

AgeWell Services

JANUARY



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MEMORIAL SENIOR CENTER 610 SOUTH 30TH ST., 92113	31 QUESTIONS ABOUT PROGRAMS AT MEMORIAL SENIOR CENTER? CALL (619) 668-2027 OR EMAIL RAFAELP@SANDIEGO.GOV	1 CLOSED	2	3
6 CAFE 9:00AM-12:00PM YOGA 9:15AM-10:15AM	7 CAFE 9AM-12PM ZUMBA FITNESS 9:15AM-10:15AM	8 CAFE 9AM-12PM EXERCISE MOVEMENTS WITH MUSIC 10AM-11AM	9 CAFE 9AM-12PM KARAOKE 10AM-11AM	10 CAFE 9AM-12PM LOTERIA 10AM-11:30AM
13 CAFE 9:00AM-12:00PM YOGA 9:15AM-10:15AM	14 CAFE 9AM-12PM ZUMBA FITNESS 9:15AM-10:15AM	15 CAFE 9AM-12PM EXERCISE MOVEMENTS WITH MUSIC 10AM-11AM	16 CAFE 9AM-12PM KARAOKE 10AM-11AM	17 CAFE 9AM-12PM LOTERIA 10AM-11:30AM
20 CLOSED	21 CAFE 9AM-12PM ZUMBA FITNESS 9:15AM-10:15AM	22 CAFE 9AM-12PM EXERCISE MOVEMENTS WITH MUSIC 10AM-11AM	23 CAFE 9AM-12PM KARAOKE 10AM-11AM	24 CAFE 9AM-12PM LOTERIA 10AM-11:30AM
27 CAFE 9:00AM-12:00PM YOGA 9:15AM-10:15AM	28 CAFE 9AM-12PM ZUMBA FITNESS 9:15AM-10:15AM	29 CAFE 9AM-12PM EXERCISE MOVEMENTS WITH MUSIC 10AM-11AM	30 CAFE 9AM-12PM KARAOKE 10AM-11AM	31 CAFE 9AM-12PM LOTERIA 10AM-11:30AM

AgeWell Services

FEBRUARY



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The City of SAN DIEGO Parks and Recreation Department</p> <p>MEMORIAL SENIOR CENTER 610 SOUTH 30TH ST., 92113</p>	<p>QUESTIONS ABOUT PROGRAMS AT MEMORIAL SENIOR CENTER? CALL (619) 668-2027 OR EMAIL RAFAELP@SANDIEGO.GOV</p>	<p>29</p>	<p>30</p>	<p>31</p>
<p>3 CAFE 9:00AM-12:00PM YOGA 9:15AM-10:15AM</p>	<p>4 CAFE 9AM-12PM ZUMBA FITNESS 9:15AM-10:15AM</p>	<p>5 CAFE 9AM-12PM EXERCISE MOVEMENTS WITH MUSIC 10AM-11AM</p>	<p>6 CAFE 9AM-12PM KARAOKE 10AM-11AM</p>	<p>7 CAFE 9AM-12PM LOTERIA 10AM-11:30AM</p>
<p>10 CAFE 9:00AM-12:00PM YOGA 9:15AM-10:15AM</p>	<p>11 CAFE 9AM-12PM ZUMBA FITNESS 9:15AM-10:15AM</p>	<p>12 CAFE 9AM-12PM EXERCISE MOVEMENTS WITH MUSIC 10AM-11AM</p>	<p>13 CAFE 9AM-12PM KARAOKE 10AM-11AM</p>	<p>14 CAFE 9AM-12PM COOKING 10:30AM-12PM LOTERIA 10AM-11:30AM</p>
<p>17 CLOSED</p>	<p>18 CAFE 9AM-12PM ZUMBA FITNESS 9:15AM-10:15AM</p>	<p>19 CAFE 9AM-12PM EXERCISE MOVEMENTS WITH MUSIC 10AM-11AM</p>	<p>20 CAFE 9AM-12PM KARAOKE 10AM-11AM</p>	<p>21 CAFE 9AM-12PM LOTERIA 10AM-11:30AM</p>
<p>24 CAFE 9:00AM-12:00PM YOGA 9:15AM-10:15AM</p>	<p>25 CAFE 9AM-12PM ZUMBA FITNESS 9:15AM-10:15AM</p>	<p>26 CAFE 9AM-12PM EXERCISE MOVEMENTS WITH MUSIC 10AM-11AM</p>	<p>27 CAFE 9AM-12PM KARAOKE 10AM-11AM</p>	<p>28 CAFE 9AM-12PM LOTERIA 10AM-11:30AM</p>