



**M** McDonald/Wright  
1625 N. Schrader Blvd.

**MCC** MCC Church  
5730 Cahuenga Blvd.

**Mi** MiCentro  
553 S. Clarence St.

**SC** Anita May Rosenstein Campus - Harry & Jeanette Weinberg Senior Center 1118 N. McCadden Pl.

**O** Other Venue  
See Newsletter

**T** Triangle Square  
1602 Ivar Ave.

**V** The Village  
1125 N. McCadden Pl.

**W** Center-WeHo  
8745 Santa Monica Blvd.

**R** EARLY RSVP ACCEPTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>2 <b>Game Day</b> 10 a.m. – 12 p.m. <b>Iyengar Yoga</b> 10:30 – 11:30 a.m. <b>Senior Writing Group</b> 1 – 3 p.m. (1205) <b>Employment Tips for 50+</b> 1:30 – 2:30 p.m. <b>World AIDS Day March</b> 5:30 p.m.</p>	<p>3 <b>Qi Gong</b> 10 a.m. <b>R&amp;B Line Dancing</b> 11 a.m. – 12 p.m. <b>Bereavement Group</b> 1:15 p.m. (1204) <b>Veterans Pool Tournament</b> 2 p.m. <b>LGBTech w/ Mom's Computer</b> 2:30 p.m.</p>	<p>4 <b>Men's Social Group</b> 10 a.m. – 12 p.m. <b>Juggling Hour</b> 10 – 11 a.m. <b>Chair Yoga</b> 11 a.m. – 12 p.m. <b>Beg. Tap Dancing Lessons</b> 1 – 2 p.m. <b>Caregiver Training</b> 2 – 4 p.m. (1131)</p>	<p>5 <b>Men's Hike</b> 9:30 a.m. <b>HICAP</b> 10 a.m. <b>Alzheimer's Caregiver Support</b> 10:30 a.m. <b>Game Day</b> 12 – 2 p.m. <b>Hot Chocolate Social</b> 12 – 2 p.m. <b>Men Living with HIV</b> 1:15 – 3 p.m. <b>Brain Power</b> 1:30- 3 p.m.</p>	<p>6 <b>Balance &amp; Strength</b> 10 – 11:30 a.m. <b>Art Lab</b> 10:30 a.m. – 12:30 p.m. <b>Film Fridays</b> 1:30 p.m. <b>My Life is Poetry</b> 1:30 – 3:30 pm (1100) <b>Transgender Perceptions</b> 8 p.m.</p>	<p>7 <b>Tai Chi</b> 10 – 11 a.m. <b>Coping with Grief</b> 10 – 11:30 a.m. (1216) <b>HIV Aging Summit</b> 10 a.m. – 4:30 p.m. <b>Sound Bowl Therapy</b> 11:15 a.m. <b>Women's Dinner</b> 4 p.m. (1209)</p>
<p>9 <b>Game Day</b> 10 a.m. – 12 p.m. <b>Iyengar Yoga</b> 10:30 – 11:30 a.m. <b>Farmers Market</b> 11 a.m. – 12 p.m. <b>Senior Writing Group</b> 1 – 3 p.m. (1205) <b>Reading Opens Minds</b> 1:15 – 2:45 p.m.</p>	<p>10 <b>Get Out &amp; Bowl</b> 10:30 a.m. (1212) <b>Life Connections: TED Talks</b> 10:30 a.m. <b>R&amp;B Line Dancing</b> 11 a.m. – 12 p.m. <b>Movie for Vets</b> 1 p.m. <b>Bereavement Group</b> 1:15 p.m. (1204) <b>Stitch 'n Bitch Club</b> 2 – 4 p.m.</p>	<p>11 <b>Men's Social Group</b> 10 a.m. – 12 p.m. <b>Men's Support Chat</b> 11 a.m. (1207) <b>Chair Yoga</b> 11 a.m. – 12 p.m. <b>Beg. Tap Dancing Lessons</b> 1 – 2 p.m. <b>Caregiver Training</b> 2 – 4 p.m. (1131) <b>"Find Your Way" Entrepreneurship Program Graduation</b> 6:30 – 9 p.m.</p>	<p>12 <b>Men's Hike</b> 9:30 a.m. <b>Morning Chat</b> 10 – 11:30 a.m. (1216) <b>Housing Supportive Network</b> 11 a.m. <b>Case Management</b> 12 – 2 p.m. <b>Movie Screening</b> 12 – 2 p.m. <b>Men Living with HIV</b> 1:15 – 3 p.m. <b>Origami with Larry</b> 1:30 – 3:30 p.m.</p>	<p>13 <b>Balance &amp; Strength</b> 10 – 11:30 a.m. <b>Art Lab</b> 10:30 a.m. – 12:30 p.m. <b>Film Fridays</b> 1:30 p.m. <b>My Life is Poetry</b> 1:30 – 3:30 pm (1100) <b>Transgender Perceptions</b> 8 p.m.</p>	<p>14 <b>Tai Chi</b> 10 – 11 a.m. <b>Coping with Grief</b> 10 – 11:30 a.m. (1216) <b>Sound Bowl Therapy</b> 11:15 a.m. <b>Performance Practice</b> 12 – 2 p.m. <b>Ebony Sage Circle</b> 1-3 p.m. (1202) <b>Rusty's Gay Swing &amp; Sway</b> 1 – 3 p.m. <b>Women's Support Chat</b> 1:30 p.m. (1206)</p>
<p>16 <b>A Vegas Holiday</b> 1-5 p.m. (1200)  <b>SENIOR CENTER CLOSED</b></p>	<p>17 <b>Qi Gong</b> 10 a.m. <b>R&amp;B Line Dancing</b> 11 a.m. – 12 p.m. <b>Movie for Vets</b> 1 p.m. <b>Bereavement Group</b> 1:15 p.m. (1204)</p>	<p>18 <b>Men's Social Group</b> 10 a.m. – 12 p.m. <b>Juggling Hour</b> 10 – 11 a.m. <b>Chair Yoga</b> 11 a.m. – 12 p.m. <b>Book Stop</b> 11:30 a.m. – 1:30 p.m. <b>Beg. Tap Dancing Lessons</b> 1 – 2 p.m. <b>Caregiver Training</b> 2 – 4 p.m. (1131)</p>	<p>19 <b>Co-ed Hike</b> 9:30 a.m. <b>HICAP</b> 10 a.m. <b>Alzheimer's Caregiver Support</b> 10:30 a.m. <b>Kundalini Meditation/Yoga</b> 11 a.m. <b>Case Management</b> 12-2 p.m. <b>LGBTech</b> 12 – 1:30 p.m. <b>Art &amp; Culture</b> 1-3 p.m. (1217) <b>Men Living with HIV</b> 1:15 – 3 p.m. <b>Brain Power</b> 1:30 - 3 p.m.</p>	<p>20 <b>Art Lab</b> 10:30 a.m. – 12:30 p.m. <b>My Life is Poetry</b> 11 a.m. – 3:30 pm (1100) <b>Transgender Perceptions</b> 8 p.m.  <b>Offices Close at 2 p.m.</b></p>	<p>21 <b>Tai Chi</b> 10 – 11 a.m. <b>Coping with Grief</b> 10 – 11:30 a.m. (1216) <b>Sound Bowl Therapy</b> 11:15 a.m. <b>Women's Potluck</b> 12 – 1:30 p.m. (1201) <b>Women's Circle</b> 1:30 – 3:30 p.m. (1203) <b>MOCA 50+</b> 2-4 p.m.</p>
<p>23 <b>Game Day</b> 10 a.m. – 12 p.m. <b>Iyengar Yoga</b> 10:30 – 11:30 a.m. <b>Farmers Market</b> 11 a.m. – 12 p.m. <b>Senior Writing Group</b> 1 – 3 p.m. (1205) <b>Reading Opens Minds</b> 1:15 – 2:45 p.m. <b>Men's Dinner</b> 6:30 p.m. (1210)</p>	<p>24 <b>Holiday Karaoke</b> 11 a.m. – 12 p.m. <b>Bereavement Group</b> 1:15 – 2 p.m. (1204)  <b>Offices Close at 2 p.m.</b> <b>HAPPY HOLIDAYS!</b></p>	<p>25 <b>Offices Closed</b> <b>HAPPY HOLIDAYS!</b></p>	<p>26 <b>Men's Hike</b> 9:30 a.m. <b>Housing Supportive Network</b> 11 a.m. <b>Potluck</b> 12 – 2 p.m. <b>Men Living with HIV</b> 1:15 – 3 p.m.</p>	<p>27 <b>Art Lab</b> 10:30 a.m. – 12:30 p.m. <b>Film Fridays</b> 1:30 p.m. <b>Transgender Perceptions</b> 8 p.m.</p>	<p>28 <b>Tai Chi</b> 10 – 11 a.m. <b>Coping with Grief</b> 10 – 11:30 a.m. (1216) <b>Sound Bowl Therapy</b> 11:15 a.m. <b>Women's Support Chat</b> 1:30 p.m. (1206) <b>Bingo!</b> 1 – 3 p.m.</p>
<p>30 <b>Game Day</b> 10 a.m. – 12 p.m. <b>Iyengar Yoga</b> 10:30 – 11:30 a.m. <b>Senior Writing Group</b> 1 – 3 p.m. (1205)</p>	<p>31 <b>Qi Gong</b> 10 a.m. <b>Bereavement Group</b> 1:15 p.m. (1204)</p>	<p><b>Case Management (First-time Clients)</b> <b>Monday–Thursday, 10 a.m.–4 p.m.</b></p>			<p>29</p>
<p><b>Lunch served Mon.-Fri., 12:30–1:30 p.m. at the Senior Center.</b></p>					