
















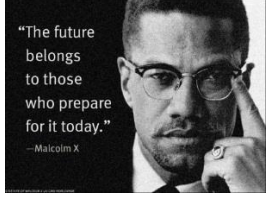



GMW FEBRUARY ACTIVITIES 2018 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>SERVING SENIORS 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538</p> <p><i>*All Activities are Subject to change!</i></p>		<p>AfricanMAC celebrates</p> <p>BLACK HISTORY MONTH</p>	<p>1 8:30 Dance Class! (LI) 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI)</p>	<p>2 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>3 1:00 Special Bingo Hr! (LI)</p> <p>GROUND HOG DAY</p> 
<p>4</p>  <p>1:00 Valentine's Bingo! (DR)</p>	<p>5 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:00 Mindfulness Class! Meditation (MBSR) 12:00 Ping Pong! (LI)</p>	<p>6 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 10:30 Ping Pong! (LI)</p>	<p>7 9:00 Feeling Fit Club (LI) 9:45 Cooking Demo! (DR) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p>	<p>8 8:30 Dance Class! (LI) 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Traveler's Class (LI) 1:00 Tai Chi! (LI) 2:45 Ping Pong! (LI)</p>	<p>9 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 3:15 Ping Pong! (LI)</p>	<p>10 1:45 Valentine's Day Party! (DR)</p> 
<p>11</p>  <p>1:00 Special Bingo Hour! (DR)</p>	<p>12 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>13 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 10:10 UCSD Concert! (DR) 12:30 Sharp Presentation! (LI) 2:00 Chinese New Year! (DR)</p> 	<p>14 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Creative Writing Group (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) VALENTINE'S DAY!</p> 	<p>15 8:30 Dance Class! (LI) 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI)</p>	<p>16 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) 3:15 Ping Pong! (LI)</p>	<p>17 1:00 Special Bingo Hr! (LI)</p>  <p>Chinese New Year!</p>
<p>18 1:00 Special Bingo Hour! (DR)</p> 	<p>19 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 2:00 Fun & Games Event (DR) LI & Game Room</p> 	<p>20 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)</p>	<p>21 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 2:30 Birthday Party! (DR)</p>	<p>22 8:30 Dance Class! (LI) 8:30 Walking Group (MBSR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi! (LI) 3:00 Ping Pong! (LI)</p>	<p>23 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI)</p> 	<p>24</p> 
<p>25</p> 	<p>26 9:00 Feeling Fit Club (LI) 9:30 Healthy Aging (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>27 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 10:00 Over a Cup of Coffee (MBSR) 12:30 Write Out Loud! (LI) 1:15 Self-Massage Class (MBSR) 1:45 Card Craft Class! (DR)</p>	<p>28 9:00 Feeling Fit Club (LI) 10:00 Life Sharing Group (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Creative Writing Group (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p>		 <p>"The future belongs to those who prepare for it today." —Malcolm X</p>	

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