



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <ul style="list-style-type: none"> V Silver Sensuality (1009) 11 a.m. V Veterans Support Group at Triangle Square 1 p.m. 	3 <ul style="list-style-type: none"> V LGBT Bereavement (1004) 1 p.m. V My life is Poetry (1025) 7:30pm V Life Connections 21+ Meets 50+ (1029) 1 p.m. 	4 <ul style="list-style-type: none"> V Men's Drop in Support 10 a.m. V Chair Yoga 11 a.m. 	5 <ul style="list-style-type: none"> O Men's Hike 9:30 a.m. MC Valley Group 12 p.m. V H.I.V+ Men's Support Group 1 p.m. V Women's Movie (1031) 1 p.m. MC Chair Yoga 12 p.m. 	6 <ul style="list-style-type: none"> V Art Lab 10:30 a.m. V Opera Screening (1026) 11 a.m. T Gay Panel at Triangle Square (1033A) 1 p.m. V Performance Practice (1038) 5:30 p.m.-7:30 p.m. 	7
8	9 <ul style="list-style-type: none"> V Reading Opens Minds (1002) 11 a.m. 	10 <ul style="list-style-type: none"> O Bowling at Pickwick (1028) 10:30 a.m. V LGBT Bereavement (1004) 1 p.m. V Think Better Live Happy (1030) 1 p.m. V Tech Support with Mom's Computer 2:30 p.m. 	11 <p>Happy National Coming Out Day!</p> <ul style="list-style-type: none"> V Men's Drop-in Support 10 a.m. V Chair Yoga 11 a.m. V Brain Power (1001) 1 p.m. 	12 <ul style="list-style-type: none"> O Men's Hike 9:30 a.m. V Alzheimer's LGBT Caregiver Support Group (1024) 10:30 a.m. V Housing Supportive Network 11 a.m. MC Valley 12 p.m. V HIV+ Men's Support Group 1 p.m. V Trans 101 1 p.m. T Trans 101 2:30 p.m. MC Game Day 12 p.m. 	13 <ul style="list-style-type: none"> V Art Lab 10:30 a.m. O Tom House (1035) 10:30 a.m. V Witches & Warlocks (1018) 11:30 a.m. T Trans Panel at Triangle Square (1033B) 1 p.m. V Performance Practice (1038) 5:30 p.m.-7:30 p.m. 	14
15	16 <ul style="list-style-type: none"> V Broadway to Hollywood (1013) 1 p.m. 	17 <ul style="list-style-type: none"> V Country Line Dancing with Matthew (1011) 11 a.m. V Financial Chat with Carolyn (1022A) 1 p.m. V LGBT Bereavement (1004) 1 p.m. V Elder Abuse Prevention (1027) 2 p.m. T Senior mobilization Triangle Square (1055) 5 p.m. 	18 <ul style="list-style-type: none"> V Men's Drop-in Support 10 a.m. V Chair Yoga 11 a.m. V Bette Davis for Everyone (1017) 1 p.m. V We Will Thrive 6:30 p.m. V Life Connections 21+ Meets 50+ (1029) 2 p.m. 	19 <ul style="list-style-type: none"> O Co-Ed Hike 9:30 a.m. V HICAP 10 a.m. MC Valley 12 p.m. V HIV+ Men's Support Group 1 p.m. MC Tech Support with Mom's Computer 1 p.m. MC Movie: <i>The Birds</i> 12 p.m. 	20 <ul style="list-style-type: none"> V Art Lab 10:30 a.m. T Lesbian Panel at Triangle Square (1033C) 1 p.m. V Performance Practice (1038) 5:30 p.m.-7:30 p.m. 	21
22 <ul style="list-style-type: none"> O L50+ Hike/Potluck (1015) 10:30 a.m. V L50+ Dinner (1010) 6 p.m. 	23 <ul style="list-style-type: none"> V Reading Opens Minds (1002) 11 a.m. V Finding Your True Self with Lois (1037) 1 p.m. 	24 <ul style="list-style-type: none"> V Country Line Dancing with Matthew (1011) 11 a.m. V LGBT Bereavement (1004) 1 p.m. V Think Better Live Happy (1030) 1 p.m. O Go Metro (1014) 10 a.m. 	25 <ul style="list-style-type: none"> V Men's Drop-in Support 10 a.m. V Chair Yoga 11 a.m. V Brain Power (1001) 1 p.m. V Men's Movie (1021) 1 p.m. V Larry's Computer Class (1032) 1:30 p.m. 	26 <ul style="list-style-type: none"> O Men's Hike 9:30 a.m. V HICAP 10 a.m. V Alzheimer's LGBT Caregiver Support Group (1024) 10:30 a.m. MC Valley Group 12 p.m. MC Potluck 12 p.m. V Financial Chat with Carolyn (1022A) 1 p.m. V HIV+ 50+ Men's Support Group 1 p.m. V Kidney Smart (1034) 2 p.m. C Movie at Mi Centro 2 p.m. V Focus On: Women L50+ Book Club (1020) 7 p.m. 	27 <ul style="list-style-type: none"> V Art Lab 10:30 a.m. V Bingo! (1005) 1 p.m. T Bisexual/Queer/Pansexual Panel at Triangle Square (1033D) 1 p.m. V Performance Practice (1038) 5:30 p.m.-7:30 p.m. 	28
29	30 <ul style="list-style-type: none"> T Veterans Support Group 1 p.m. V Movie for those Living with HIV (1008) 1 p.m. O Men's Dinner (1016) 6:30 p.m. V Lunch/Movie for those Living with HIV (1008) 12:30 p.m. 	31 <ul style="list-style-type: none"> V Halloween Party (1000) 12 p.m. V LGBT Bereavement (1004) 1 p.m. 	1	2	3	4

T Triangle Square 1602 Ivar Ave.	M McDonald/Wright 1625 N. Schrader Blvd.	V The Village at Ed Gould Plaza 1125 N. McCadden Place	W Center WeHo 8745 Santa Monica Blvd.	H Highland Annex 1220 N. Highland Ave.	C MiCentro 553 S. Clarence St..	MC MCC Church 4607 Prospect Ave.
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OCTOBER BIRTHDAYS

Akira	Belita	Craig	Douglas	Godfrey Martin	Joanni	Leyka	Martin	Paige	David	Todd
Albert	Bill	Cris	Douglas P.	Greg	Joe	Lillian	Mary	Pat	Roberta	Tom
Alex	Blanca	Dan	Edward	Greg	John	Linda	Mary	Pat	Ron	Tomio
Amnon	Bob	Dana	Elaine	Heidi	Jon	Llyod	Meyer	Patricia	Roz	Victor
Andi	Brandy	Daniel	Eliot	Henry	Jose A	Louis	Michael	Paul	Samuel	Victor
Angel	Brian	Danielle	Elmo	Hermiona	Josephine	Luther	Michaelle	Peter	Semen	Viviane
Ann	Bruce	Danny	Fernando	Hiro	Kesava	M John	Mike	Rabbi Barbara	Stephen	William
Arcelia	Carl	Darren	Floyd	Holly	Kais	Marcella	Morris Lee	Rafael	Steve	Willie
Ariana	Carol	Darryl	Fran	Irene	Kathie	Margo	Ms. JaJah	Ralph	Sue	Zoila
Ariel	Caroline	Dave	Francisco	Jacqueline	Kimberly	Marilyn	Nanette	Raul	Summer	
Arnold	Charley	David	Frank	Jaguar	Kip	Mark	Neil	Raymond	Surama	
Audrey	Christopher	Diane	Gene	James D.	Kitt	Marlene	Nelson	Reid	Terri	
Aurelia	Clayo	Don	Gerald	Jean	Larry	Marnie	Olu	Richard	Theresa	
Barbara	Cornelia	Donald	Gina	Jerry	Leopoldo	Marsha	Oyie	Robert	Tim	