# APRIL

AgeWell Services

The City of SAN DIEGO

Parks and Recreation Department

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Questions about programs at Memorial senior center? call (619) 668-2027 or email rafaelp@sandiego.gov	The City of SAN DIEGO Parks and Recreation Department Memorial Senior Center 610 South 30th st., 92113	1 cafe 9am-12pm zumba fitness 9:15am-10:15am Serving Seniors 12-1pm	2 cafe 9am-12pm exercise movements with music 10am-11am Serving Seniors 12-1pm	3 Cafe 9am-12pm karaoke 10am-11am Serving Seniors 12-1pm	4 cafe 9am-12pm Dance 9-10am loteria 10am-11:30am Serving Seniors 12-1pm
	7 Cafe 9:00am-12:00pm yoga 9:15am-10:15am Serving Seniors 12-1pm	8 cafe 9am-12pm zumba fitness 9:15am-10:15am Serving Seniors 12-1pm	9 cafe 9am-12pm exercise movements with music 10am-11am Serving Seniors 12-1pm	10 Cafe 9am-12pm karaoke 10am-11am Serving Seniors 12-1pm	11 cafe 9am-12pm Dance 9-10am Ioteria 10am-11:30am Serving Seniors 12-1pm
	14 Cafe 9:00am-12:00pm yoga 9:15am-10:15am Serving Seniors 12-1pm	15 cafe 9am-12pm zumba fitness 9:15am-10:15am Serving Seniors 12-1pm	16 cafe 9am-12pm exercise movements with music 10am-11am Serving Seniors 12-1pm	17 Cafe 9am-12pm karaoke 10am-11am Serving Seniors 12-1pm	18 cafe 9am-12pm Dance 9-10am loteria 10am-11:30am Serving Seniors 12-1pm
	21 Cafe 9:00am-12:00pm yoga 9:15am-10:15am Serving Seniors 12-1pm	22 cafe 9am-12pm zumba fitness 9:15am-10:15am Serving Seniors 12-1pm	23 cafe 9am-12pm exercise movements with music 10am-11am Serving Seniors 12-1pm	24 Cafe 9am-12pm karaoke 10am-11am Serving Seniors 12-1pm	25 cafe 9am-12pm Dance 9-10am Ioteria 10am-11:30am Serving Seniors 12-1pm
	28 Cafe 9:00am-12:00pm yoga 9:15am-10:15am Serving Seniors 12-1pm	29 cafe 9am-12pm zumba fitness 9:15am-10:15am Serving Seniors 12-1pm	30 cafe 9am-12pm exercise movements with music 10am-11Serving Seniors 12- 1pmam	1	2

If you are interested in volunteering at Memorial senior center? call (619) 668-2027 or email Rafaelp@sandiego.gov

## 2025

## MAY

## **AgeWell Services**

The City of SAN DIEGO Parks and Recreation Department

MONDAY TUESDAY **WEDNESDAY** THURSDAY The City of Cafe 9a SAN DIEGO Parks and Recreation Department Memorial Senior Center karaoke : Serving Se 610 South 30th st., 92113 5 6 8 cafe 9am-12pm Cafe 9a cafe 9am-12pm Cafe 9:00am-12:00pm zumba fitness exercise movements with music yoga 9:15am-10:15am 9:15am-10:15am karaoke 10am-11am Serving Seniors 12-1pm Serving Seniors 12-1pm Serving Se Serving Seniors 12-1pm 12 13 14 15 Cafe 9 cafe 9am-12pm cafe 9am-12pm Cafe 9:00am-12:00pm exercise movements with music zumba fitness karaoke 10am-11am yoga 9:15am-10:15am 9:15am-10:15am Serving Se Serving Seniors 12-1pm Serving Seniors 12-1pm Serving Seniors 12-1pm 19 21 22 20 Cafe 9 cafe 9am-12pm cafe 9am-12pm Cafe 9:00am-12:00pm zumba fitness exercise movements with music yoga 9:15am-10:15am karaoke : 9:15am-10:15am 10am-11am Serving Seniors 12-1pm Serving Se Serving Seniors 12-1pm Serving Seniors 12-1pm 27 28 29 MEMORIAL cafe 9am-12pm Cafe 9a cafe 9am-12pm zumba fitness exercise movements with music 9:15am-10:15Serving Seniors 12karaoke 1 10am-11am 1pmam Serving Seniors 12-1pm Serving Ser

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## 2025

## FRIDAY

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