















GMW MARCH ACTIVITIES 2017 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">SERVING SENIORS 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538</p> <p style="text-align: center;">*All activities are Subject to change!</p>	<p style="text-align: center;"><u>Room Abbreviations</u> (LI) Learning Institute (DR) Dining Room (GP) Gathering Place (MBSR) Mind, Body, Spirit Room-Upstairs (Clinical)-Upstairs (GR) Game Room</p>		<p>1 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)</p>	<p>2 8:30 Line Dancing! (LI) 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP)</p>	<p>3 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 (LI)</p>	<p>4 1:00 Special Bingo Hr! (LI)</p> 
<p>5 1:00 Special Bingo Hour! (DR)</p> 	<p>6 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>7 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 1:00 Knit & Crochet (GP) 1:45 Senior Center Fun Day!! (DR) (LI) (GR)</p> 	<p>8 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)</p> 	<p>9 8:30 Line Dancing! (LI) 8:30 Walking Group (MBSR) 9:30 CCI/Medi Connect (LI) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 1:15 Tai Chi! (LI)</p>	<p>10 9:00 Feeling Fit Club (LI) 10:00 SDCC Student Lecture (MBSR) "Elder Abuse" 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)</p> 	<p>11</p> 
<p>12</p> 	<p>13 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p>	<p>14 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>15 9:00 Feeling Fit Club (LI) 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>16 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>17 9-3 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:00 Reflexion Study (MBSR)* 11:45 Ping Pong! (LI) 1:00 SDCC Student Lecture (LI) "Poly Pharmacy" * Pre-sign-up required!</p>	<p>18</p> 
<p>19 1:00 Special Bingo Hour! (DR)</p> 	<p>20 9:00 Feeling Fit Club (LI) 10:10 UCSD Concert! (DR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 2:00 Jewelry Class (LI)</p> 	<p>21 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>22 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)</p>	<p>23 8:30 Line Dancing! (LI) 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 1:15 Tai Chi! (LI)</p>	<p>24 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>25 1:00 Special Bingo Hr! (LI)</p> 
<p>26 9:00 Haircut Salon (LI)</p> 	<p>27 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p>	<p>28 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>29 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)</p>	<p>30 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)</p>	<p>31 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the movies (LI)</p>	