

APRIL

2025

Questions about programs at
 Memorial senior center?
 call (619) 668-2027
 or email rafaelp@sandiego.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 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 loteria 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 loteria 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-11am Serving Seniors 12-1pm	1	2

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

MAY

AgeWell Services



2025

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12 Cafe 9:00am-12:00pm yoga 9:15am-10:15am Serving Seniors 12-1pm	13 cafe 9am-12pm zumba fitness 9:15am-10:15am Serving Seniors 12-1pm	14 cafe 9am-12pm exercise movements with music 10am-11am Serving Seniors 12-1pm	15 Cafe 9am-12pm karaoke 10am-11am Serving Seniors 12-1pm	16 cafe 9am-12pm Dance 9-10am loteria 10am-11:30am Serving Seniors 12-1pm
19 Cafe 9:00am-12:00pm yoga 9:15am-10:15am Serving Seniors 12-1pm	20 cafe 9am-12pm zumba fitness 9:15am-10:15am Serving Seniors 12-1pm	21 cafe 9am-12pm exercise movements with music 10am-11am Serving Seniors 12-1pm	22 Cafe 9am-12pm karaoke 10am-11am Serving Seniors 12-1pm	23 cafe 9am-12pm Dance 9-10am loteria 10am-11:30am Serving Seniors 12-1pm
26 	27 cafe 9am-12pm zumba fitness 9:15am-10:15am Serving Seniors 12-1pm	28 cafe 9am-12pm exercise movements with music 10am-11am Serving Seniors 12-1pm	29 Cafe 9am-12pm karaoke 10am-11am Serving Seniors 12-1pm	30 cafe 9am-12pm Dance 9-10am loteria 10am-11:30am Serving Seniors 12-1pm

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