

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>1</p> <p>Qi Gong 10–11 a.m. Iyengar Yoga 12–11 p.m. Meditation & Mindfulness 1–2 p.m. The Artist Way 3–4:30 p.m.</p>	<p>2</p> <p>R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransCARE 2–3 p.m. LGBTech Q&A 3–4:30 p.m.</p>	<p>3</p> <p>Men’s Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Veterans Support Group 1–2 p.m. Beginning Tap Dancing 2–3 p.m. Share, Show & Tell 3–4:30 p.m.</p>	<p>4</p> <p>LBQ Women’s Chat 11 a.m.–12 p.m. Men Living with HIV 1:30–3 p.m. Brain Power 1–2 p.m. For the Love of Pets 3–4 p.m.</p>	<p>5</p> <p>Balance & Strengthening 10–11:30 a.m. Making Gay History 10:30 a.m.–12 p.m. Latinx LGBTQ Support Group 2–3 p.m.. Juggle & Stretch 3–4 p.m.</p>	<p>6</p> <p>Tai Chi & Sound Bath 10 a.m.–12 p.m. Still We Rise Final Reading 2–4 p.m.</p>
<p>8</p> <p>Qi Gong 10–11 a.m. Iyengar Yoga 12–11 p.m. Meditation & Mindfulness 1–2 p.m. The Artist Way 3–4:30 p.m.</p>	<p>9</p> <p>Employment Tips for 50+ 10–11 a.m. MOB Squad 10:30 a.m.–12 p.m. R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransCARE 2–3 p.m. LGBTech Q&A 3–4:30 p.m.</p>	<p>10</p> <p>Men’s Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Veterans Support Group 1–2 p.m. Beginning Tap Dancing 2–3 p.m. Share, Show & Tell 3–4:30 p.m.</p>	<p>11</p> <p>Sable Talks 10–11 a.m. Alzheimer’s Caregiver Support 10:30 a.m.–12 p.m. LBQ Women’s Chat 11 a.m.–12 p.m. Men Living with HIV 1:30–3 p.m. Brain Power 1–2 p.m. Housing Support 3–4 p.m.</p>	<p>12</p> <p>Balance & Strengthening 10–11:30 a.m. Aging Mastery Program 1–2:30 p.m. Latinx LGBTQ Support Group 2–3 p.m.. Juggle & Stretch 3–4 p.m.</p>	<p>13</p> <p>Tai Chi & Sound Bath 10 a.m.–12 p.m.</p>
<p>15</p> <p>Qi Gong 10–11 a.m. Iyengar Yoga 12–11 p.m. Meditation & Mindfulness 1–2 p.m. The Artist Way 3–4:30 p.m.</p>	<p>16</p> <p>Let’s De-stress! 10–11 a.m. R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransCARE 2–3 p.m.</p>	<p>17</p> <p>Men’s Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Veterans Support Group 1–2 p.m. Beginning Tap Dancing 2–3 p.m. Share, Show & Tell 3–4:30 p.m.</p>	<p>18</p> <p>LBQ Women’s Chat 11 a.m.–12 p.m. Men Living with HIV 1:30–3 p.m. Brain Power 1–2 p.m. For the Love of Pets 3–4 p.m.</p>	<p>19</p> <p>Balance & Strengthening 10–11:30 a.m. Making Gay History 10:30 a.m.–12 p.m. Aging Mastery Program 1–2:30 p.m. Latinx LGBTQ Support Group 2–3 p.m.. Juggle & Stretch 3–4 p.m.</p>	<p>20</p> <p>Tai Chi & Sound Bath 10 a.m.–12 p.m. MOCA 50+ 2–4 p.m.</p>
<p>22</p> <p>Qi Gong 10–11 a.m. Iyengar Yoga 12–11 p.m. Meditation & Mindfulness 1–2 p.m. The Artist Way 3–4:30 p.m.</p>	<p>23</p> <p>R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransCARE 2–3 p.m.</p>	<p>24</p> <p>Men’s Social Group 10 a.m.–12 p.m. Chair Yoga 11 a.m.–12 p.m. Veterans Support Group 1–2 p.m. Beginning Tap Dancing 2–3 p.m. Share, Show & Tell 3–4:30 p.m.</p>	<p>25</p> <p>Sable Talks 10–11 a.m. Alzheimer’s Caregiver Support 10:30 a.m.–12 p.m. LBQ Women’s Chat 11 a.m.–12 p.m. Men Living with HIV 1:30–3 p.m. Brain Power 1–2 p.m. Housing Support 3–4 p.m.</p>	<p>26</p> <p>Balance & Strengthening 10–11:30 a.m. Aging Mastery Program 1–2:30 p.m. Latinx LGBTQ Support Group 2–3 p.m.. Juggle & Stretch 3–4 p.m. Virtual Senior Prom 4–6 p.m.</p>	<p>27</p> <p>Tai Chi & Sound Bath 10 a.m.–12 p.m.</p>
<p>29</p> <p>Qi Gong 10–11 a.m. Iyengar Yoga 12–11 p.m. Meditation & Mindfulness 1–2 p.m. The Artist Way 3–4:30 p.m.</p>	<p>30</p> <p>R&B Line Dancing 11 a.m.–12 p.m. Bereavement 1:15–2:45 p.m. TransCARE 2–3 p.m.</p>				<p>28</p>