
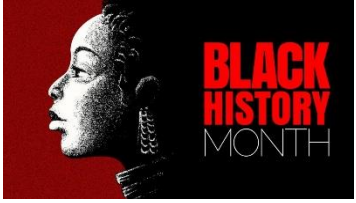






















GMW FEBRUARY ACTIVITIES 2019 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SERVING SENIORS 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538 <i>* Activities Subject To Change!</i></p>				<p><i>Happy Valentine's Day</i></p>	<p>1 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>2 1:45 Valentines Party! (DR)</p> 
<p>3 9:30 Valentine card Craft class! (LI)</p>  <p>February 5th!</p>	<p>4 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>5 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 Ping Pong! (LI) 12:00 Knit & Crochet Club! (GP)</p> <p style="text-align: center;"><i>CHINESE NEW YEAR!</i></p>	<p>6 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit & Crochet Club! (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p> 	<p>7 8:30 Walking Group (Potiker) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:30 Brain Fitness 101 (LI)</p> 	<p>8 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 E3 Hi School Social (LI) 2:00 Friday @ the Movies (LI)</p> 	<p>9 1:00 Special Bingo Hr! (LI)</p> 
<p>10 11:00 Kids Care pass out Valentines! (DR)</p>  <p>1:00 Special Bingo Hour! (LI)</p>	<p>11 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>12 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 & Crochet Club! (GP) 12:30 Sharp Presentation (LI)</p>	<p>13 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit & Crochet Club! (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)</p> <p style="text-align: center;">LOVE</p>	<p>14 8:30 Walking Group (Potiker) 10:00 Love Your Heart! (GP) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi! (LI) 2:30 Ping Pong! (LI)</p> 	<p>15 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) 2:00 Special Bingo Hour! (DR)</p> <p style="text-align: center;">BINGO!</p>	<p>16 9:30 Mindful Meditation (LI)</p> <p><i>Baby be my love bug</i></p> 
<p>17</p>  <p>1:00 Special Bingo Hour! (LI)</p>	<p>18 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>19 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 & Crochet Club! (GP) 1:00 The History Guy! (LI) 1:30 Speed Friending! (MBSR) (LI)</p>	<p>20 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit & Crochet Club! (GP) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 2:30 Birthday Party! (DR)</p> <p style="text-align: center;">HAPPY BIRTHDAY</p> 	<p>21 8:30 Walking Group (Potiker) 8:45 Nurse Ed. Class (LI) 10:20 Bingo! (LI) 11:30 PAWS Pet Food! 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI)</p>	<p>22 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>23 1:00 Special Bingo Hr! (LI)</p> 
<p>24 1:00 Special Bingo Hour! (LI)</p> 	<p>25 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>26 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 & Crochet Club (GP) 12:30 Write Out Loud! (ECR) 1:15 Massage Class! (MBSR)</p>	<p>27 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Knit & Crochet Club! (GP) 11:45 Celebrate Black History (LI) 1:15 Brain Health Workshop (LI) 2:15 Brain Health Workshop (LI)</p>	<p>28 8:30 Walking Group (Potiker) 8:45 Nurse Ed, Class (LI) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi (LI)</p> 		

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