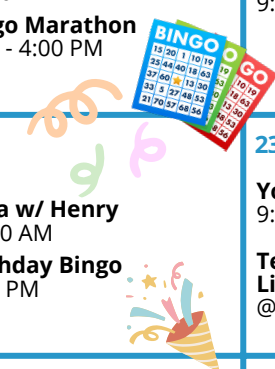


October Activities

SERVING
SENIORS

Judith L. Seltz Senior Wellness Center

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

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Yoga w/ Henry 10:00 AM 3D Printing Project w/ High Tech High 1:00 PM Bingo 2:00 PM	2 Yoga w/ Henry 9:00 AM 3D Printing Project w/ High Tech High 1:30 PM 	3	
4	5 Ladies' Dance Group 2:00 PM 	6	7 Blood Pressure Check 1:00 PM	8 Yoga w/ Henry 10:00 AM Bingo 2:00 PM	9 Yoga w/ Henry 9:00 AM	10 Vaccine Clinic 3:00 - 5:00 PM 
11	12  Ladies' Dance Group 2:00 PM	13	14 Blood Pressure Check 1:00 PM  Artopia, Art Competition @ The Gary and Mary West Senior Wellness Center 1525 4th Ave, San Diego Galley opens 9:30 AM Ceremony at 2:30 PM	15 Yoga w/ Henry 10:00 AM Bingo Marathon 1:30 - 4:00 PM 	16 Yoga w/ Henry 9:00 AM	17
18	19 Ladies' Dance Group 2:00 PM	20	21 Blood Pressure Check 1:00 PM	22 Yoga w/ Henry 10:00 AM Birthday Bingo 2:00 PM 	23 Yoga w/ Henry 9:00 AM Tech. Help w/ Balboa Library @ lunch	24 
25	26 Ladies' Dance Group 2:00 PM	27 Drum Workshop 2:00 PM	28 Blood Pressure Check 1:00 PM	29 Yoga w/ Henry 10:00 AM Bingo 2:00 PM	30 Yoga w/ Henry 9:00 AM 	31 

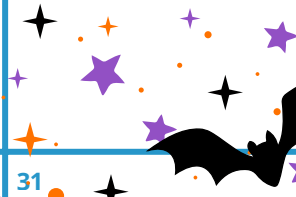
Case Management available by appointment at Front Desk.

October Activities

SERVING
SENIORS

Modica & Taormina Family Residence

Contact volunteer@serving seniors.org for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Art for All Ages 3:30 PM	2 	3	
4	5 	6 Pilates 3:30 PM	7 Yoga 3:30 PM	8	9	10  Vaccine Clinic 3:00 - 5:00 PM @ the Judith L Seltz Senior Wellness Center Dining Room
11	12 	13 Pilates 3:30 PM	14 Yoga 3:30 PM  Artopia, Art Competition @ The Gary and Mary West Senior Wellness Center 1525 4 th Ave, San Diego Galley opens 9:30 AM Ceremony at 2:30 PM	15 Art for All Ages 3:30 PM	16	17
18 All activities are no-cost! Activities take place in the Modica Community Room.	19	20 Pilates 3:30 PM	21 Yoga 3:30 PM	22	23	24 
25 Looking for a tutoring service? View our tutoring flyer! Tutoring available via Balboa Branch Library and Brainfuse.	26	27 Drum Workshop/Judith L Seltz Senior Wellness Center 2:00 PM Pilates 3:30 PM	28 Yoga 3:30 PM	29	30 	31 

Activities Programming is available to individuals of all ages.