

January 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
					 <p>CEG/SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM</p>	 <p>Ping Pong All day</p>
 <p>Ping Pong All day</p>	 <p>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</p>	 <p>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</p>	 <p>Yoga w/ Henry 9:15 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM</p>	 <p>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</p>	 <p>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</p>	 <p>Ping Pong All day</p>
 <p>Ping Pong All day</p>	 <p>Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM</p>	 <p>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</p>	 <p>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 Center Closes Early at 3:00 PM</p>	 <p>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</p>	 <p>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</p>	 <p>Ping Pong All day</p>

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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 

January 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 to get a punch.

Reach the numbered image 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 January 30th. Make sure you get those punches!