

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>1 <b>Get up and Boogie</b> 10–10:30 a.m. <b>Allies for Racial Justice Book Club</b> 11 a.m.–12 p.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Senior Writing Group</b> 1–3 p.m. <b>Qi Gong</b> 2–3 p.m. <b>Meditation &amp; Mindfulness</b> 3–4 p.m.</p>	<p>2 <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>3 <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>4 <b>LBQ Women's Chat</b> 10–11 a.m. <b>Brain Power</b> 1–2 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>5 <b>Balance &amp; Strengthening</b> 10–11:30 a.m. <b>Benefits Breakdown</b> 1–2 p.m. <b>Aging Mastery</b> 1:30–3 p.m.</p>	<p>6 <b>Tai Chi/Sound Bath</b> 10–11 a.m. <b>Belly Dancing</b> 11 a.m.–12 p.m. <b>MasterClass</b> 12–1 p.m. <b>Online Chess</b> 4–5 p.m.</p>
<p>8 <b>Get up and Boogie</b> 10–10:30 a.m. <b>Allies for Racial Justice Book Club</b> 11 a.m.–12 p.m. <b>Reading Opens Minds</b> 11 a.m.–12:30 p.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Senior Writing Group</b> 1–3 p.m. <b>Virtual Celebration of International Women</b> 1–2 p.m. <b>Qi Gong</b> 2–3 p.m. <b>Meditation &amp; Mindfulness</b> 3–4 p.m.</p>	<p>9 <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>Employment Tips for 50+</b> 3–4 p.m. <b>LGBTech Mom's Comp.</b> 3–4:30 p.m.</p>	<p>10 <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>11 <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>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>12 <b>Balance &amp; Strengthening</b> 10–11:30 a.m. <b>Virtual tour of Metro Art</b> 11 a.m.–12 p.m. <b>Aging Mastery</b> 1:30–3 p.m. <b>TransMasc</b> 3–4 p.m. <b>Art Appreciation</b> 3–4 p.m.</p>	<p>13 <b>Tai Chi/Sound Bath</b> 10–11 a.m. <b>Documentary &amp; Discussion</b> 12–2 p.m.</p> <p>14 <b>Daylight Savings: SPRING AHEAD!</b></p>
<p>15 <b>Get up and Boogie</b> 10–10:30 a.m. <b>Allies for Racial Justice Book Club</b> 11 a.m.–12 p.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Senior Writing Group</b> 1–3 p.m. <b>Qi Gong</b> 2–3 p.m. <b>Meditation &amp; Mindfulness</b> 3–4 p.m.</p>	<p>16 <b>R&amp;B Line Dancing</b> 11 a.m.–12 p.m. <b>MasterClass</b> 11 a.m.–12:30 p.m. <b>Bereavement</b> 1:15–2:45 p.m. <b>TransC.A.R.E</b> 2–3 p.m.</p>	<p>17 <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>Zen as F*ck</b> 2–3 p.m. <b>Share, Show &amp; Tell</b> 3–4:30 p.m.</p>	<p>18 <b>LBQ Women's Chat</b> 10–11 a.m. <b>Nutrition Bingo</b> 11–12 p.m. <b>Brain Power</b> 1–2 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>19 <b>Senior Mob Squad</b> 11 a.m.–12 p.m. <b>Balance &amp; Strengthening</b> 10–11:30 a.m. <b>Ebony Sage Circle</b> 1–2 p.m. <b>Powerful Painting</b> 2–3 p.m. (closed group)</p>	<p>20 <b>Tai Chi/Sound Bath</b> 10–11 a.m. <b>Belly Dancing</b> 11 a.m.–12 p.m. <b>MOCA 50+</b> 2–4 p.m. <b>Online Chess</b> 4–5 p.m.</p>
<p>22 <b>Get up and Boogie</b> 10–10:30 a.m. <b>Allies for Racial Justice Book Club</b> 11 a.m.–12 p.m. <b>Reading Opens Minds</b> 11 a.m.–12:30 p.m. <b>Iyengar Yoga</b> 12–1 p.m. <b>Senior Writing Group</b> 1–3 p.m. <b>TED Talks</b> 1–2 p.m. <b>Qi Gong</b> 2–3 p.m. <b>Meditation &amp; Mindfulness</b> 3–4 p.m. <b>Afternoon at the Met</b> 3–5:30 p.m.</p>	<p>23 <b>R&amp;B Line Dancing</b> 11 a.m.–12 p.m. <b>MasterClass</b> 11 a.m.–12:30 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>24 <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>Zen as F*ck</b> 2–3 p.m. <b>Share, Show &amp; Tell</b> 3–4:30 p.m.</p>	<p>25 <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>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>26 <b>Balance &amp; Strengthening</b> 10–11:30 a.m. <b>Black Equity &amp; Civility</b> 1–2 p.m. <b>Powerful Painting</b> 2–3 p.m. (closed group)</p>	<p>27 <b>HOLIDAY</b></p> <p>28 <b>OFFICE CLOSED</b></p>
<p>29 <b>HOLIDAY OFFICE CLOSED</b> <b>Cesar Chavez Day</b></p>	<p>30 <b>R&amp;B Line Dancing</b> 11 a.m.–12 p.m. <b>MasterClass</b> 11 a.m.–12:30 p.m. <b>Bereavement</b> 1:15–2:45 p.m. <b>TransC.A.R.E</b> 2–3 p.m.</p>	<p>31 <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>Zen as F*ck</b> 2–3 p.m. <b>Share, Show &amp; Tell</b> 3–4:30 p.m. <b>How to be an Ally</b> 4:30–5:30 p.m.</p>	<p>“ Once social change begins, it cannot be reversed. You cannot un-educate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore. ” — César Chávez</p>		