



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><b>Case Management (First-time Clients) Monday–Thursday, 10 a.m.–4 p.m.</b></p> <p><b>Lunch served Mon.-Fri., 12:30–1:30 p.m. at the Senior Center.</b></p>				<p>1 <b>Art Lab</b> 10:30 a.m. – 12:30 p.m. <b>Healing After Trauma</b> 1-2 p.m. (1103) <b>My Life is Poetry</b> 1:30-3:30 pm (1100) <b>V</b> Veterans Day Trip to Olvera Street 3-7 p.m.(1101) <b>V</b> Transgender Perceptions 8 p.m</p>	<p>2 <b>Coping with Grief</b> 10-11:30 a.m. (1116) <b>Ebony Sage Circle</b> 1-3 p.m. (1122) <b>Rusty's Gay Swing &amp; Sway</b> 1-3 p.m. <b>Juggling Hour</b> 2-3 p.m. <b>O</b> Women's Dinner 4 p.m. (1109)</p>
<p>4 <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. (1105) <b>Reading Opens Minds</b> 1:15–2:45 p.m. <b>Employment Tips for 50+</b> 1:30–2:30 p.m. <b>V</b> Carl's Tap Essentials 2-3 p.m.</p>	<p>5 <b>Qi Gong</b> 10 a.m. <b>V</b> <b>Cyber Center Convo</b> 11-12 p.m. <b>Bereavement Group</b> 1:15 p.m. (1104) <b>V</b> <b>R&amp;B Line Dancing</b> 1 -2 p.m. <b>T</b> <b>Veterans Pool Tournament</b> 2 p.m. <b>LGBTech w/ Mom's Computer</b> 2:30 p.m. <b>Diabetes Self-Management</b> 1:30-4 p.m. (1013)</p>	<p>6 <b>Men's Social Group</b> 10 a.m. – 12 p.m. <b>Chair Yoga</b> 11 a.m. – 12 p.m. <b>V</b> <b>Beg. Tap Dancing Lessons</b> 1-2 p.m. <b>Caregiver Training</b> 2-4 p.m. (1131) <b>Know Your Rights</b> 3-4 p.m. (1120)</p>	<p>7 <b>O</b> <b>Men's Hike</b> 9:30 a.m. <b>HICAP</b> 10 a.m. <b>MCC</b> <b>Game Day</b> 12-2 p.m. <b>Men Living with HIV</b> 1 – 3 p.m. <b>Brain Power</b> 1 p.m.</p>	<p>8 <b>Balance &amp; Strength</b> 10-11:30 a.m. (1134) <b>Art Lab 10:30</b> a.m. – 12:30 p.m. <b>Healing After Trauma</b> 1-2 p.m. (1103) <b>My Life is Poetry</b> 1:30-3:30 pm (1100) <b>Karaoke</b> 2-4 p.m. <b>V</b> "Our Service, Our Stories" <b>Red Carpet Film Premiere</b> 6 p.m. <b>V</b> Transgender Perceptions 8 p.m.</p>	<p>9 <b>Coping with Grief</b> 10-11:30 a.m. (1116) <b>V</b> <b>Microsoft Suite Office Workshop</b> 10-11:30 a.m. (1102) <b>Performance Practice</b> 12-2 p.m. <b>Women's Support Chat</b> 1:30 p.m. (1106) <b>Juggling Hour</b> 2-3 p.m.</p>
<p>11 <b>Game Day</b> 10 a.m. – 12 p.m. <b>Farmer's Market</b> 11 a.m. - 12 p.m. <b>Senior Writing Group</b> 1-3 p.m. (1105) <b>V</b> Carl's Tap Essentials 2-3 p.m.</p>	<p>12 <b>O</b> <b>Get Out &amp; Bowl</b> 10:30 a.m. (1112) <b>Life Connections: TED Talks</b> 10:30 a.m. <b>T</b> <b>Movie for Vets</b> 1 p.m. <b>Bereavement Group</b> 1:15 p.m. (1104) <b>Diabetes Self-Management</b> 1:30-4 p.m. (1013)</p>	<p>13 <b>Men's Social Group</b> 10 a.m. – 12 p.m. <b>Men's Support Chat</b> 11 a.m. (1107) <b>Chair Yoga</b> 11 a.m. – 12 p.m. <b>Caregiver Training</b> 2-4 p.m. (1131) <b>Know Your Rights</b> 3-4 p.m. (1132)</p>	<p>14 <b>O</b> <b>Men's Hike</b> 9:30 a.m. <b>O</b> <b>Morning Chat</b> 10-11:30 a.m. (1125) <b>Alzheimer's Caregiver Support</b> 10:30 a.m. <b>Housing Supportive Network</b> 11 a.m. <b>MCC</b> <b>Case Management</b> 12-2 p.m. <b>MCC</b> <b>Movie Screening</b> 12-2 p.m. <b>Men Living with HIV</b> 1 – 3 p.m. <b>Origami with Larry</b> 1 -3 p.m.</p>	<p>15 <b>Balance &amp; Strength</b> 10-11:30 a.m. (1134) <b>Art Lab 10:30</b> a.m. – 12:30 p.m. <b>Healing After Trauma</b> 1-2 p.m. (1103) <b>Movie on the Big Screen</b> 1:30 p.m. <b>My Life is Poetry</b> 1:30-3:30 pm (1100) <b>V</b> Transgender Perceptions 8 p.m.</p>	<p>16 <b>Mi</b> <b>Mini Resource Fair</b> 10-2 p.m. (1118) <b>Coping with Grief</b> 10-11:30 a.m. (1116) <b>Go Metro to DTLA Pow Wow!</b> 11 a.m. (1111) <b>Women's Potluck</b> 12 – 1:30 p.m. (1101) <b>Women's Circle</b> 1:30 – 3:30 p.m. (1119) <b>MOCA 50+</b> 2-4 p.m.</p>
<p>18 <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. (1105) <b>Reading Opens Minds</b> 1:15–2:45 p.m. <b>V</b> Carl's Tap Essentials 2-3 p.m.</p>	<p>19 <b>Qi Gong</b> 10 a.m. <b>V</b> <b>R&amp;B Line Dancing</b> 1 -2 p.m. <b>Movie for Vets</b> 1 p.m. <b>Bereavement Group</b> 1:15 p.m. (1104) <b>Diabetes Self-Management</b> 1:30-4 p.m. (1013)</p>	<p>20 <b>Men's Social Group</b> 10 a.m. – 12 p.m. <b>Chair Yoga</b> 11 a.m. – 12 p.m. <b>V</b> <b>Beg. Tap Dancing Lessons</b> 1-2 p.m. <b>Senior Mob Squad</b> 1:30 p.m. <b>Caregiver Training</b> 2-4 p.m. (1131) <b>Know Your Rights</b> 3-4 p.m. (1133) <b>T</b> <b>Comedy Night</b> 6:30-7:30 p.m.</p>	<p>21 <b>O</b> <b>Co-ed Hike</b> 9:30 a.m. <b>HICAP</b> 10 a.m. <b>MCC</b> <b>LGBTech/Potluck</b> 12 -2 p.m. <b>Mi</b> <b>Case Management</b> 12-2 p.m. <b>Brain Power</b> 1 p.m. <b>O</b> <b>Art &amp; Culture</b> 1-3 p.m. (1121) <b>Men Living with HIV</b> 1 – 3 p.m. <b>T</b> <b>Thanksgiving Dinner</b>, 6:30 p.m. (1124) <b>V</b> <b>Find Your Way Graduation</b> 6:30 pm</p>	<p>22 <b>Balance &amp; Strength</b> 10-11:30 a.m. (1134) <b>Art Lab</b> 10:30 a.m. – 12:30 p.m. <b>Healing After Trauma</b> 1-2 p.m. (1103) <b>My Life is Poetry</b> 11-3:30 pm (1100) <b>V</b> Transgender Perceptions 8 p.m.</p>	<p>23 <b>Coping with Grief</b> 10-11:30 a.m. (1116) <b>V</b> <b>Microsoft Suite Office Workshop</b> 10-11:30 a.m. (1102) <b>Women's Support Chat</b> 1:30 p.m. (1106) <b>Friendsgiving Potluck</b>, 12-2 p.m. (1123) <b>Bingo!</b> 2-3:30 p.m</p>
<p>25 <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. (1105) <b>O</b> <b>Men's Dinner</b> 6:30 p.m. (1110) <b>V</b> Carl's Tap Essentials 2-3 p.m.</p>	<p>26 <b>Qi Gong</b> 10 a.m. <b>V</b> <b>R&amp;B Line Dancing</b> 1 – 2 p.m. <b>Veterans Support Group</b> 1 – 2 p.m. <b>Bereavement Group</b> 1:15 p.m. (1104) <b>Diabetes Self-Management</b> 1:30-4 p.m. (1013) <b>LGBT Veteran Connections</b> 2 - 3 p.m.</p>	<p>27 <b>Men's Social Group</b> 10 a.m. – 12 p.m. <b>Men's Support Chat</b> 11 a.m. (1107) <b>Chair Yoga</b> 11 a.m. – 12 p.m. <b>Book Stop</b> 11:30 a.m – 1:30 p.m..</p>	<p>28 <b>Thanksgiving Day Lunch</b>, 11 a.m. (1126) <b>Thanksgiving Day Lunch</b>, 1 p.m. (1127)</p> <p><b>Happy Thanksgiving!</b> <b>Senior Services Offices Closed</b></p>	<p>29</p> <p><b>Senior Services Offices Closed</b></p>	<p>30</p> <p><b>Senior Services Offices Closed</b></p>