







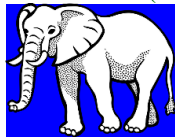




















GMW JUNE ACTIVITIES 2019 SS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 	SERVING SENIORS 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538		SUMMER Vacation 	#1 DAD		1 1:00 Special Bingo Hour! (LI) 
2 	3 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	4 8:30 Walking Group (MBSR) 8:30 Dental Education (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (MBSR) 11:00 Bingo! (LI) 1:00 Knit & Crochet (GP) 12:30 Ping Pong! (LI)	5 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Civic Engagement White Elephant set-up (LI) 	6 8:30 Walking Group (Potiker) 9:00 White Elephant Sale! (LI) 1:00 Knit & Crochet (GP) 	7 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:30 Smoking Cessation (LI) 2:00 Brain Fitness 101 (LI) 	8 10:00 Mindful Meditation (LI) 
9 10:30 Jewelry Class (LI) 	10 9:00 Feeling Fit Club (LI) 9:45 Cooking Demo! (DR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	11 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 Knit & Crochet (GP) 2:30 Ping Pong! (LI) 	12 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) 	13 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Tai Chi! (LI) 1:00 Knit & Crochet (GP) 2:30 Ping Pong! (LI)	14 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	15 
16 Happy Fathers Day! 	17 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	18 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 Nurse Education! (LI)	19 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) 3:00 Ping Pong! (LI) 	20 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:00 T Hall-Chris Ward (DR) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 1:30 Ping Pong! (LI)	21 SUMMER! 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! (DR) 	22 
23 	24 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	25 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)	26 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Disability Rights Ed. (LI) 1:00 Newsletter Committee (LI) 2:30 Civic Engagement "Open House" (DR) 3:00 Ping Pong! (LI) 	27 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 1:00 Tai Chi! (LI) 2:30 Ping Pong! (LI)	28 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	29  It's SUMMER!

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