# GMW NOVEMBER ACTIVITIES 2019 SS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| SERVING SENIORS<br>Gary & Mary West<br>Senior Wellness Center<br>1525 Fourth Avenue<br>San Diego, CA 92101<br>(619) 235-6538 |  |  |  |  | 1<br>9-3 Elder Law (Clinical)<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>11:45 *Ping Pong!* (LI)<br>1:00 Friday @ the Movies! (LI) | 2<br>8:00-2:00 Tech Service Day (GP)<br>10:00 Mindful Meditation! (LI)<br> |
| 3<br>1:00 Special Bingo Hour! (LI)<br> | 4<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>12:00 *Ping Pong!* (LI)<br> | 5<br>8:30 Walking Group (MBSR)<br>9:00 Special Bingo Hour! (DR)<br>9:30 Blood Pressure Screenings (GP)<br>10:00 Over a Cup of Coffee (MBSR) | 6<br>9:00 Feeling Fit Club (DR)<br>12:30 Newsletter Committee (LI)<br>1:00 Fundraising Committee (LI)<br>1:30 Civic Engagement (LI)<br> | 7<br>8:30 Walking Group (Potiker)<br>8:30 YOGA! (LI)<br>9:45 Cooking Demo! (DR)<br>10:20 Bingo! (LI)<br>1:30 Brain Fitness 101 (LI)<br>2:30 *Ping Pong!* (LI) | 8<br>9:00 Feeling Fit Club (DR)<br>9:30-11:00 Flu Shots (LI)<br>11:45 *Ping Pong!* (LI)<br>1:00 Friday @ the Movies (LI)<br> | 9<br>1:45 Autumn/Harvest Party! (DR)<br> |
| 10<br>1:00 Special Bingo hour! (LI)<br> | 11<br>9:00 Feeling Fit Club (LI)<br>9:30 Reading Legacies (MBSR)<br>10:15 Feeling Fit Club (LI)<br>12:00 *Ping Pong!* (LI)<br>2:30 Andy Nahas in Concert (DR)<br> | 12<br>8:30 Walking Group (MBSR)<br>9:00 Bingo! (LI)<br>9:30 Blood Pressure Screenings (GP)<br>10:00 Over a Cup of Coffee (MBSR)<br>10:10 UCSD Concert (DR)<br>10:30 *Ping Pong!* (LI)<br>12:30 Sharp Presentation! (LI) | 13<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>12:30 Newsletter Committee (LI)<br>1:00 Fundraising Committee (LI)<br>1:30 Civic Engagement (LI)<br>3:00 *Ping Pong!* (LI)<br> | 14<br>8:30 Walking Group (Potiker)<br>8:30 YOGA! (LI)<br>10:20 Bingo! (LI)<br>1:00 Tai Chi! (LI)<br>2:30 *Ping Pong!* (LI)<br> | 15<br>9-3 Elder Law (Clinical)<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>11:45 *Ping Pong!* (LI)<br>1:00 Friday @ the Movies (LI)<br> | 16<br>1:00 Special Bingo Hour! (LI)<br> |
| 17<br><br>10:30 Jewelry Class! (LI)<br> | 18<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>12:00 *Ping Pong!* (LI)<br> | 19<br>8:30 Walking Group (MBSR)<br>9:00 Bingo! (LI)<br>9:30 Blood Pressure Screenings (GP)<br>10:00 Over a Cup of Coffee (MBSR)<br>11:00 Cal Western Presentation (LI)<br>1:00 The History Guy! (LI)<br>2:30 Nurses Education (LI) | 20<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>12:30 Newsletter Committee (LI)<br>1:00 Fundraising Committee (LI)<br>1:30 Civic Engagement (LI)<br>2:30 Birthday Party! (DR)<br> | 21<br>8:30 Walking Group (GMW)<br>8:30 YOGA! (LI)<br>10:20 Bingo! (LI)<br>11:30 PAWS Pet Food<br>2:30 P*ing Pong!* (LI)<br> | 22<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>11:45 *Ping Pong!* (LI)<br>1:00 Friday @ the Movies (LI)<br>2:30 Ice Cream Social! (DR)<br> | 23<br>1:00 La Jolla Conservatory of Music Concert! (LI)<br> |
| 24<br><br>1:00 Special Bingo Hour! (LI) | 25<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>12:00 *Ping Pong!* (LI)<br> | 26<br>8:30 Walking Group (MBSR)<br>9:00 Bingo! (LI)<br>9:30 Blood Pressure Screenings (GP)<br>10:00 Over a Cup of Coffee (MBSR)<br>12:30 Write Out Loud! (LI)<br>1:15 Self-Massage Class (MBSR)<br>2:00 *Ping Pong!* (LI) | 27<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br>11:45 Disability Rights (LI)<br>1:00 Fundraising Committee (LI)<br>1:30 Civic Engagement (LI)<br> | 28<br><br>Happy Thanksgiving<br>NO ACTIVITIES<br>Center Hours: 10:00-2:00pm | 29<br>9:00 Feeling Fit Club (LI)<br>10:15 Feeling Fit Club (LI)<br><br>Center Hours: 8-2pm | 30<br><br>1:00 Special Bingo Hour (LI) |

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