

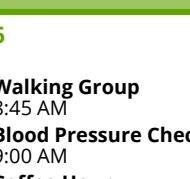
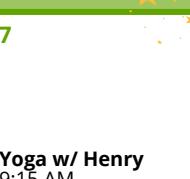
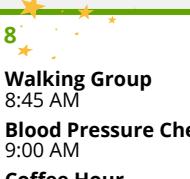
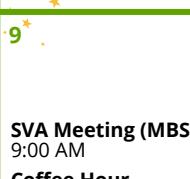
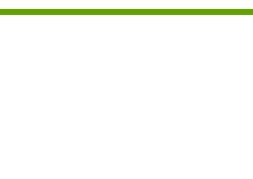
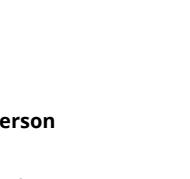
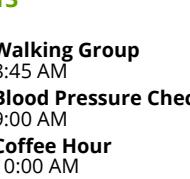
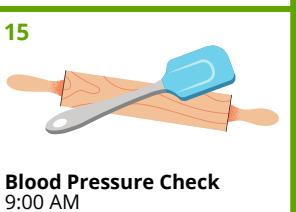
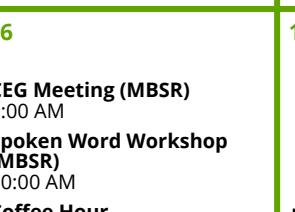
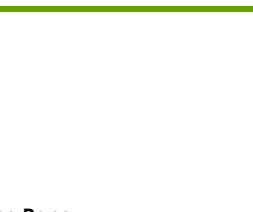
January Activities

SERVING
SENIORS

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 you.

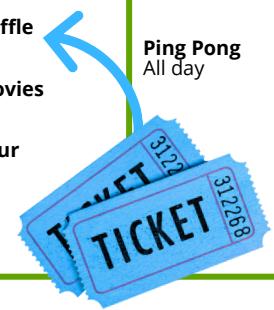
SUN	MON	TUES	WED	THURS	FRI	SAT
				1 	2 	3 
4 Ping Pong All day	5  Yoga w/ Yerson 9:00 AM Medi-Cal and CalFresh Q&A and Enrollment 10:30 AM - 2:30 PM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	6  Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	7  Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	8  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 Karaoke 1:00 PM Coloring & Crafts 2:00 PM	9  SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Ice Cream Social 2:00 PM Quiet Utility Hour 3:00 PM	10 
11 Ping Pong All day	12  Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	13  Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Health Presentation 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	14  Pilates w/ Henry 9:15 AM Coffee Hour 10:00 AM PAWS: Pet Supply 11:00 AM Greeting Card Class w/ Letitia 1:00 PM to 3:00 PM	15  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	16  CEG Meeting (MBSR) 9:00 AM Spoken Word Workshop (MBSR) 10:00 AM Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Arts & Crafts 2:00pm Quiet Utility Hour 3:00 PM	17 
				Center Closes Early at 3:00 PM		

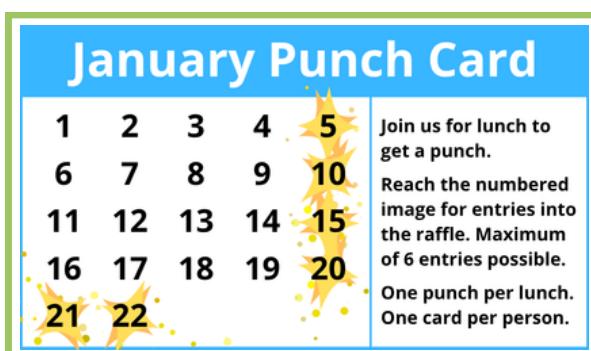
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SUN	MON	TUES	WED	THURS	FRI	SAT
18 Ping Pong All day	19 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM 	20 Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Bingo 2:00 PM Karaoke 3:00 PM	21 Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Birthday Party 2:00 PM Quiet Utility Hour 3:00 PM	22 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 Karaoke 1:00 PM Coloring & Crafts 2:00 PM	23 Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	24 Ping Pong All day
25 Ping Pong All day	26 Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	27 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 Karaoke 3:00 PM	28 Yoga w/ Henry 9:15 AM Financial Literacy w/ US Bank 10:30 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	29 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 Karaoke 1:00 PM Coloring & Crafts 2:00 PM	30 Coffee Hour 10:00 AM Lunch Punch Raffle All Lunches Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	31 Ping Pong All day 



Lunch Punch Cards can be redeemed for raffle tickets during lunch on January 30th. Make sure you get those punches!