



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Case Management (First-time Clients) Monday–Thursday, 10 a.m.–4 p.m.			1 O Men's Hike 9:30 a.m. HICAP 10 a.m. Mi Walking Club 10 a.m. MCC Game Day 12 p.m. Men Living with HIV 1 p.m. My Service, My Story 2-3 p.m. Arthritis Exercise Class 3–4 p.m.	2 Art Lab 10:30 a.m. Housing Drop-in Assistance 1–4 p.m. V Transgender Perceptions 8 p.m.	3 Still We Rise 10 a.m. (0817) Karaoke 3–5 p.m. O Women's Dinner 4 p.m. (0827) 4
Lunch served Mon.-Fri., 12:30–1:30 p.m. at the Senior Center.			8 O Men's Hike 9:30 a.m. Alzheimer's Caregiver Support 10:30 a.m. Employment Assistance 10–12 p.m., 1-3 p.m. Housing Supportive Network 11 a.m. Mi Movie & Coffee Club 1–4 p.m. MCC Case Management 12–2 p.m. Men Living with HIV 1 p.m. Brain Power 1 p.m. My Service, My Story 2-5 p.m. Arthritis Exercise Class 3–4 p.m.	9 Balance & Strengthening 10 a.m. (0808) Art Lab 10:30 a.m. Housing Drop-in Assistance 1–4 p.m. Meditation & Relaxation 1:30–2:30 p.m. V Transgender Perceptions 8 p.m.	10 Go Metro! 10 a.m. (0811) Still We Rise 10 a.m. (0817) Sound Bowl Therapy 11 a.m. Rusty's Gay Swing & Sway 1 p.m. Women's Support Chat 1–2 p.m. (0806) Karaoke 3-5 p.m. 11
5 Brain Health Workshop 10 a.m. (0823) Game Day 10 a.m.–12 p.m. Senior Writing Group 1–3 p.m. (0805) Reading Opens Minds 1:15 p.m. Employment Tips for 50+ 1:30–2:30 p.m.	6 Qi Gong 10 a.m. Country Line Dancing 11 a.m. R&B Line Dancing 1 p.m. Bereavement Group 1:15 p.m. (0804) T Veterans Pool Tournament 2 p.m. T Water Aerobics 2–3 p.m. LGBTech w/ Mom's Computer 2:30 p.m. Arthritis Exercise Class 3–4 p.m.	7 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0807) Chair Yoga 11 a.m. T Creative Writing 12:30–1:30 p.m. Sculptural Storytelling 1:30 p.m. (0816) Juggling Hour 2 p.m.	15 O Co-ed Hike 9:30 a.m. HICAP 10 a.m. Mi Walking Club 10 a.m. Employment Assistance 10-12 p.m., 1-3 p.m. MCC Chair Yoga 11:30 a.m. MCC LGBTech 12-1:30 p.m. MCC Movie Screening 12-2 p.m. Men Living with HIV 1 p.m. Origami with Larry 1 p.m. (0815) Master Financial Literacy 1:30 p.m. (0828) My Service, My Story 2-5 p.m. Arthritis Exercise Class 3–4 p.m. O Hollywood Bowl: America in Space 8 p.m. (0824)	16 Art Lab 10:30 a.m. Ebony Sage Circle 12 p.m. Housing Drop-in Assistance 1–4 p.m. Meditation & Relaxation 1:30–2:30 p.m. V Transgender Perceptions 8 p.m.	17 Still We Rise 10 a.m. (0817) Stonewall Storytime 10:30 a.m. (0826) Women's Potluck 12 p.m. (0801) Women's Circle 1:30 p.m. (0819) Caregiver Training 2–4 p.m. (0818) MOCA 50+ 4–6 p.m. O Disco Dancing! 8 p.m. 18
12 Game Day 10 a.m.–12 p.m. Farmers Market 11 a.m.–12 p.m. O Pageant of the Masters 12:30 p.m. (0825) Senior Writing Group 1–3 p.m. (0805)	13 O Get Out & Bowl 10:30 a.m. (0812) Country Line Dancing 11 a.m. T Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. (0804) T Water Aerobics 2–3 p.m. Arthritis Exercise Class 3–4 p.m.	14 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0807) Chair Yoga 11 a.m. T Creative Writing 12:30–1:30 p.m. Beg. Tap Dancing Lessons 1 p.m. Sculptural Storytelling 1:30 p.m. (0816) Juggling Hour 2 p.m. Stitch 'n Bitch Club 3–4:30 p.m.	22 O Men's Hike 9:30 a.m. Alzheimer's Caregiver Support 10:30 a.m. Employment Assistance 10–12pm, 1–3pm Housing Supportive Network 11 a.m. MCC Potluck 12 p.m. Brain Power 1 p.m. Men Living with HIV 1 p.m. My Service, My Story 2–5 p.m. Arthritis Exercise Class 3–4 p.m.	23 Balance & Strengthening 10 a.m. (0808) Art Lab 10:30 a.m. Culinary Graduation 11:30 a.m. (0820) Housing Drop-in Assistance 1–4 p.m. V Movies on the Big Screen 1:30 p.m. V Transgender Perceptions 8 p.m.	24 Still We Rise 10 a.m. (0817) Sound Bowl Therapy 11 a.m. Women's Support Chat 1–2 p.m. (0806) Caregiver Training 2–4 p.m. (0818) 25
19 Game Day 10 a.m.–12 p.m. Life Connections 10:30 a.m.–12 p.m. Reading Opens Minds 1:15 p.m. Senior Writing Group 1–3 p.m. (0805)	20 Qi Gong 10 a.m. R&B Line Dancing 1 p.m. Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. (0804) T Water Aerobics 2–3 p.m. Arthritis Exercise Class 3–4 p.m.	21 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0807) Chair Yoga 11 a.m. T Creative Writing 12:30–1:30 p.m. Mobilization Squad 1:30 p.m. Sculptural Storytelling 1:30 p.m. (0816) Juggling Hour 2 p.m.	29 O Men's Hike 9:30 a.m. Employment Assistance 10–12 p.m., 1–3 p.m. Mi Game Day 10 a.m. MCC Game Day 12 p.m. Mi Case Management 12–2 p.m. Men Living with HIV 1 p.m. My Service, My Story 2–5 p.m.	30 Healthier Living Series 10 a.m. (0822) Art Lab 10:30 a.m. Housing Drop-in Assistance 1–4 p.m. Bingo! 1 p.m. V Movies on the Big Screen 1:30 p.m. V Transgender Perceptions 8 p.m.	31 SENIOR SERVICES CLOSED
26 Game Day 10 a.m.–12 p.m. Farmers Market 11 a.m.–12 p.m. Senior Writing Group 1–3 p.m. (0805) Paint & Acquaint 2–3:30 p.m. O Men's Dinner 6:30 p.m. (0810)	27 Qi Gong 10 a.m. R&B Line Dancing 1 p.m. Veterans Support Group 1 p.m. Bereavement Group 1:15 p.m. (0804) LGBT Veterans Connections 2 p.m. T Water Aerobics 2–3 p.m. Arthritis Exercise Class 3–4 p.m.	28 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0807) Chair Yoga 11 a.m. Book Stop 11:30 a.m.–1:30 p.m. T Creative Writing 12:30–1:30 p.m. Beg. Tap Dancing Lessons 1 p.m. Sculptural Storytelling 1:30 p.m. (0816) Juggling Hour 2 p.m.			