
















GMW MAY ACTIVITIES 2017 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1525 Fourth Avenue San Diego, CA 92101</p> <p>* All Activities subject to change</p>	<p>1 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:45 Ping Pong! (LI)</p>	<p>2 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 10:30 Ping Pong! (LI) 1:00 Knit & Crochet (GP)</p>	<p>3 9:00 Feeling Fit Club (LI) 10:00 Life sharing Grop (MBSR) 10:15 feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)</p>	<p>4 8:30 Line Dancing! (LI) 8:30 Walking Group (LI) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP)</p>	<p>5 9-3 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 SDCC Lecture (LI) (Poly Pharmacy) 2:30 Ping Pong! (LI)</p> 	<p>6 1:00 Special Bingo Hour! (LI)</p> 
<p>7 1:00 Special Bingo Hour! (DR)</p> 	<p>8 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p>	<p>9 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 EcoVerse Workshop (LI)</p>	<p>10 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>11 8:30 Line Dancing! (LI) 8:30 Walking Group (MBSR) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 1:15 Tai Chi! (LI)</p>	<p>12 9:00 Feeling Fit Club (LI) 10:00 SDCC Lecture (LI) (Elder Abuse) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)</p>	<p>13</p> 
<p>14</p> 	<p>15 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>16 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 10:30 Vet's Craft Class (LI) 1:00 Knit & Crochet (GP) 1:00 The History Lady (LI) 2:30 Ping Pong! (LI)</p>	<p>17 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>18 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>19 9-3 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11-3 Reflexion Health Study (MBSR) Pre-signup required 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)</p>	<p>20</p> 
<p>21</p> 	<p>22 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p>	<p>23 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 Self-Massage Class (MBSR)</p>	<p>24 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>25 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>26 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>27</p> 
<p>28 1:00 "Senior" Prom! (DR)</p> 	<p>29 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p>  <p>Center Hours: 8-2PM</p>	<p>30 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 10:30 Ping Pong! (LI) 1:00 Knit & Crochet (GP) 1:45 Card Craft class (DR)</p>	<p>31 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>			

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