

GMW APRIL ACTIVITIES 2019 SS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	2 8:30 Walking Group (MBSR) 8:45 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 10:30 Ping Pong! (LI) 1:00 Knit & Crochet (GP)	3 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 3:00 Ping Pong! (LI) 	4 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 1:30 Brain Fitness 101 (LI) 3:00 Ping Pong! (LI)	5 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	6 1:00 Special Bingo Hour! (LI) 
7 10:30 Game Day! (LI) 	8 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	9 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) 12:30 Sharp Presentation (LI) 1:00 Knit & Crochet (GP) 1:45 Ping Pong! (LI)	10 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 2:00 Special Bingo Hour! (DR) 3:00 Ping Pong! (LI) 	11 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 1:00 Tai Chi! (LI) 2:30 Ping Pong! (LI)	12 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 2:30 9th Anniversary Party!(DR) 	13 1:00 Spring Concert! (La Jolla Conservatory of Music) 
14 1:00 Special Bingo Hour! (LI) 	15 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:15 Cogniciti Brain Study (LI) 1:15 Cogniciti Brain Study (LI) 3:00 Ping Pong! (LI) TAX DAY! ☹	16 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 1:00 The History Guy! (LI) 1:00 Knit & Crochet (GP) 2:30 Ping Pong! (LI)	17 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 2:30 Birthday Party! (DR) 	18 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 1:00 Knit & Crochet (GP) 11:40 Travelers Class (LI) 2:30 Ping Pong! (LI)	19 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	20 1:00 Special Bingo Hour! (LI) 
21  HAPPY EASTER!	22 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	23 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 12:30 Write Out Loud! (LI) 1:00 Knit & Crochet (GP) 1:15 Massage Class! (MBSR)	24 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 	25 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:00 Nurses Education (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi! (LI) 1:00 Knit & Crochet (GP) 2:30 Bingo! (LI)	26 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 2:00 Private Event (LI) 	27 1:00 Special Bingo Hour! (LI) 
28 1:00 Special Bingo Hour! (LI) 	29 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	30 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) 1:00 Knit & Crochet (GP)				

GMW APRIL ACTIVITIES 2019 SS