



MONDAY

TUESDAY

WEDNESDAY

<p>5</p> <p>Qi Gong 10–11 a.m. Allies for Racial Justice 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>6</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. Still We Rise 3:30–4:30 p.m.</p>	<p>7</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>12</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>13</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. Still We Rise 3:30–4:30 p.m.</p>	<p>14</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>19</p> <p>Qi Gong 10–11 a.m. Allies for Racial Justice 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. Afternoon at The Met 3–5:30 p.m.</p>	<p>20</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. Good Sleep 3–4 p.m. Still We Rise 3:30–4:30 p.m.</p>	<p>21</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>26</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>27</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. Still We Rise 3:30–4:30 p.m.</p>	<p>28</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>

THURSDAY	FRIDAY	SAT/SUN
<p>1</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. Community Chat 3:30–4:30 p.m.</p>	<p>2</p> <p>Balance & Strengthening 10–11:30 a.m. Managing your Mental Health 3–4 p.m.</p>	<p>3</p> <p>Tai Chi/Sound Bath 10 a.m.–12 p.m.</p> <hr/> <p>4</p>
<p>8</p> <p>LBQ Women’s Chat 10–11 a.m. Sable Talks 11 a.m.–12 p.m. Brain Power 1–2 p.m. Men Living with HIV 1:30–3 p.m. Housing Supportive Network 3–4 p.m. Community Chat 3:30–4:30 p.m.</p>	<p>9</p> <p>Balance & Strengthening 10–11:30 a.m. Music Appreciation 11 a.m.–12 p.m. Financial Literacy 1–3 p.m. Art Appreciation 3–4 p.m.</p>	<p>10</p> <p>Tai Chi/Sound Bath 10 a.m.–12 p.m. MOCA 50+ 2–4 p.m.</p> <hr/> <p>11</p>
<p>15</p> <p>LBQ Women’s Chat 10–11 a.m. MOB Squad 10:30 a.m.–12 p.m. Brain Power 1–2 p.m. Men Living with HIV 1:30–3 p.m. Master Class 3–4:30 p.m. Community Chat 3:30–4:30 p.m.</p>	<p>16</p> <p>Balance & Strengthening 10–11:30 a.m. Music Appreciation 11 a.m.–12 p.m. Ebony Sage Circle 1–2 p.m. Master Class 3–4:30 p.m.</p>	<p>17</p> <p>Tai Chi/Sound Bath 10 a.m.–12 p.m.</p> <hr/> <p>18</p>
<p>22</p> <p>LBQ Women’s Chat 10–11 a.m. Sable Talks 11 a.m.–12 p.m. Brain Power 1–2 p.m. Men Living with HIV 1:30–3 p.m. Housing Supportive Network 3–4 p.m. Community Chat 3:30–4:30 p.m.</p>	<p>23</p> <p>Balance & Strengthening 10–11:30 a.m. Music Appreciation 11 a.m.–12 p.m. Making Gay History 1–2 p.m. Art Appreciation 3–4 p.m.</p>	<p>24</p> <p>Tai Chi/Sound Bath 10 a.m.–12 p.m.</p> <hr/> <p>25</p>
<p>29</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. Community Chat 3:30–4:30 p.m.</p>	<p>30</p> <p>Balance & Strengthening 10–11:30 a.m. Music Appreciation 11 a.m.–12 p.m. Spooky Virtual Bingo 1:30–3 p.m.</p>	<p>31</p> <p>HAPPY HALLOWEEN!</p> <p>Tai Chi/Sound Bath 10 a.m.–12 p.m.</p>