



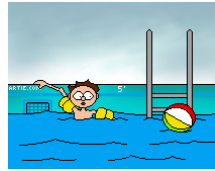














GMW AUGUST ACTIVITIES 2017 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538		1 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)	2 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Newsletter Committee (LI) 12:30 Civic Engagement (LI) 1:00 Knit & Crochet (GP) <b style="color: red;">Center Closes @ 2:00PM	3 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class! (LI) 1:30 Ping Pong! (LI)	4 9-3 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:00 Healthy Eating (MBSR) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 2:30 Senior Idol Orientation (DR) <b style="background-color: #cccccc; padding: 2px;">Potential Contestants must attend!	
6 1:00 Special Bingo Hour! (DR) 	7 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)	8 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 (LI)	9 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Newsletter Committee (LI) 12:30 Civic Engagement (LI) 1:00 Knit & Crochet (GP) <b style="color: red;">Center Closes @ 2:00PM	10 8:30 Walking Group (MBSR) 9:30 Meditation Class (LI) 11:40 Travelers Class (LI) 1:30 Tai Chi! (LI) 3:00 Ping Pong! (LI)	11 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)	
13 	14 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	15 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 The History Lady! (LI) 1:00 Knit & Crochet (GP)	16 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)	17 8:30 Walking Group (MBSR) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 11:40 Travelers Class (LI) 1:30 Special Bingo Hour! (LI) 2:45 Ping Pong! (LI)	18 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) 2:30 Ice Cream Social! (DR) 	
20 	21 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 2:00 Jewelry Class! (LI)	22 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) 1:45 Card Craft Class! (DR) 2:30 Ping Pong! (LI)	23 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)	24 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 2:00 SENIOR IDOL! (DR) 	25 9:00 Feeling Fit Club (LI) 10:00 Healthy Eating (MBSR) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	26 1:00 Special Bingo Hour! (LI) 
27 	28 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	29 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)	30 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)	31 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Traveler's Class (LI) 1:30 Tai Chi! (LI) 2:45 Ping Pong! (LI)		

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