






















GMW AUGUST ACTIVITIES 2019 SS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">SERVING SENIORS 1525 Fourth Avenue San Diego, CA 92101 (619) 235-6538</p>				<p>1 8:30 Walking Group (Potiker) 10:20 Bingo! (LI) 1:00 Crochet Club (GP) 1:30 Ping Pong! (LI) 2:30 Senior Idol Meeting (DR)</p>	<p>2 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)</p>	<p>3 10:00 Mindful Meditation (LI)</p> 
<p>4 1:00 Special Bingo! (LI)</p> 	<p>5 9:00 Feeling Fit Club (LI) 9:30 Reading Legacies (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>6 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)</p>	<p>7 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)</p> 	<p>8 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)</p>	<p>9 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>10</p> 
<p>11</p> 	<p>12 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>13 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 Sharp Presentation! (LI) 1:00 The Crochet Club! (GP)</p> 	<p>14 9:00 Feeling Fit Club (DR) 12:30 Newsletter Committee (LI) 1:00 Fundraiser Committee (LI) 1:30 Civic Engagement (LI) 3:00 Ping Pong! (LI)</p> 	<p>15 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 9:45 Cooking Demo! (DR) 10:20 Bingo! (LI) 11:30 PAWS Pet Food 1:00 The Crochet Club! (GP) 1:30 Ping Pong! (LI)</p>	<p>16 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) 2:30 Ice Cream Social! (DR)</p> 	<p>17</p> 
<p>18 1:00 Special Bingo! (LI)</p> 	<p>19 9:00 Feeling Fit Club (LI) 9:30 Reading Legacies (MBSR) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>20 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 Clinical Education (LI) 1:00 The History Guy! (LI) 1:00 The Crochet Club! (GP) 2:00 Nurses Education (LI)</p>	<p>21 9:00 Feeling Fit Club (LI) 10:00 Town Hall Meeting (DR) 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>22 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) 2:30 SENIOR IDOL! (DR)</p>	<p>23 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>24 1:00 Special Bingo! (LI)</p> 
<p>25</p> 	<p>26 9:00 Feeling Fit Club (LI) 10:15 Feeling Fit Club (LI) 12:00 Ping Pong! (LI)</p> 	<p>27 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)</p>	<p>28 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 Fundraiser Committee (LI) 1:30 Civic Engagement (LI)</p> 	<p>29 8:30 Walking Group (Potiker) 8:30 YOGA! (LI) 10:20 Bingo! (LI) 1:00 The Crochet Club (GP) 1:30 Ping Pong! (LI)</p>	<p>30 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>31</p> 

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