

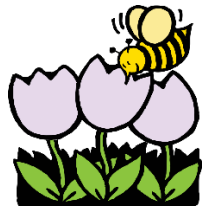




















GMW APRIL ACTIVITIES 2017 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 1:00 Special Bingo Hour! (DR)</p> 	<p>Room Abbreviations (LI) Learning Institute (DR) Dining Room (GP) Gathering Place (MBSR) Mind, Body, Spirit Room-Upstairs (Clinical)-Upstairs (GR) Game Room</p>	<p style="text-align: center;">SERVING SENIORS 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538 *All activities are Subject to change!</p>				<p>1 1:00 Special Bingo Hour! (LI)</p> 
<p>2</p> 	<p>3 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>4 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 1:00 Knit & Crochet (GP)</p> 	<p>5 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)</p>	<p>6 8:30 Line Dancing! (LI) 8:30 Walking Group (MBSR) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP)</p>	<p>7 9-3 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies</p> 	<p>8</p> 
<p>9 1:00 Special Bingo Hour! (DR)</p> 	<p>10 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>11 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 12:30 Sharp Presentation! (LI) 1:00 Knit & Crochet (GP) 2:00 Eco Verse Workshop (LI)</p> 	<p>12 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)</p> 	<p>13 8:30 Line Dancing! (LI) 8:30 Walking Group (MBSR) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 1:15 Tai Chi! (LI)</p> 	<p>14 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)</p> 	<p>15 1:00 LJC Concert! (LI)</p> 
<p>16</p>  <p style="text-align: center;">HAPPY EASTER!</p>	<p>17 9:00 Feeling Fit Club (LI) 10:10 UCSD Concert! (DR) 10:15 Feeling Fit Club (LI) 2:00 Jewelry Class (DR)</p>	<p>18 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 10:30 Veterans Craft Class! (LI) 1:00 The History Lady! (LI) 1:00 Knit & Crochet (GP) 2:30 Ping Pong! (LI)</p>	<p>19 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI) 2:30 Birthday Party! (DR)</p>	<p>20 8:30 Line Dancing! (LI) 8:30 Walking Group (MBSR) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP)</p>	<p>21 9-3 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 2:30 7th Anniversary Party!</p> 	<p>22</p> 
<p>23</p> 	<p>24 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p>	<p>25 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 12:30 Write Out Loud! (LI) 1:00 Knit & Crochet (GP) 1:15 Massage Class! (MBSR) 1:45 Card Craft Class (DR)</p>	<p>26 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)</p>	<p>27 8:30 Line Dancing! (LI) 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Traveler's Class (LI) 1:00 Knit & Crochet (GP) 1:15 Tai Chi! (LI)</p>	<p>28 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)</p>	<p>29</p> 