

GMW MAY ACTIVITIES 2018 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SERVING SENIORS 1525 Fourth Ave. San Diego, CA 92101 (619) 235-6538 * All Activities Subject to Change</p>		<p>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 Knitting & Crocheting (GP)</p>	<p>2 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit club (LI) 1:00 Newsletter Committee (LI) 1:00 Knitting & Crocheting (GP) 1:30 Civic Engagement (LI)</p>	<p>3 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>4 9-3 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 2:30 Cinco de Mayo Party!</p> 	<p>5 1:00 Special Bingo Hr! (LI)</p> 
<p>6</p> 	<p>7 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>8 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) 1:00 Knitting & Crocheting (GP) 2:00 Ping Pong! (LI)</p>	<p>9 9:00 Feeling Fit Club (LI) 9:45 Cooking Demo! (DR) 10:15 Feeling Fit Club (LI) 12:00 Creative Writing Group (LI) 1:00 Newsletter Committee (LI) 1:00 Knitting & Crocheting (GP) 1:30 Civic Engagement (LI)</p>	<p>10 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>11 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>12</p> 
<p>13</p> 	<p>14 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>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 Knitting & Crocheting (GP)</p>	<p>16 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Knitting & Crocheting (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 2:30 Birthday Party! (DR)</p> 	<p>17 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>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!</p> 	<p>19 1:00 Special Bingo Hour! (LI)</p>  <p>Armed Forces Day!</p>
<p>20</p> 	<p>21 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>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 Knitting & Crocheting (GP)</p>	<p>23 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Creative Writing Group (LI) 1:00 Knitting & Crocheting (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p>	<p>24 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>25 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 1:00 Friday @ the Movies (LI) 3:15 Ping Pong! (LI)</p>	
<p>27</p> 	<p>28 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p>  <p>Center Hours: 8am-2pm</p>	<p>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 Knitting & Crocheting (GP) 1:30 Card Craft Class (LI)</p> 	<p>30 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Knitting & Crocheting (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p> 	<p>31 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> 		

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