


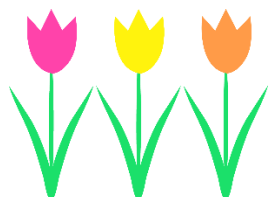










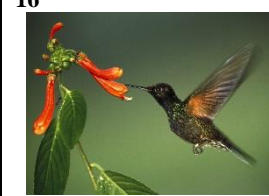












# GMW MARCH ACTIVITIES 2019 SS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31  10:00 Jewelry Making (LI)	<b>SERVING SENIORS</b> 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538 * Activities Subject To Change!	 <b>Cancer Society</b> <b>Daffodil Day</b> With your help there is hope			1 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	2  1:00 Special Bingo Hour! (LI)
3 	4 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	5 8:30 Walking Group (MBSR) 9:00 SDCC Presentation (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 10:45 Bingo! (LI)  <u>MARDI GRAS</u>	6 9:00 & 10:15 Feeling Fit Club (LI) 11:45 Fun Trivia/Social Event! (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)  Ash Wednesday 	7 8:30 Walking Group (Potiker) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:30 Brain Fitness 101 (LI)	8 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	9 10:30 Mindful Meditation (LI) 1:45 Senior Prom! (DR) 
10 9:00-1:00 Haircuts (LI) 1:00 Special Bingo Hour! (LI) 	11 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	12 8:30 Walking Group (Potiker) 9:00 SDCC Presentation (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 10:10 UCSD Concert! (DR) 10:45 Bingo! (LI) 12:30 Sharp Presentation (LI)	13 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI)	14 8:30 Walking Group (MBSR) 9:45 Cooking Demo! (LI) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi! (LI) 2:30 Ping Pong! (LI) <b>COOK!</b> 	15 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)	16 
17  Everyone's Irish On March 17th.	18 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:30 Neurobics! (LI) 2:30 Ping Pong! (LI) 	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) 1:00 The History Guy! (LI)	20 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Civic Engagement (LI) CENTER CLOSSES AT 2:00 	21 8:30 Walking Group (Potiker) 8:30 Nurse Ed. Class (LI) 10:00 Virtual Class! (LI) 11:30 PAWS Pet Food! 11:40 Travelers Class (LI) 1:30 Ping Pong! (LI) 	22 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	23 1:00 Special Bingo Hr! (LI) 
24 9:00-1:00 Haircuts (LI) 1:00 Special Bingo Hour! (LI) 	25 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)	26 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 12:30 Write Out Loud! (LI) 1:15 Massage Class! (MBSR)	27 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Civic Engagement (LI) 1:45 Influenza Presentation (LI) 2:30 Birthday Party! (DR)	28 8:30 Walking Group (Potiker) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi (LI) 	29 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	30  PRIMAVERA 1:00 Special Bingo Hour (LI)

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