

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>2</p> <p><b>Qi Gong</b> 10–11 a.m. <b>Allies for Racial Justice</b> 11 a.m.–12 p.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Meditation &amp; Mindfulness</b> 1–2 p.m. <b>Senior Writing Group</b> 1–3 p.m.</p>	<p>3</p> <p><b>R&amp;B Line Dancing</b> 11 a.m.–12 p.m. <b>Bereavement</b> 1:15–2:45 p.m. <b>TransC.A.R.E</b> 2–3 p.m. <b>Still We Rise</b> 3:30–4:30 p.m.</p>	<p>4</p> <p><b>Men’s Social Group</b> 10 a.m.–12 p.m. <b>Chair Yoga</b> 11 a.m.–12 p.m. <b>Veteran’s Support Group</b> 1–2 p.m. <b>Beginning Tap Dancing</b> 2–3 p.m. <b>Share, Show &amp; Tell</b> 3–4:30 p.m.</p>	<p>5</p> <p><b>LBQ Women’s Chat</b> 10–11 a.m. <b>Belly Dancing</b> 11 a.m.–12 p.m. <b>Brain Power</b> 1–2 p.m. <b>MasterClass</b> 2–3 p.m. <b>Men Living with HIV</b> 1:30–3 p.m. <b>Housing Supportive Network</b> 3–4 p.m. <b>Community Chat</b> 3:30–4:30 p.m.</p>	<p>6</p> <p><b>Balance &amp; Strengthening</b> 10–11:30 a.m. <b>Senior Mob Squad</b> 10:30–12 p.m. <b>Managing your Mental Health</b> 3–4 p.m. <b>Cancer Support Group</b> 3–5 p.m.</p>	<p>7</p> <p><b>Tai Chi/Sound Bath</b> 10 a.m.–12 p.m.</p> <hr/> <p>8</p>
<p>9</p> <p><b>Qi Gong</b> 10–11 a.m. <b>Growing Toward Racial Understanding &amp; Healing</b> 11 a.m.–12 p.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Meditation &amp; Mindfulness</b> 1–2 p.m. <b>Senior Writing Group</b> 1–3 p.m.</p>	<p>10</p> <p><b>Employment Tips 50+</b> 10–11 a.m. <b>R&amp;B Line Dancing</b> 11 a.m.–12 p.m. <b>Bereavement</b> 1:15–2:45 p.m. <b>TransC.A.R.E</b> 2–3 p.m. <b>LGBTech Mom’s Comp.</b> 3–4:30 p.m. <b>Still We Rise Final Reading</b> 3:30–4:30 p.m.</p>	<p>11</p> <p><b>Men’s Social Group</b> 10 a.m.–12 p.m. <b>Chair Yoga</b> 11 a.m.–12 p.m. <b>Veteran’s Support Group</b> 1–2 p.m. <b>Beginning Tap Dancing</b> 2–3 p.m. <b>Share, Show &amp; Tell</b> 3–4:30 p.m.</p>	<p>12</p> <p><b>LBQ Women’s Chat</b> 10–11 a.m. <b>Alzheimer’s Support Group</b> 10:30 a.m.–12 p.m. <b>Sable Talks</b> 11 a.m.–12 p.m. <b>Brain Power</b> 1–2 p.m. <b>MasterClass</b> 2–3 p.m. <b>Men Living with HIV</b> 1:30–3 p.m. <b>Community Chat</b> 3:30–4:30 p.m.</p>	<p>13</p> <p><b>Balance &amp; Strengthening</b> 10–11:30 a.m. <b>Making Gay History</b> 1–2 p.m. <b>Art Appreciation</b> 3–4 p.m. <b>Cancer Support Group</b> 3–5 p.m.</p>	<p>14</p> <p><b>Tai Chi/Sound Bath</b> 10 a.m.–12 p.m.</p> <hr/> <p>15</p>
<p>16</p> <p><b>Qi Gong</b> 10–11 a.m. <b>Allies for Racial Justice</b> 11 a.m.–12 p.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Meditation &amp; Mindfulness</b> 1–2 p.m. <b>Senior Writing Group</b> 1–3 p.m. <b>Afternoon at the Met</b> 3–5:30 p.m.</p>	<p>17</p> <p><b>Estate Planning</b> 10–11 a.m. <b>R&amp;B Line Dancing</b> 11 a.m.–12 p.m. <b>Bereavement</b> 1:15–2:45 p.m. <b>TransC.A.R.E</b> 2–3 p.m.</p>	<p>18</p> <p><b>Men’s Social Group</b> 10 a.m.–12 p.m. <b>Chair Yoga</b> 11 a.m.–12 p.m. <b>Veteran’s Support Group</b> 1–2 p.m. <b>Beginning Tap Dancing</b> 2–3 p.m. <b>Share, Show &amp; Tell</b> 3–4:30 p.m.</p>	<p>19</p> <p><b>LBQ Women’s Chat</b> 10–11 a.m. <b>Belly Dancing</b> 11 a.m.–12 p.m. <b>Brain Power</b> 1–2 p.m. <b>Men Living with HIV</b> 1:30–3 p.m. <b>Housing Supportive Network</b> 3–4 p.m. <b>Community Chat</b> 3:30–4:30 p.m.</p>	<p>20</p> <p><b>Balance &amp; Strengthening</b> 10–11:30 a.m. <b>Ebony Sage Circle</b> 1–2 p.m. <b>Cancer Support Group</b> 3–5 p.m.</p>	<p>21</p> <p><b>Tai Chi/Sound Bath</b> 10 a.m.–12 p.m. <b>MOCA 50+</b> 2–4 p.m.</p> <hr/> <p>22</p>
<p>23</p> <p><b>Qi Gong</b> 10–11 a.m. <b>Growing Toward Racial Understanding &amp; Healing</b> 11 a.m.–12 p.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Meditation &amp; Mindfulness</b> 1–2 p.m. <b>Senior Writing Group</b> 1–3 p.m.</p>	<p>24</p> <p><b>R&amp;B Line Dancing</b> 11 a.m.–12 p.m. <b>Bereavement</b> 1:15–2:45 p.m. <b>TransC.A.R.E</b> 2–3 p.m. <b>LGBTech Mom’s Comp.</b> 3–4:30 p.m.</p>	<p>25</p> <p><b>Men’s Social Group</b> 10 a.m.–12 p.m. <b>Thanksgiving Meal delivery</b> 10:30 a.m.–4 p.m. <b>Chair Yoga</b> 11 a.m.–12 p.m. <b>Veteran’s Support Group</b> 1–2 p.m. <b>Beginning Tap Dancing</b> 2–3 p.m. <b>Share, Show &amp; Tell</b> 3–4:30 p.m.</p>	<p><b>HOLIDAY – CLOSED</b></p>		<p>28</p> <p><b>HOLIDAY – CLOSED</b></p> <hr/> <p>29</p>
<p>30</p> <p><b>Qi Gong</b> 10–11 a.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Meditation &amp; Mindfulness</b> 1–2 p.m. <b>Senior Writing Group</b> 1–3 p.m.</p>					