

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

*“I have decided to stick with love.
Hate is too great a burden to bear.”*

– Martin Luther King Jr.

1
**HOLIDAY
OFFICE
CLOSED**

2
**HOLIDAY
OFFICE CLOSED**

3

9
Tai Chi/Sound Bath 10–11 a.m.
Documentary & Discussion 12 p.m.

10

16
**HOLIDAY
OFFICE CLOSED**
MOCA 50+ 2–4 p.m.

17

23
Tai Chi/Sound Bath 10–11 a.m.
Belly Dancing 11 a.m.–12 p.m.
MasterClass 12–1 p.m.

24

30
Tai Chi/Sound Bath 10–11 a.m.
Belly Dancing 11 a.m.–12 p.m.
Documentary & Discussion 12 p.m.

31

4
Get Up & Boogie 10–10:30 a.m.
Allies for Racial Justice Book Club
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.
Qi Gong 2–3 p.m.

5
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.

6
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.
MasterClass 2–3:30 p.m.
Beginning Tap Dancing 2–3 p.m.
Share, Show & Tell 3–4:30 p.m.

7
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.

8
Balance & Strengthening
10–11:30 a.m.
Benefits Breakdown 1–2 p.m.
TransMasc Intergenerational
3–4 p.m.

11
Get Up & Boogie 10–10:30 a.m.
Allies for Racial Justice Book Club
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.
Qi Gong 2–3 p.m.

12
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.
Employment Tips 50+ 3–4 p.m.
LGBTech Mom’s Comp.
3–4:30 p.m.

13
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.
MasterClass 2–3:30 p.m.
Beginning Tap Dancing 2–3 p.m.
Share, Show & Tell 3–4:30 p.m.

14
LBQ Women’s Chat 10–11 a.m.
Alzheimer’s Support 10:30 a.m.
Goals for a Healthier You 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.

15
Balance & Strengthening
10–11:30 a.m.
Ted Talks 11 a.m.–12 p.m.
Ebony Sage Circle 1–2 p.m.

**HOLIDAY
OFFICE
CLOSED**

19
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.

20
Inauguration Ceremony 8:30–10 a.m.
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.

21
LBQ Women’s Chat 10–11 a.m.
Alzheimer’s Support 10:30 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.

22
Balance & Strengthening
10–11:30 a.m.
Black Equity & Civility 1–2 p.m.
Aging Mastery Program
1:30–3 p.m.

25
Get Up & Boogie 10–10:30 a.m.
Allies for Racial Justice Book Club
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.
Qi Gong 2–3 p.m.
Afternoon at the Met 3–5:30 p.m.

26
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.

27
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.

28
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.
Community Chat 3:30–4:30 p.m.

29
Balance & Strengthening
10–11:30 a.m.
Ted Talks 11 a.m.–12 p.m.
Making Gay History 2–3 p.m.
Aging Mastery Program
1:30–3 p.m.