

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 Game Day 10 a.m. – 12 p.m. Senior Writing Group 1 – 3 p.m. (0705) Employment Tips 1:30 p.m. – 2:30 p.m.	2 Qi Gong 10 a.m. Bereavement 1:15 p.m. (0704) T Water Aerobics 2 – 3 p.m. T Veterans Pool Tournament 2 p.m.	3 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0707) Chair Yoga 11 a.m. V Beg. Tap Dancing Lessons 12:30 p.m. Juggling Hour 2 p.m.	4 SENIOR SERVICES CLOSED	5 SENIOR SERVICES CLOSED	6 SENIOR SERVICES CLOSED <hr/> 7
8 Game Day 10 a.m. – 12 p.m. Farmers Market 11 – 12 p.m. Reading Opens Minds 1:15 p.m. Senior Writing Group 1 – 3 p.m. (0705)	9 O Get Out & Bowl 10:30 a.m. (0712) LGBTech w/ Mom's Computer 2:30 p.m. Bereavement Group 1:15 p.m. (0704) T Movie for Vets 1 p.m. T Water Aerobics 2 – 3 p.m.	10 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0707) Chair Yoga 11 a.m. Juggling Hour 2 p.m. Stand-up Comedy Show 7 – 9 p.m. (0718)	11 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 1 – 4 p.m. MCC Case Management 12 – 2 p.m. MCC Game Day 12 p.m. Men Living with HIV 1 p.m. Brain Power 1 p.m.	12 Art Lab 10:30 a.m. V Movies on the Big Screen 1:30 p.m. V Link Up with LinkedIn 1 – 2:30 p.m. Meditation & Relaxation 1:30 – 2:30 p.m. V Transgender Perceptions 8 p.m.	13 Rusty's Gay Swing & Sway 1 p.m. Women's Support Chat 1 – 2 p.m. (0706) Karaoke 3-5 p.m. <hr/> 14 T Go Metro to the Lotus Festival! 11 a.m. (0711)
15 Game Day 10 a.m. – 12 p.m. Life Connections 10:30 a.m. – 12 p.m. Senior Writing Group 1 – 3 p.m. (0705)	16 Qi Gong 10 a.m. R&B Line Dancing 1 p.m. Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. (0704) T Water Aerobics 2 – 3 p.m. Arthritis Exercise Class 3 – 4 p.m. (0702)	17 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0707) Chair Yoga 11 a.m. V Beg. Tap Dancing Lessons 12:30 p.m. Juggling Hour 2 p.m.	18 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 LGBTech 12 – 1:30 p.m. MCC Movie 12 – 2 p.m. Men Living with HIV 1 p.m. Origami with Larry 1 p.m. (0715) Arthritis Exercise Class 3 – 4 p.m. (0702)	19 Art Lab 10:30 a.m. Ebony Sage Circle 12 p.m. V Intergenerational Speaker Series 2 p.m. (0714) Meditation & Relaxation 1:30 – 2:30 p.m. Salsa Into Summer 6 – 9 p.m. (0700) V Transgender Perceptions 8 p.m.	20 Women's Potluck & Circle 12 p.m. (0701) National Ice Cream Day 3:30 – 4:30 p.m. MOCA 50+ 4 – 6 p.m. <hr/> 21
22 Game Day 10 a.m. – 12 p.m. Farmers Market 11 – 12 p.m. Reading Opens Minds 1:15 p.m. Senior Writing Group 1 – 3 p.m. (0705)	23 Qi Gong 10 a.m. Country Line Dancing 11 a.m. R&B Line Dancing 1 p.m. Bereavement Group 1:15 p.m. (0704) T Water Aerobics 2 – 3 p.m. Arthritis Exercise Class 3 – 4 p.m. (0702)	24 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0707) Chair Yoga 11 a.m. Juggling Hour 2 p.m. Stitch 'n Bitch Club 3 – 4:30 p.m.	25 Men's Hike 9:30 a.m. Mi Game Day 10 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. MCC Potluck 12 p.m. Mi Case Management 12 – 2 p.m. Lunch for Those Living with HIV 12:30 p.m. (0708) Brain Power 1 p.m. Men Living with HIV 1 p.m. Arthritis Exercise Class 3 – 4 p.m. (0702)	26 Art Lab 10:30 a.m. Culinary Graduation 11:30 a.m. (0720) Bingo! 1 p.m. V Intro to Online Job Applications 1 p.m. V Movies on the Big Screen 1:30 p.m. V Transgender Perceptions 8 p.m.	27 Women's Support Chat 1 – 2 p.m. (0706) Karaoke 3 – 5 p.m. <hr/> 28
29 Game Day 10 a.m. – 12 p.m. Senior Writing Group 1-3 p.m. (0705) O Men's Dinner 6:30 p.m. (0710)	30 Qi Gong 10 a.m. Country Line Dancing 11 a.m. R&B Line Dancing 1 p.m. Veterans Support Group 1 p.m. Bereavement Group 1:15 p.m. (0704) LGBT Veterans Connections 2 p.m. T Water Aerobics 2 – 3 p.m. Arthritis Exercise Class 3 – 4 p.m. (0702)	31 Men's Social Group 10 a.m. Men's Support Chat 10:30 a.m. (0707) Chair Yoga 11 a.m. V Beg. Tap Dancing Lessons 12:30 p.m. Juggling Hour 2 p.m.	Case Management (First-time Clients) Monday - Thursday, 10 a.m. - 4 p.m.		