



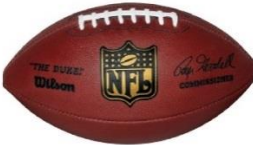














GMW SEPTEMBER ACTIVITIES 2019 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:00 Special Bingo (LI) 	2 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)  Center Hours: 8-2PM	3 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 The Crochet Club! (GP)	4 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:30 Newsletter Committee (LI) 1:00 Fundraising Committee (LI) 1:30 Civic Engagement (LI)	5 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 9:45 Cooking Demo (DR) 10:20 Bingo! (LI) 1:00 The Crochet Club (GP) 1:30 Brain Fitness 101 (LI) 3:00 Ping Pong! (LI)	6 9-3 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)	7 10:00 Mindful Meditation (LI) 
8 	9 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)	10 8:30 Walking Group (MBSR) 9:00 Bingo! (LI) 9:30 Blood Pressure Screenings (GP) 10:00 Over a Cup of Coffee (ECR) 10:30 Ping Pong! (LI) 12:30 Sharp Presentation (LI) 1:00 The Crochet Club! (GP)	11 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:30 Newsletter Committee (LI) 1:00 Fundraiser Committee (LI) 1:30 Civic Engagement (LI)	12 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 1:00 Tai Chi! (LI) 1:00 The Crochet Club! (GP) 2:30 Ping Pong! (LI)	13 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)	14 
15 	16 9:00 Feeling Fit Club (LI) 9:30 Reading Legacies (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)	17 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 The Crochet Club! (GP) 2:30 Nurses Education (LI)	18 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:30 Newsletter Committee (LI) 1:00 Fundraiser Committee (LI) 1:30 Civic Engagement (LI) 2:30 Birthday Party! (DR) 3:00 Ping Pong! (LI)	19 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 1:00 The Crochet Club! (GP) 1:30 Ping Pong! (LI)	20 9-3 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)	21 
22 1:00 Special Bingo! (LI) 	23 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	24 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 The Crochet Club! (GP) 1:15 Massage Class! (MBSR)	25 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Disability Rights Ed. (LI) 12:30 Newsletter Committee (LI) 1:00 Fundraising Committee (LI) 1:30 Civic Engagement (LI)	26 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 1:00 Tai Chi! (LI) 1:00 The Crochet Club! (GP) 1:30 Ping Pong! (LI)	27 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) 	28 1:00 Special Bingo! (LI) 
29 	30 9:00 Feeling Fit Club (LI) 9:30 Reading Legacies (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)					 <p style="text-align: center;"> SERVING SENIORS Gary & Mary West Senior Wellness Center 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538 </p>

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