

October Activities

Gary and Mary West Senior Wellness Center

1525 Fourth Ave, San Diego, CA 92101. Contact volunteer@serving seniors.org for more information.
We will be scanning activity cards at all activities this month, so please have them with you.

SERVING
SENIORS

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---|--|--|---|--|--|
| | | | 1 Yoga w/ Henry 9:00 AM Coffee Hour 10:00 AM Karaoke 3:00 PM | 2 Walking Group 8:45 AM Blood Pressure Check 9:00 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 | 3 CEG/SVA Meeting (MBSR) 9:00 AM Nutrition Education Course (1/6) 10:00 AM Coffee Hour 10:00 AM Coloring with Karen 11:00 AM - 2:00 PM Friday at the Movies 1:00 PM Karaoke 3:00 PM | 4 Ping Pong All day |
| 5 Ping Pong All day | 6  Yoga w/ Yerson 9:00 AM Medi-Cal and CalFresh Q&A and Enrollment 10:30 AM - 2:30 PM Coffee Hour 10:00 AM Karaoke 3:00 PM | 7 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Vaccine Clinic 10:30 PM to 12:30 PM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM | 8  Pilates w/ Henry 9:00 AM Coffee Hour 10:00 AM PAWS: Pet Supply 11:00 AM Karaoke 3:00 PM | 9  BINGO MARATHON Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Singing Group 10:00 AM Bingo Marathon 10:00 AM to 3:00 PM Quiet Utility Hour 3:00 PM | 10 SVA Meeting (MBSR) 9:00 AM Nutrition Education Course (2/6) 10:00 AM Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM Karaoke 3:00 PM | 11 Ping Pong All day |
| 12 Ping Pong All day | 13  Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Karaoke 3:00 PM | 14 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 10:00 AM Coffee Hour 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM | 15 Yoga w/ Henry 9:00 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Karaoke 3:00 PM | 16  Blood Pressure Check 9:00 AM West Cooking Demo Doors open 9:30 AM Demo starts 10:00 AM Coloring & Crafts 2:00 PM Quiet Utility Hour 3:00 PM | 17 CEG Meeting (MBSR) 9:00 AM Nutrition Education Course (3/6) 10:00 AM Coffee Hour 10:00 AM Spoken Word Workshop (MBSR) 10:00 AM Friday at the Movies 1:00 PM Arts & Crafts 2:00 PM Karaoke 3:00 PM | 18 Ping Pong All day |

October 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 |
|--|--|--|---|---|--|--|
| 19 Ping Pong All day | 20 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Karaoke 3:00 PM | 21  Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Quiet Utility Hour 3:00 PM | 22  Pilates w/ Henry 9:00 AM Scam and Fraud Awareness Presentation w/ US Bank 10:00 AM Coffee Hour 10:00 AM Animal Ambassador Visit w/ the San Diego Zoo 2:00 PM Karaoke 3:00 PM  | 23 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Singing Group 10:00 AM Quiet Utility Hour 3:00 PM | 24 Nutrition Education Course (4/6) 10:00 AM Coffee Hour 10:00 AM Coloring with Karen 11:00 AM - 2:00 PM Friday at the Movies 1:00 PM Karaoke 3:00 PM | 25 Ping Pong All day |
| 26 Ping Pong All day | 27 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Karaoke 3:00 PM | 28 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Lunch Punch Raffle All Lunches Bingo 2:00 PM Quiet Utility Hour 3:00 PM | 29  Artozia Gallery opens 9:00 AM Gallery closes 1:00 PM Coffee Hour 10:00 AM Artozia Awarding Ceremony 2:30 PM Karaoke 3:00 PM | 30 Walking Group 8:45 AM Blood Pressure Check 9:00 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 | 31  Nutrition Education Course (5/6) 10:00 AM Coffee Hour 10:00 AM Coloring with Karen 11:00 AM - 2:00 PM Lunch Punch Raffle All Lunches Friday at the Movies 1:00 PM Costume Contest Winner 1:30 PM Karaoke 3:00 PM | |

October 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 & get a punch.

Reach the  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 October 31st.
Make sure you get those punches!

HALLOWEEN