senior Wellness Center

5257 Mt Etna Dr, San Diego, CA 92117. Contact [volunteer@servingseniors.org](mailto:volunteer@servingseniors.org) for more information.

| SUN   | MON | TUES   | WED  | THURS   | FRI   | SAT  |
|---|-----|--|--|---|---|--|
|   |     |  | <p>1</p>  <p><b>Bingocize and Blood Pressure Check</b><br/>1:00 PM</p> | <p>2</p> <p><b>Yoga w/ Henry</b><br/>10:00 AM</p> <p><b>Bingo</b><br/>1:30 PM</p>    | 3   | 4  |
| <p>5</p>  <p><b>Bingocize</b><br/>1:00 PM</p> | 6   | 7  | <p>8</p> <p><b>Bingocize and Blood Pressure Check</b><br/>1:00 PM</p>  | <p>9</p> <p><b>Yoga w/ Henry</b><br/>10:00 AM</p> <p><b>Bingo</b><br/>1:30 PM</p> <p><b>Arts &amp; Crafts</b><br/>2:30 pm</p>   | 10  | 11   |
| 12  | 13  | 14   | 15   | 16  | 17  | 18   |
|   |     | <p><b>Civic Engagement Group</b><br/>10:00 AM - 10:30 AM</p> | <p><b>Blood Pressure Check</b><br/>1:00 PM</p>   | <p><b>Yoga w/ Henry</b><br/>10:00 AM</p> <p><b>Bingo</b><br/>1:30 PM</p>  |   |  |
| 19  | 20  | 21   | 22   | 23  | 24  | 25   |
|   |     |  |  <p><b>Blood Pressure Check</b><br/>1:00 PM</p>                      | <p><b>Yoga w/ Henry</b><br/>10:00 AM</p> <p><b>Birthday Bingo</b><br/>1:30 PM</p>  |  |  |
| 26  | 27  | 28   | 29   | 30  |   |  |
|   |     |  | <p><b>Blood Pressure Check</b><br/>1:00 PM</p>   | <p><b>Yoga w/ Henry</b><br/>10:00 AM</p> <p><b>Bingo</b><br/>1:30 PM</p>  |   |  |