

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>1</p> <p>Case Management (First-time Clients) Monday–Thursday, 10 a.m.–4 p.m.</p> <p>Lunch served Mon.-Fri., 12:30–1:30 p.m. at the Senior Center.</p>		<p>1</p> <p>Center Closed NEW YEAR'S DAY</p>	<p>2</p> <p>O Men's Hike 9:30 a.m. HICAP 10 a.m. MCC Game Day 12–2 p.m. Men Living with HIV 1:15–3 p.m.</p>	<p>3</p> <p>Art Lab 10:30 a.m.–12:30 p.m. LBQ Women's Chat 1–2 p.m. Film Fridays 1:30 p.m. V Transgender Perceptions 8 p.m.</p>	<p>4</p> <p>Coping with Grief 10–11:30 a.m. (0116) Tai Chi 10–11 a.m. Sound Bowl Therapy 11:15 a.m. O Women's Dinner 4 p.m. (0109)</p> <p>5</p>
<p>6</p> <p>Game Day 10 a.m.–12 p.m. Iyengar Yoga 10:30–11:30 a.m. Senior Writing Group 1–3 p.m. (0105) Employment Tips for 50+ 1:30–2:30 p.m.</p>	<p>7</p> <p>V R&B Line Dancing 11 a.m.–12 p.m. Bereavement Group 1:15 p.m. (0104) Spirit of Survival 2–4 p.m. (0108) T Veterans Golden Cue Tournament Finals 2 p.m. LGBTech w/ Mom's Computer 2:30 p.m.</p>	<p>8</p> <p>Men's Social Group 10 a.m.–12 p.m. Men's Support Chat 11 a.m. (0107) Chair Yoga 11 a.m.–12 p.m. V Beg. Tap Dancing Lessons 1–2 p.m.</p>	<p>9</p> <p>O Men's Hike 9:30 a.m. O Morning Chat 10–11:30 a.m. (0116) Housing Supportive Network 10–11 a.m. Alzheimer's Caregiver Support 10:30 a.m. MCC Movie Screening 12–2 p.m. Men Living with HIV 1:15–3 p.m. Brain Power 1:30–3 p.m.</p>	<p>10</p> <p>Art Lab 10:30 a.m.–12:30 p.m. LBQ Women's Chat 1–2 p.m. V Updating Your Resume 1–2:30 p.m. (0118) Film Fridays 1:30 p.m. V Transgender Perceptions 8 p.m.</p>	<p>11</p> <p>Coping with Grief 10–11:30 a.m. (0116) Tai Chi 10–11 a.m. Sound Bowl Therapy 11:15 a.m. Ebony Sage Circle 1–3 p.m. (0102) Performance Practice 12–2 p.m.</p> <p>12</p>
<p>13</p> <p>Game Day 10 a.m.–12 p.m. Farmers Market 11 a.m.–12 p.m. Iyengar Yoga 10:30–11:30 a.m. Senior Writing Group 1–3 p.m. (0105) Reading Opens Minds 1:15–2:45 p.m.</p>	<p>14</p> <p>O Get Out & Bowl 10:30 a.m. (0112) Life Connections: TED Talks 10:30 a.m. T Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. (0104) Spirit of Survival 2–4 p.m. (0108)</p>	<p>15</p> <p>Men's Social Group 10 a.m.–12 p.m. Juggling Hour 10–11 a.m. Chair Yoga 11 a.m.–12 p.m. V Beg. Tap Dancing Lessons 1–2 p.m. Stitch 'n Bitch Club 2–4 p.m.</p>	<p>16</p> <p>O Co-ed Hike 9:30 a.m. HICAP 10 a.m. MCC Kundalini Meditation/Yoga 11 a.m. MCC LGBTech 12–1:30 p.m. Origami with Larry 1:30–3:30 p.m. Men Living with HIV 1:15–3 p.m.</p>	<p>17</p> <p>Balance & Strength 10–11:30 a.m. Art Lab 10:30 a.m.–12:30 p.m. LBQ Women's Chat 1–2 p.m. Film Fridays 1:30 p.m. V Transgender Perceptions 8 p.m.</p>	<p>18</p> <p>Senior Services CLOSED</p> <p>V MOCA 50+ 2–4 p.m.</p> <p>19</p>
<p>20</p> <p>Center Closed HAPPY MARTIN LUTHER KING JR. DAY!</p>	<p>21</p> <p>Qi Gong 10–11 a.m. V R&B Line Dancing 11 a.m.–12 p.m. Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. (0104) Spirit of Survival 2–4 p.m. (0108) O Men's Dinner 6:30 p.m. (0110)</p>	<p>22</p> <p>Men's Social Group 10 a.m.–12 p.m. Men's Support Chat 11 a.m. (0107) Chair Yoga 11 a.m.–12 p.m. V Beg. Tap Dancing Lessons 1–2 p.m. Mob Squad 1:30 p.m. Aging Mastery Program 2–3:30 p.m. (0122) T Mob Squad 6:30 p.m.</p>	<p>23</p> <p>O Men's Hike 9:30 a.m. Housing Supportive Network 10–11 a.m. Alzheimer's Caregiver Support 10:30 a.m. MCC Case Management 12–2 p.m. MCC Potluck 12–2 p.m. Men Living with HIV 1:15–3 p.m. Brain Power 1:30–3 p.m.</p>	<p>24</p> <p>Balance & Strength 10–11:30 a.m. Art Lab 10:30 a.m.–12:30 p.m. LBQ Women's Chat 1–2 p.m. V Intro to Job Applications 1–2:30 p.m. (0119) Film Fridays 1:30 p.m. V Transgender Perceptions 8 p.m.</p>	<p>25</p> <p>Coping with Grief 10–11:30 a.m. (0116) Women's Potluck 12–1:30 p.m. (0101) L50+ Movie 1:30 p.m. Bingo! 1–3 p.m.</p> <p>26</p>
<p>27</p> <p>Game Day 10 a.m.–12 p.m. Farmers Market 11 a.m.–12 p.m. Iyengar Yoga 10:30–11:30 a.m. Senior Writing Group 1–3 p.m. (0105) Reading Opens Minds 1:15–2:45 p.m.</p>	<p>28</p> <p>Qi Gong 10–11 a.m. V R&B Line Dancing 11 a.m.–12 p.m. Bereavement Group 1:15 p.m. (0104) Spirit of Survival 2–4 p.m. (0108)</p>	<p>29</p> <p>Men's Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Book Stop 11:30 a.m.–1:30 p.m. V Beg. Tap Dancing Lessons 1–2 p.m. Aging Mastery Program 2–3:30 p.m. (0122)</p>	<p>30</p> <p>O Men's Hike 9:30 a.m. MCC Game Day 12–2 p.m. Men Living with HIV 1:15–3 p.m. O Art & Culture 1:30–3:30 p.m. (0117)</p>	<p>31</p> <p>Balance & Strength 10–11:30 a.m. Art Lab 10:30 a.m.–12:30 p.m. LBQ Women's Chat 1–2 p.m. Karaoke 2–3 p.m.</p>	