

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN



**Remember that CONSCIOUSNESS IS POWER.**  
*Consciousness is education and knowledge. Consciousness is becoming aware...* – Yuri Kochiyama  
*Tomorrow's world is yours to build.* Civil Rights Activist

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

2

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

9

15 **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.

16

22 **Tai Chi/Sound Bath** 10–11 a.m.  
**Documentary** 12–2 p.m.

23

29 **HOLIDAY**  
**OFFICE CLOSED**  
**Memorial Day**

30

3 **Get up and Boogie** 10–10:30 a.m.  
**Allies 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.

4 **New Stages Auditions** 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.

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

6 **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** 3:30–5 p.m.

7 **Balance & Strengthening** 10–11:30 a.m.  
**Aging Mastery Program** 11:30 a.m.–1 p.m.  
**Benefits Breakdown** 1–2 p.m.  
**F-off Coronavirus** 2–3 p.m. (closed group)

10 **Get up and Boogie** 10–10:30 a.m.  
**Allies 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.  
**Qi Gong** 2–3 p.m.  
**Meditation & Mindfulness** 3–4 p.m.

11 **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 for 50+** 3–4 p.m.  
**LGBTech Mom's Comp.** 3–4:30 p.m.

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

13 **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.  
**Honor our LGBT Elders** 2–3 p.m.  
**Housing Supportive Network** 3–4 p.m.  
**Community Chat** 3:30–5 p.m.

14 **Balance & Strengthening** 10–11:30 a.m.  
**Aging Mastery Program** 11:30–1 p.m.  
**Late-Life Transitions** 1–2 p.m.  
**F-off Coronavirus** 2–3 p.m. (closed group)  
**TransMasc Exchange** 3–4 p.m.  
**Art Appreciation** 3–4 p.m.

17 **Get up and Boogie** 10–10:30 a.m.  
**Allies 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.

18 **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.

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

20 **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** 3:30–5 p.m.

21 **Senior Mob Squad** 11 a.m.–12 p.m.  
**Balance & Strengthening** 10–11:30 a.m.  
**Aging Mastery Program** 11:30 a.m.–1 p.m.  
**Ebony Sage Circle** 1–2 p.m.  
**Creative Universe** 2–3 p.m. (closed group)  
**Saving Face** 2–4 p.m.  
**Harvey Milk Day** 3–4 p.m.

24 **Get up and Boogie** 10–10:30 a.m.  
**Allies 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.  
**Qi Gong** 2–3 p.m.  
**Meditation & Mindfulness** 3–4 p.m.  
**Afternoon at the Met** 3–5:30 p.m.

25 **Know 10 Signs** 11 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** 2–3 p.m.  
**LGBTech Mom's Comp.** 3–4:30 p.m.

26 **Indeed Job workshop** 10–11 a.m.  
**Men's Social Group** 10 a.m.–12 p.m.  
**Chair Yoga** 11 a.m.–12 p.m.  
**Beginning Tap Dancing** 12:30–1:30 p.m.  
**Veteran's Support Group** 1–2 p.m.  
**Zen as F\*ck** 2–3 p.m. (closed group)  
**Share, Show & Tell** 3–4:30 p.m.

27 **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.  
**Oh, what a Pain!** 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** 3:30–5 p.m.

28 **Caregiver Social Group** 10–11 a.m.  
**Balance & Strengthening** 10–11:30 a.m.  
**Bingo** 11 a.m.–12 p.m. (closed group)  
**Aging Mastery Program** 11:30 a.m.–1 p.m.  
**Black Equity & Civility** 1–2 p.m.  
**Creative Universe** 2–3 p.m. (closed group)  
**Senior Engagement Team** 2–3 p.m.

31 **HOLIDAY**  
**OFFICE CLOSED**  
**Memorial Day**



**Honoring ALL who served**

