
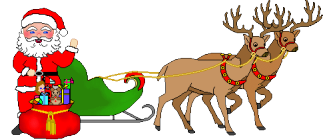



























# GMW DECEMBER ACTIVITIES 2017 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b>  <b>NEW YEAR'S EVE</b>					<b>1</b> 9-3 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 10:15 Town Hall Mtg. (DR) <b>12:30 CENTER CLOSES</b>	<b>2</b> 
<b>3</b> 1:00 Special Bingo Hour! (DR) 	<b>4</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	<b>5</b> 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) <b>10:00 Over a Cup of Coffee (MBSR)</b> 10:30 Ping Pong! (LI) 1:00 Knit & Crochet (GP) <b>1:45 Card Craft Class (LI)</b> 	<b>6</b> 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) <b>12:00 Creative Writing Group (LI)</b> 1:00 Newsletter Committee (ECR) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI)	<b>7</b> 8:30 Walking Group (MBSR) <b>9:00 White Elephant Sale! (LI)</b> <b>9:45 Cooking Demo! (DR)</b> 	<b>8</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) <b>1:00 Friday @ the Movies (LI)</b> <b>2:30 Christmas Tree Trimming party!!</b> 	<b>9</b> 
<b>10</b> <b>1:00 Holiday Party! (DR)</b> 	<b>11</b> 9:00 Feeling Fit Club (LI) <b>9:30 Healthy Aging (MBSR)</b> 10:15 Feeling Fit Club (LI) <b>12:45 Alzheimer's Ed. (LI)</b> 	<b>12</b> 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) <b>10:00 Over a Cup of Coffee (MBSR)</b> <b>10:10 UCSD Concert! (DR)</b> 10:30 Ping Pong! (LI) <b>12:30 Sharp Presentation (LI)</b> 1:00 Knit & Crochet (GP) <b>HAPPY HANUKKAH!</b>	<b>13</b> 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)	<b>14</b> <b>8:30 Line Dancing! (LI)</b> 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) <b>1:30 Tai Chi! (LI)</b> 3:00 Ping Pong! (LI) 	<b>15</b> <b>9-3 Elder Law (Clinical)</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) <b>1:00 Friday @ the Movies (LI)</b> 	<b>16</b> <b>1:00 Special Bingo Hour (LI)</b> 
<b>17</b> <b>1:00 Holiday Celebration! (DR)</b> 	<b>18</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	<b>19</b> 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) <b>10:00 Over a Cup of Coffee (MBSR)</b> <b>10:30 Vet's Craft Class (LI)</b> 1:00 Knit & Crochet (GP) <b>1:00 The History Lady (LI)</b>	<b>20</b> 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) <b>12:00 Creative Writing Group (LI)</b> 1:00 Newsletter Committee (ECR) 1:00 Knit & Crochet (GP) 1:30 Civic Engagement (LI) <b>2:30 Birthday Party! (DR)</b>	<b>21</b> <b>8:30 Line Dancing! (LI)</b> 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) <b>11:30 PAWS Pet Food</b> 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI) <b>Happy Winter!</b>	<b>22</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) <b>1:00 Friday @ the Movies (LI)</b> 	<b>23</b> <b>1:00 Holiday Bingo! (LI)</b> 
<b>24</b>  <b>Christmas Eve</b>	<b>25</b>  <b>MERRY CHRISTMAS!</b> <b>Center Hours: 10-2pm</b>	<b>26</b> 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) <b>10:00 Over a Cup of Coffee (MBSR)</b> <b>12:30 Write Out Loud! (LI)</b> 1:00 Knit & Crochet (GP) <b>1:15 Self-Massage Class (MBSR)</b> 	<b>27</b> 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)	<b>28</b> <b>8:30 Line Dancing! (LI)</b> 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) <b>1:30 Tai Chi! (LI)</b> <b>2:45 Ping Pong! (LI)</b> 	<b>29</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) <b>1:00 Friday @ the Movies (LI)</b> 	<b>30</b>  <b>Joy to the World!</b>

# **GMW DECEMBER ACTIVITIES 2017 SS**