

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>3</p> <p>Qi Gong 10–11 a.m. Iyengar Yoga 12–1 p.m. Meditation & Mindfulness 1–2 p.m. Senior Writing Group 1–3 p.m.</p>	<p>4</p> <p>R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransC.A.R.E 2–3 p.m.</p>	<p>5</p> <p>Men’s Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Veteran’s Support Group 1–2 p.m. Beginning Tap Dancing 2–3 p.m. Share, Show & Tell 3–4:30 p.m.</p>	<p>6</p> <p>MOB Squad 10:30 a.m.–12 p.m. LBQ Women’s Chat 10–11 a.m. Brain Power 1–2 p.m. Men Living with HIV 1:30–3 p.m.</p>	<p>7</p> <p>Making Gay History 9:30–11 a.m. Aging Mastery Program 1–2:30 p.m.</p>	<p>1/8</p> <p>Tai Chi//Sound Bath 10 a.m.–12 p.m.</p> <hr/> <p>9</p>
<p>10</p> <p>Qi Gong 10–11 a.m. Growing Toward Racial Understanding & Healing 11 a.m.–12 p.m. Iyengar Yoga 12–1 p.m. Meditation & Mindfulness 1–2 p.m. Senior Writing Group 1–3 p.m.</p>	<p>11</p> <p>Employment Tips 50+ 10–11 a.m. R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransC.A.R.E 2–3 p.m. LGBTech Mom’s Comp. 3–4:30 p.m.</p>	<p>12</p> <p>Men’s Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Veteran’s Support Group 1–2 p.m. Beginning Tap Dancing 2–3 p.m. Share, Show & Tell 3–4:30 p.m.</p>	<p>13</p> <p>Sable Talks 10–11 a.m. LBQ Women’s Chat 10–11 a.m. Brain Power 1–2 p.m. Men Living with HIV 1:30–3 p.m. Housing Support & Info 3–4 p.m.</p>	<p>14</p> <p>Aging Mastery Program 1–2:30 p.m. Art Appreciation 3–4 p.m.</p>	<p>15</p> <p>Tai Chi//Sound Bath 10 a.m.–12 p.m. MOCA 50+ 2–4 p.m.</p> <hr/> <p>16 My Life is Poetry Final Reading 6 p.m.</p>
<p>17</p> <p>Qi Gong 10–11 a.m. Iyengar Yoga 12–1 p.m. Meditation & Mindfulness 1–2 p.m. Senior Writing Group 1–3 p.m.</p>	<p>18</p> <p>R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransC.A.R.E 2–3 p.m.</p>	<p>19</p> <p>Men’s Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Veteran’s Support Group 1–2 p.m. Beginning Tap Dancing 2–3 p.m. Share, Show & Tell 3–4:30 p.m.</p>	<p>20</p> <p>LBQ Women’s Chat 10–11 a.m. Brain Power 1–2 p.m. Men Living with HIV 1:30–3 p.m. Good Sleep 2:30–3:30 p.m.</p>	<p>21</p> <p>Making Gay History 9:30–11 a.m.</p>	<p>22</p> <p>Tai Chi//Sound Bath 10 a.m.–12 p.m.</p> <hr/> <p>23</p>
<p>24</p> <p>Qi Gong 10–11 a.m. Growing Toward Racial Understanding & Healing 11 a.m.–12 p.m. Iyengar Yoga 12–1 p.m. Meditation & Mindfulness 1–2 p.m. Senior Writing Group 1–3 p.m.</p>	<p>25</p> <p>R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransC.A.R.E 2–3 p.m. LGBTech Mom’s Comp. 3–4:30 p.m.</p>	<p>26</p> <p>Men’s Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Veteran’s Support Group 1–2 p.m. Beginning Tap Dancing 2–3 p.m. Share, Show & Tell 3–4:30 p.m.</p>	<p>27</p> <p>Sable Talks 10–11 a.m. LBQ Women’s Chat 10–11 a.m. Brain Power 1–2 p.m. Men Living with HIV 1:30–3 p.m. Housing Support & Info 3–4 p.m.</p>	<p>28</p> <p>Art Appreciation 3–4 p.m.</p>	<p>29</p> <p>Tai Chi//Sound Bath 10 a.m.–12 p.m.</p> <hr/> <p>30</p>
<p>31</p> <p>Qi Gong 10–11 a.m. Iyengar Yoga 12–1 p.m. Meditation & Mindfulness 1–2 p.m. Senior Writing Group 1–3 p.m.</p>					