

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

“*Love is about hearts not parts.*”

1
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.

2
Balance & Strengthening
 10–11:30 a.m.
Benefits Breakdown 1–2 p.m.
Powerful Painting
 2–3 p.m. (closed group)

3
Tai Chi/Sound Bath 10–11 a.m.
Belly Dancing 11 a.m.–12 p.m.
Online Chess 4–5 p.m.

4

5
Get up and Boogie 10–10:30 a.m.
Allies for Racial Justice Book Club
 11 a.m.–12 p.m.
Iyengar Yoga 12–1 p.m.
Senior Writing Group 1–3 p.m.
Qi Gong 2–3 p.m.
API Support Group 3–4 p.m.
Meditation & Mindfulness 3–4 p.m.

6
R&B Line Dancing
 11 a.m.–12 p.m.
Bereavement 1:15–2:45 p.m.
TransC.A.R.E 1:30–3 p.m.

7
Men’s Social Group
 10 a.m.–12 p.m.
Chair Yoga 11 a.m.–12 p.m.
API Focus Group 1–2 p.m.
Veteran’s Support Group 1–2 p.m.
Beginning Tap Dancing 2–3 p.m.
Zen as F*ck 2–3 p.m. (closed group)
Share, Show & Tell 3–4:30 p.m.

8
LBQ Women’s Chat 10–11 a.m.
Alzheimer’s Support Group
 10:30 a.m.–12 p.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.

9
Balance & Strengthening
 10–11:30 a.m.
MasterClass 11 a.m.–1 p.m.
Powerful Painting
 2–3 p.m. (closed group)
TransMasc 3–4 p.m.
Art Appreciation 3–4 p.m.

10
Tai Chi/Sound Bath 10–11 a.m.
MasterClass 12–1:30 p.m.

11

12
Get up and Boogie 10–10:30 a.m.
Reading Opens Minds
 11 a.m.–12:30 p.m.
Iyengar Yoga 12–1 p.m.
Senior Writing Group 1–3 p.m.
Qi Gong 2–3 p.m.
Meditation & Mindfulness 3–4 p.m.

13
R&B Line Dancing
 11 a.m.–12 p.m.
Bereavement 1:15–2:45 p.m.
TransC.A.R.E 1:30–3 p.m.
Employment Tips for 50+ 3–4 p.m.
LGBTech Mom’s Comp.
 3–4:30 p.m.

14
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.
Zen as F*ck 2–3 p.m. (closed group)
Beginning Tap Dancing 2–3 p.m.
Share, Show & Tell 3–4:30 p.m.

15
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.

16
Balance & Strengthening
 10–11:30 a.m.
Ebony Sage Circle 1–2 p.m.
Good Sleep 1–2 p.m.
Managing your Mental Health 3–4 p.m.

17
Tai Chi/Sound Bath 10–11 a.m.
Belly Dancing 11 a.m.–12 p.m.
MOCA 50+ 2–4 p.m.
Online Chess 4–5 p.m.

18

19
Get up and Boogie 10–10:30 a.m.
Allies for Racial Justice Book Club
 11 a.m.–12 p.m.
Iyengar Yoga 12–1 p.m.
Senior Writing Group 1–3 p.m.
Qi Gong 2–3 p.m.
API Support Group 3–4 p.m.
Meditation & Mindfulness 3–4 p.m.

20
Earth Day Virtual Fair
 10:30 a.m.–12 p.m.
R&B Line Dancing
 11 a.m.–12 p.m.
Bereavement 1:15–2:45 p.m.
TransC.A.R.E 1:30–3 p.m.

21
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.
Zen as F*ck 2–3 p.m. (closed group)
Beginning Tap Dancing 2–3 p.m.
Share, Show & Tell 3–4:30 p.m.

22
LBQ Women’s Chat 10–11 a.m.
Alzheimer’s Support Group
 10:30 a.m.–12 p.m.
Laughter Yoga! 11 a.m.–12 p.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.

23
Balance & Strengthening
 10–11:30 a.m.
Aging Mastery Program
 11:30–1 p.m.
Black Equity & Civility 1–2 p.m.
F*ck Off Coronavirus 2–3 p.m.
 (closed group)
Senior Engagement Team
 2–3 p.m.

24
Tai Chi/Sound Bath 10–11 a.m.
Documentary & Discussion
 12–2 p.m.

25

26
Get up and Boogie 10–10:30 a.m.
Allies for Racial Justice Book Club
 11 a.m.–12 p.m.
Reading Opens Minds
 11 a.m.–12:30 p.m.
Iyengar Yoga 12–1 p.m.
Senior Writing Group 1–3 p.m.
TED Talks 1–2 p.m.
Qi Gong 2–3 p.m.
Meditation & Mindfulness 3–4 p.m.
Afternoon at the Met 3–5:30 p.m.
Lesbian Visibility Day 6–7p.m.

27
R&B Line Dancing
 11 a.m.–12 p.m.
Bereavement 1:15–2:45 p.m.
TransC.A.R.E 1:30–3 p.m.
LGBTech Mom’s Comp.
 3–4:30 p.m.

28
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.
Zen as F*ck 2–3 p.m. (closed group)
Beginning Tap Dancing 2–3 p.m.
Share, Show & Tell 3–4:30 p.m.

29
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.

30
Caregiver Social Group
 10–11 a.m.
Balance & Strengthening
 10–11:30 a.m.
Aging Mastery Program
 11:30–1 p.m.
F*ck Off Coronavirus 2–3 p.m.
 (closed group)