

# The Meeting Place Calendar September 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b> 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	<b>4</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 SA Planning/Community Meeting 3:00 PM walk	<b>5</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	<b>6</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour	<b>7</b> <b>Food Distribution</b> <b>10:30</b> <b>Jewelry Art Day</b> <b>w/ Shana</b> <b>11:00 AM- 2PM</b> <b>Free</b>
<b>8</b>	<b>9</b> 9:00 AM Unit Mtg 10:30 AM Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	<b>10</b> 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	<b>11</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 SA Planning/Community Meeting 3:00 PM walk	<b>12</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training <b>Morley field/ Balboa park walk</b> <b>w/ Albert - Free - 4pm-6pm</b>	<b>13</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour	<b>14</b> <b>Food Distribution</b> <b>10:30</b> <b>Mexican</b> <b>Independence day</b> <b>w/ Chris - Free</b> <b>11 am - 2pm</b>
<b>15</b> <b>Clubhouse Address:</b> <b>2553 State St</b> <b>San Diego, CA</b> <b>92101</b> <b>619-294-9582</b>	<b>16</b> 9:00 AM Unit Mtg 10:30 AM Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	<b>17</b> 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	<b>18</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 PM walk <b>BirthDay Dinner \$3 (free if birth month)</b> <b>Staff Albert/ Jorge 4pm -6pm</b>	<b>19</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	<b>20</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour <b>Art Show - free - 11-2</b>	<b>21</b> <b>Food Distribution</b> <b>10:30</b> <b>Torrey Pines</b> <b>\$2 bag lunch</b> <b>Staff- Jorge</b> <b>11am - 2pm</b>
<b>22</b>	<b>23</b> 9:00 AM Unit Mtg 10:30 AM Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	<b>24</b> 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:30 Crosswords/3:00 Walk <b>Spill the Tea w/ Jorge 6:00-7:00</b>	<b>25</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 1:00 Community Meeting 3:00 PM walk	<b>26</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	<b>27</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour	<b>28</b> <b>Food Distribution</b> <b>10:30</b> <b>Coffee and Chill</b> <b>w/ Shana</b> <b>Coffee &amp; Snacks</b> <b>for Sale</b>
<b>29</b>	<b>30</b> 9:00 AM Unit Mtg 10:30 AM Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement					