

The Meeting Place Calender October 2020

Sun	Mon	Tues	Wed	thurs	Fri	Sat
				1 8:30 AM Stretching 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:00 PM Unit Mtg 1:45 Cooking Demo 3:00 Afternoon Workout	2 8:30 AM Stretching 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:00 PM Unit Mtg 2:30 Zumba 3:00 Coffee Clique	3 Poetry day 12-2pm
4	5 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:00 PM Unit Mtg 1:45 Job Course 3:00 Afternoon Workout	6 8:30 AM Stretching 9:00 AM Unit Mtg 11:30 WHAM 1:00 PM Unit Mtg 1:45 Crosswords 3:00 Walk	7 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Poetry 1:00 Community Meeting 1:45 Tech Support Virtual Game Day 4- 5 pm	8 8:30 AM Stretching 9:00 AM Unit Mtg Newsletter Mtg 9:30 pm 11:30 Mindfulness 1:45 Cooking Demo 3:00 Afternoon Workout	9 8:30 AM Stretching 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:00 PM Unit Mtg 3:00 Coffee Clique	10 Inspirational Rock Art 12-2pm
11 Clubhouse Address: 2553 State St San Diego, CA 92101 619-294-9582	12 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:00 PM Unit Mtg 1:45 Job Course 3:00 Afternoon Workout	13 8:30 AM Stretching 9:00 AM Unit Mtg 9:30 Social Act. Plgn. Mtg. 11:30 WHAM 1:45 Crosswords 3:00 Walk	14 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Poetry 1:00 Community Meeting Tour to national parks 4 PM to 5 PM	15 8:30 AM Stretching 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:45 Cooking Demo 3:00 Afternoon Workout	16 5k	17 No Activity
18	19 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:00 PM Unit Mtg 1:45 Job Course 3:00 Afternoon Workout	20 8:30 AM Stretching 9:00 AM Unit Mtg 11:30 WHAM 1:00 PM Unit Mtg 1:45 Crosswords 3:00 Walk	21 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Poetry 1:00 Community Meeting Karaoke 4 PM to 5 PM	22 8:30 AM Stretching 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:45 Cooking Demo 3:00 Afternoon Workout	23 8:30 AM Stretching 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 2:30 Zumba 3:00 Birthday Party	24 Art Day 12-2pm
25	26 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:00 PM Unit Mtg 1:45 Job Course 3:00 Afternoon Workout	27 8:30 AM Stretching 9:00 AM Unit Mtg 11:30 WHAM 1:00 PM Unit Mtg 1:45 Crosswords 3:00 Walk	28 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Poetry 1:00 Community Meeting Bingo 4 PM to 5 PM	29 8:30 AM Stretching 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 1:45 Cooking Demo 3:00 Afternoon Workout	30 8:30 AM Stretching 9:00 AM Unit Mtg 10:30 Walk 11:30 Mindfulness 2:30 Zumba 3:00 Coffee Clique	31 Halloween Party 12-2pm

