

GMW FEBRUARY ACTIVITIES 2020 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SERVING SENIORS 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538 *Activities Subject To change</p>						<p>1 10:00 Mindful Meditation (LI) 1:45 Valentine's Day Party! (DR)</p> 
<p>2</p>  <p>Groundhog Day! More Winter?</p>	<p>3</p> <p>9:00 Feeling Fit Club (LI) 10:15 Stephen Whitburn (DR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>4</p> <p>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)</p>	<p>5</p> <p>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)</p> 	<p>6</p> <p>8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 1:30 Brain Fitness 101 (LI) 3:00 Ping Pong! (LI)</p>	<p>7</p> <p>9-11 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Christopher Olsen (DR) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)</p> 	<p>8</p> 
<p>9</p> 	<p>10</p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>11</p> <p>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) 12:30 Sharp Presentation! (LI) 2:00 Nurse's Ed. (Cardiac) (LI)</p>	<p>12</p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 1:00 Prof. Chuck Ambers! (LI)</p> 	<p>13</p> <p>8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 1:00 Tai Chi! (LI) 2:30 Ping Pong! (LI)</p> 	<p>14</p> <p>9:00 Feeling Fit Club (LI) 10:15 Toni Duran (DR) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)</p> 	<p>15</p> <p>1:00 Special Bingo Hour! (LI)</p> 
<p>16</p> <p>1:00 Special Bingo Hour! (LI)</p> 	<p>17</p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>18</p> <p>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)</p> 	<p>19</p> <p>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)</p> 	<p>20</p> <p>8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 11:30 PAWS Pet Food! 2:30 Ping Pong! (LI)</p> 	<p>21</p> <p>9-11 Elder Law (Clinical) 9:00 Feeling Fit Club (LI) 10:15 Adrian Kwiatkowski (DR) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies (LI)</p> 	<p>22</p> <p>1:45 "Senior Prom!" (LI)</p> 
<p>23</p> <p>1:00 Special Bingo Hour! (LI)</p> 	<p>24</p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>25</p> <p>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)</p>	<p>26</p> <p>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)</p> 	<p>27</p> <p>8:30 Walking Group (GMW) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 1:00 Tai Chi! (LI) 2:30 Ping Pong! (LI)</p> 	<p>28</p> <p>9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 11:45 Ping Pong! (LI) 1:00 Friday @ the Movies! (LI)</p> 	<p>29</p>  <p>1:00 Leap Year Bingo! (LI)</p>

GMW FEBRUARY ACTIVITIES 2020 SS