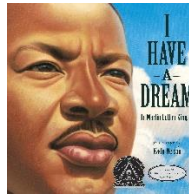


GMW JANUARY ACTIVITIES 2020 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538 *Activities Subject To change			1  9:00 Feeling Fit Club! (LI) 10:15 Feeling Fit Club (LI) Center Hours: 8-2pm	2 8:30 Walking Group (Potiker) 10:20 Bingo! (LI) 12:00 Ping Pong! (LI) 	3 9-11 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)	4 10:00 Mindful Meditation (LI) 1:00 Special Bingo Hour! (LI) 
5 	6 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	7 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) 2:00 Nurse's Education! (LI)	8 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)	9 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 1:00 Tai Chi! (LI) 2:30 Ping Pong! (LI)	10 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	11 
12 	13 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	14 8:30 Walking Group (MBSR) 9:30 Blood Pressure Screenings (GP) 10:00 Front Porch-Origami (LI) 10:00 Over a Cup of Coffee (MBSR) 10:10 UCSD Concert! (DR) 12:30 Sharp Presentation! (LI) 2:30 Ping Pong! (LI)	15 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) 2:30 Birthday Party! (DR)	16 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 1:30 Brain Fitness 101 (LI) 2:30 Ping Pong! (LI)	17 9-11 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 AIS Listening Session (LI)	18 1:00 Special Bingo Hour! (LI) 
19 1:00 Special Bingo Hour! (LI) 	20 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)  Martin Luther King Jr. Day	21 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) 2:30 Ping Pong! (LI)	22 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)	23 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 1:00 Tai Chi! (LI) 2:30 Ping Pong! (LI)	24 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI) 	25 1:00 Special Bingo Hour! (LI) 
26 	27 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI) 	28 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)	29 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:30 Fundraising Committee (LI) 1:00 Civic Engagement (LI) CENTER CLOSSES AT 2:00 pm	30 8:30 Walking Group (GMW) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 2:00 Chinese New Year! (DR) 	31 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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