

July Activities

Judith L. Seltz Senior Wellness Center

5257 Mt Etna Dr, San Diego, CA 92117. Contact volunteer@serving seniors.org for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Blood Pressure Check 1:00 PM	2 Yoga w/ Henry 10:00 AM Bingo 2:00 PM	3 Yoga w/ Henry 9:00 AM	4 4th of July
5	6 Ladies' Dance Group 2:00 PM	7	8 Blood Pressure Check 1:00 PM	9 Yoga w/ Henry 10:00 AM Bingo 2:00 PM Arts & Crafts 2:00 pm	10 Yoga w/ Henry 9:00 AM	11
12	13 Ladies' Dance Group 2:00 PM	14 Civic Engagement Group 10:00 AM - 10:30 AM	15 Blood Pressure Check 1:00 PM	16 Yoga w/ Henry 10:00 AM Bingo 2:00 PM	17 Yoga w/ Henry 9:00 AM	18
19	20 Ladies' Dance Group 2:00 PM 	21 Financial Literacy Class w/ Navy Federal 1:30 PM	22 Blood Pressure Check 1:00 PM	23 Yoga w/ Henry 10:00 AM Bingo 2:00 PM 	24 WELCOME Yoga w/ Henry 9:00 AM Residents Welcoming Party 3:00 PM 	25
26	27 Ladies' Dance Group 2:00 PM	28	29 Blood Pressure Check 1:00 PM	30 Yoga w/ Henry 10:00 AM Birthday Bingo 2:00 PM 	31 Yoga w/ Henry 9:00 AM	

Case Management available by appointment at Front Desk.