

# GMW MAY ACTIVITIES 2019 SS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538		 	<b>1</b> 9:00 Feeling Fit Club (DR) 9:30 Story Telling (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 3:00 Ping Pong! (LI)	<b>2</b> 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 (LI) 3:00 Ping Pong! (LI)	<b>3</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Cooking Class (Private LI) 2:30 Cinco de Mayo Party! (DR) 	 10:00 Mindful Meditation (LI) 1:00 Sp. Bingo Hour! (LI)
<b>5</b> 1:45 Senior Banquet! (DR) 	<b>6</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	<b>7</b> 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) 1:45 Ping Pong! (LI)	<b>8</b> 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) 	<b>9</b> 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)	<b>10</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	<b>11</b> 
<b>12</b> 	<b>13</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	<b>14</b> 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) 1:00 Knit & Crochet (GP) 2:30 Ping Pong! (LI)	<b>15</b> 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) 	<b>16</b> 8:30 Walking Group (MBSR) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 11:40 Travelers Class (LI) 1:00 Knit & Crochet (GP) 2:30 Ping Pong! (LI)	<b>17</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	<b>18</b> 9-2 "Aaron Price Fellows" (Private event) (LI) 
<b>19</b>  	<b>20</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	<b>21</b> 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)	<b>22</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Disability Rights Ed. (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 3:00 Ping Pong! (LI)	<b>23</b> 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)	<b>24</b> 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) 	<b>25</b> 9:00 Beauty Day! (LI) 1:30 Fashion show & Pic's! (DR) 
<b>26</b>  10:30 Craft Class! (LI)	<b>27</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)  Center Hours: 8-2pm	<b>28</b> 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)	<b>29</b> 9:00 Feeling Fit Club (LI) 10:00 Town Hall-Scott Peters (DR) 10:15 Feeling Fit Club (LI) 1:00 Newsletter Committee (LI) 1:30 Civic Engagement (LI) 3:00 Ping Pong! (LI)	<b>30</b> 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 Medicare Seminar (LI) 2:30 Ping Pong! (LI)	<b>31</b> 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	

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