




















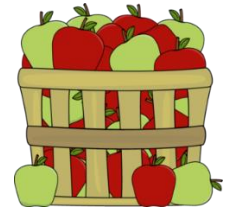



GMW OCTOBER ACTIVITIES 2017 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>1:00 Special Bingo Hour! (DR)</p>	<p>2</p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>3</p> <p>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>4</p> <p>9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI) Center Closes @ 2:00 p.m.</p>	<p>5</p> <p>8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI)</p>	<p>6</p> <p>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>8</p> 	<p>9</p> <p>9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>10</p> <p>8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 10:30 Ping Pong! (LI) 12:30 Sharp Presentation (LI) 1:00 Knit & Crochet (GP)</p>	<p>11</p> <p>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>12</p> <p>8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:30 Tai Chi! (LI) 3:00 Ping Pong! (LI)</p> 	<p>13</p> <p>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>14</p> 
<p>15</p>  <p>"Something pickled this way comes." 1:00 Special Bingo Hour! (DR)</p>	<p>16</p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p>	<p>17</p> <p>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>18</p> <p>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>19</p> <p>8:30 Walking Group (MBSR) 9:30 Meditation Class! (LI) 9:45 Cooking Demo! (DR) 11:30 PAWS Pet Food 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI)</p> 	<p>20</p> <p>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)</p> 	<p>21</p> 
<p>22</p> <p>1:00 Special Bingo Hour! (DR)</p> 	<p>23</p> <p>9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>24</p> <p>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>25</p> <p>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>26</p> <p>8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:30 Tai Chi! (LI) 2:30 Harvest Dessert Party (DR) 2:45 Ping Pong! (LI)</p>  	<p>27</p> <p>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 Pumpkin Carving! (DR)</p> 	<p>28</p> 
<p>29</p>  <p>1:00 Halloween Party! (DR)</p>	<p>30</p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>31</p> <p>8:30 Walking Group (MBSR) 9:00 Coffee with Council! (LI) 10:30 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 12:00 Ping Pong! (LI) 1:00 Knit & Crochet (GP) 1:45 Card Craft Class (LI)</p> <p style="text-align: center;">HAPPY HALLOWEEN</p>				<p style="text-align: center;">SERVING SENIORS 1525 Fourth Ave. San Diego, CA 92101 (619) 235-6538</p> <p style="text-align: center;">*All Activities are Subject to change!</p>

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