

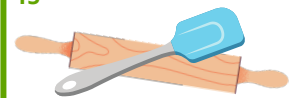
October Activities

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
						
				1 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 9:30 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	2 CEG/SVA Meeting (Dining Room) 9:00 AM Coffee Hour 10:00 AM Naomi's Crochet Circle 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	3 Ping Pong All day
4 Ping Pong All day	5  Yoga w/ Yerson 9:00 AM Medi-Cal and CalFresh Q&A and Enrollment 11:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	6 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 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	8 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Coffee Hour 10:00 AM Bingo 9:30 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	9 SVA Meeting (MBSR) 9:00 AM Coffee Hour 10:00 AM Ice Cream Social 2:00 PM Quiet Utility Hour 3:00 PM	10 Arts & Crafts w/ the Girl Scouts 11:00 - 1:00 PM
11 Ping Pong All day	12  Yoga w/ Yerson 9:00 AM Coffee Hour 10:00 AM Quiet Utility Hour 3:00 PM	13 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 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 Artopia Gallery opens 9:30 AM Ceremony at 2:30 PM Coffee Hour 10:00 AM PAWs: Pet Supply 11:00 AM Greeting Card Class w/ Letitia (Sign Up at Front Desk) 2:00 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 Coffee Hour 10:00 AM Naomi's Crochet Circle 10:00 AM Spoken Word Workshop (MBSR) 10:00 AM Friday at the Movies 1:00 PM Quiet Utility Hour 3:00 PM	17 Ping Pong All day

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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 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 10:00 AM Over a Cup of Coffee 10:00 AM Vivienda Compartida, seminario de servicios sociales 11:00 AM Bingo 2:00 PM Karaoke 3:00 PM	21 Yoga w/ Henry 9:15 AM Coffee Hour and Health Presentation 10:00 AM Birthday Party 2:00 PM Quiet Utility Hour 3:00 PM	22 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 10:00 AM Singing Group 11:00 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 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 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 Coffee Hour 10:00 AM Vaccine Clinic 10:00 AM - 1:00 PM Financial Literacy w/ US Bank 10:30 AM Arts & Crafts w/ The Timken Museum 2:00 PM Quiet Utility Hour 3:00 PM	29 Introduction to Tai Chi 8:30 AM Walking Group 8:45 AM Blood Pressure Check 9:00 AM Bingo 9:30 AM Coffee Hour 10:00 AM Singing Group 11:00 AM Karaoke 1:00 PM Coloring & Crafts 2:00 PM	30 Coffee Hour 10:00 AM Friday at the Movies 1:00 PM Lunch Punch Raffle All lunches Quiet Utility Hour 3:00 PM	31 HAPPY HALLOWEEN Ping Pong All day

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 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 October 30th.
Make sure you get those punches!