


# GMW JANUARY ACTIVITIES 2019 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>SERVING SENIORS</b> 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538 * Activities Subject To Change!</p>		<p><b>1</b></p> <p style="font-size: 2em; font-weight: bold;">Happy New Year!</p> <p>NO ACTIVITIES Center Hours: 8am-2pm</p>	<p><b>2</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit &amp; Crocheting Club! (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p>	<p><b>3</b></p> <p>8:30 Walking Group (Potiker) 10:20 Bingo! (LI) 11:40 Travelers Class (LI)</p> 	<p><b>4</b></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><b>5</b></p> <p>1:00 Special Bingo Hour! (LI)</p> 
<p><b>6</b></p> 	<p><b>7</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 1:00 Wii Sports! (LI) 2:30 Ping Pong! (LI)</p>	<p><b>8</b></p> <p>8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 10:10 UCSD Concert! (DR) 10:30 Ping Pong! (LI) 12:00 Knit &amp; Crochet Club! (GP) 12:30 Sharp Presentation! (LI)</p>	<p><b>9</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit &amp; Crochet Club! (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p>	<p><b>10</b></p> <p>8:30 Walking Group (Potiker) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi! (LI)</p>	<p><b>11</b></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><b>12</b></p> <p>9:30 Mindful Meditation! (LI)</p> 
<p><b>13</b></p> <p>1:00 Special Bingo Hour! (DR)</p> 	<p><b>14</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 1:00 Wii Sports! (LI) 2:30 Ping Pong! (LI)</p>	<p><b>15</b></p> <p>8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 10:30 Vet's Craft Class (LI) 12:00 Knit &amp; Crochet Club! (GP) 1:00 The History Guy! (LI) 2:30 Ping Pong! (LI)</p>	<p><b>16</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit &amp; Crochet Club! (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 2:30 Birthday Party! (DR)</p> 	<p><b>17</b></p> <p>8:30 Walking Group (Potiker) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 11:30 PAWS Pet Food! 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI)</p>	<p><b>18</b></p> <p>9:00 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><b>19</b></p> 
<p><b>20</b></p> <p>1:00 Special Bingo Hour! (DR)</p> 	<p><b>21</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 1:00 Wii Sports! (LI) 2:30 Ping Pong! (LI)</p> 	<p><b>22</b></p> <p>8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 12:00 Knit &amp; Crochet Club! (GP) 12:30 Write Out Loud! (LI) 1:15 Massage Class! (MBSR)</p>	<p><b>23</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit &amp; Crochet Club! (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p>	<p><b>24</b></p> <p>8:30 Walking Group (Potiker) 8:45 Nurse Ed. Class (LI) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI) 2:00 Chinese New Year! (DR)</p> 	<p><b>25</b></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><b>26</b></p> 
<p><b>27</b></p> 	<p><b>28</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 1:00 Wii Sports! (LI) 2:30 Ping Pong! (LI)</p>	<p><b>29</b></p> <p>8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 12:00 Knit &amp; Crochet Club (GP)</p>	<p><b>30</b></p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit &amp; Crochet Club! (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p>	<p><b>31</b></p> <p>8:30 Walking Group (Potiker) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi (LI)</p>		

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