

SERVING
SENIORS

Gary and Mary West Senior Wellness Center

April Activities

1525 Fourth Ave, San Diego, CA 92101

Contact: volunteer@serving seniors.org or 619-487-0621 for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Bone-Building Fitness 9:30 AM Sound Bath 10:45 AM Karaoke 11:00 AM 	2 Walking Group 8:45 AM Vitals CANCELLED Bingo 10:00 AM Over a Cup of Coffee 10:00 AM	3 Senior Volunteer Meeting 9:00 to 9:30 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM 	4 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM Karaoke 11:15 AM Chinese Bingo 1:00 PM	5 Senior Book Club  10:00 AM Zoo Book Presentation with Georgeanne Irvine 11:00 AM Karaoke 12:15 PM Friday at the Movies 1:00 PM	6 Ping Pong
7 Ping Pong	8 Bone-Building Fitness 9:30 AM Zumba 10:45 AM Karaoke 1:00 PM	9 Mindful Movement 8:00 AM  Walking Group 8:45 AM Vitals 9:00 AM to 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Karaoke 11:15 AM to 1:30 PM LOTERIA in Spanish 1:00 PM	10 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM Greeting Card Class 1:45 PM  	11 Walking Group 8:45 AM  West Cooking Demo 9:30 AM Karaoke 11:15 AM Civic Engagement 1:00 PM	12 Cardio Drumming 11:00 AM  Karaoke 12:15 PM Friday at the Movies 1:00 PM Ice Cream Social  2:00 PM	13  Tech Help for Seniors 12:30 PM to 2:00 PM
14 Ping Pong	15 Bone-Building Fitness 9:30 AM Karaoke 11:00AM Art for All Ages 12:30 AM 	16 Walking Group 8:45 AM Vitals 9:00 AM to 10:00 AM Bingo 10:00 AM Over a Cup of Coffee 10:00 AM Coloring with Karen 11:45 AM The Center Closes at 2:00 pm 	17 Bone-Building Fitness 9:30 AM Bone-Building Fitness 10:35 AM Quilting with Eiko 10:00 AM Write Out Loud  1:00 PM Birthday Party  2:00 PM	18 Walking Group 8:45 AM Bingo 10:00 AM Singing Group 10:00 AM PAWS: Pet Supply 11:00 AM Karaoke 11:15 AM	19 Author Hour 10:30 AM Karaoke 12:15 PM Friday at the Movies 1:00 PM	20 Special Bingo with TVIA 1:00 PM

We will be scanning activity cards at all activities this month, so please have them with you!



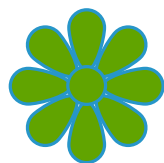
April Activities

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April Punch Card

1	2	3	4	5	Join us for lunch & get a punch.
6	7	8	9	10	
11	12	13	14	15	Reach the  for entries into the raffle. Maximum of 6 entries possible.
16	17	18	19	20	
21	22				One punch per lunch. One card per person.

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



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Actividades de Abril 1525 Fourth Ave, San Diego, CA 92101

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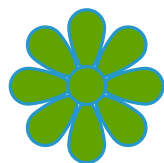
SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Ejercicio para formación de huesos 9:30 AM Bano de Sonido 12:30PM- 1:30 PM Karaoke 11:00 AM	2 Grupo de caminata 8:45 AM Vitales CANCELADO Bingo 10:00 AM Con una taza de café 10:00 AM	3 Junta de Voluntarios Seniors 9:00 - 9:30AM Ejercicio para formación de huesos 9:30 AM Ejercicio para formación de huesos 10:35 AM Cosiendo con Eiko 10:00 AM	4 Grupo de caminata 8:45 AM Bingo 10:00 AM Grupo de canto 10:00 AM Karaoke 11:15 AM Bingo en Mandarin 1:00 PM	5 Club de Lectura 10:00 AM Presentación del libro del zoológico con Georgeanne Irvine 11:00 AM to 12:00 PM Karaoke 12:15 AM Viernes de cine: 1:00 PM	6 Ping Pong
7 Ping Pong	8 Ejercicio para formación de huesos 9:30 AM Zumba 10:45 PM Karaoke 11:00 AM	9 Movimiento Conciente 8:00 AM Grupo de caminata 8:45 AM Vitales 9:00 AM - 10:00 AM Bingo 10:00 AM Con una taza de café 10:00 AM Karaoke 11:15 AM LOTERIA en Español 1:00 PM	10 Ejercicio para formación de huesos 9:30 AM Ejercicio para formación de huesos 10:35 AM Cosiendo con Eiko 10:00 AM Clase de tarjetas de felicitación 1:45 PM	11 Grupo de caminata 8:45 AM Demostración de Cocina West 9:30 AM Grupo de canto 10:00 AM Karaoke 11:15 AM Civic Engagement 1:00 PM	12 Cardio con tambores 11:00 AM Karaoke 12:15 AM Viernes de cine: 1:00 PM Reunión con helado 2:00 PM	13 Ayuda Tecnica para Personas Mayores 12:30 PM to 2:00 PM
14 Ping Pong	15 Ejercicio para formación de huesos 9:30 AM Karaoke 1:15 PM Arte para todas las edades 12:30 PM	16 Grupo de caminata 8:45 AM Vitales 9:00 AM - 10:00 AM Bingo 10:00 AM Con una taza de café 10:00 AM Coloreando con Karen 11:45 AM El Centro cierra a las 2:00PM	17 Ejercicio para formación de huesos 9:30 AM Ejercicio para formación de huesos 10:35 AM Cosiendo con Eiko 10:00 AM Lecturas cortas y poemas 1:00 PM Celebración de Cumpleaños 2:00 PM	18 Grupo de caminata 8:45 AM Grupo de canto 10:00 AM Comida y más para mascotas (PAWS): 11:00 AM Karaoke 11:15 AM	19 Lectura de Autor: Neil Ricco 10:30 AM Karaoke 12:15 AM Viernes de cine: 1:00 PM	20 Bingo Especial con TVIA 1:00 PM

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21	22				



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四月活動

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聯絡: volunteer@serving seniors.org 或 619-487-0621 瞭解更多詳情。

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 健骨運動俱樂部 9:30 AM 音浴班 10:45 AM 卡拉OK 11:00 AM 	2 走一走小组 8:45 AM 血壓檢查 取消 賓果遊戲 10:00 AM 喝杯咖啡談心 10:00 AM	3 志工會議 9:00 - 9:30 AM 健骨運動俱樂部 09:30 AM 健骨運動俱樂部 10:35 AM 與 Eiko 紉縫 10:00 AM 	4 走一走小组 8:45 AM 賓果遊戲 10:00 AM 歌唱組 10:00 AM 卡拉OK 11:15 AM 中文賓果遊戲 1:00 PM	5 讀書俱樂部 10:00 AM 喬治安娜歐文 (Georgeanne Irvine) 主持動物園圖書展示會 1:00 PM 卡拉OK 12:15 PM 週五看電影: 1:00 PM 	6 乒乓
7 乒乓	8 健骨運動俱樂部 9:30 AM 尊巴舞 10:45 AM 卡拉OK 1:00 PM	9 正念運動 8:00 AM 走一走小组 8:45 AM 血壓檢查 9:00 AM - 10:00 AM 賓果遊戲 10:00 AM 喝杯咖啡談心 10:00 AM 卡拉OK 11:15 AM to 1:30 PM 西班牙語賓果 (Loteria) 1:00 PM 	10 健骨運動俱樂部 09:30 AM 健骨運動俱樂部 10:35 AM 與 Eiko 紉縫 10:00 AM 卡片制作班 1:45 PM  	11 走一走小组 8:45 AM 西式烹飪示範 9:30 AM 卡拉OK 11:15 AM 公民參與 1:00 PM 	12 有氧擊鼓運動 11:00 AM 卡拉OK 12:15 PM 週五看電影: 1:00 PM 冰淇淋社交 2:00 PM  	13 老年人的技術幫助 12:30 PM to 2:00 PM 
14 乒乓	15 健骨運動俱樂部 9:30 AM 卡拉OK 11:00 AM 適合所有年齡層的藝術 12:30 PM 	16 走一走小组 8:45 AM 血壓檢查 9:00 AM - 10:00 AM 賓果遊戲 10:00 AM 喝杯咖啡談心 10:00 AM 和凱倫一起著色 11:45 AM 該中心於下午 2:00 關閉	17 健骨運動俱樂部 9:30 AM 健骨運動俱樂部 10:35 AM 與 Eiko 紉縫 10:00 AM 大聲“寫”出來 1:00 PM 生日派對 2:00 PM  	18 走一走小组 8:45 AM 賓果遊戲 10:00 AM 歌唱組 10:00 AM PAWS 寵物用品 11:00 AM 卡拉OK 11:15 AM	19 作者時間 10:30 AM 卡拉OK 12:15 PM 週五看電影: 1:00 PM	20 TVIA 特別賓果遊戲 1:00 PM

我們將在本月的所有活動中掃描客人的老年中心ID卡，所以請記得隨身攜帶！

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