

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
30	31	1 Men's Drop-in Support 10 a.m. Case Management 10 a.m. – 12 p.m., 1 p.m. – 3 p.m. Chair Yoga 11 a.m. R Memories in the Making Art Activity 2 p.m. (0821)	2 O Men's Hike 9:30 a.m. Juggling Hour 10 a.m. MC Game Day 12 p.m. HIV+ Men's Support Group 1 p.m. R Paper Bead Jewelry Making 3-4:30 p.m. (0814)	3 Art Lab 10:30 a.m. Performance Practice 6 p.m. R Motown Get Down 6-9pm (0800) H Perceptions 8 p.m.	4 5
6 R Reading Opens Minds 1:15 p.m. (0802) Email Set-up with Mom's Computer 2 p.m.	7 Qi Gong 10 a.m. R Country Line Dancing 11 a.m. (0811) Lunch for Everyone + Screening 12 p.m. (0820) T Veterans Support Group 1 p.m. Bereavement Group 1:15 p.m. (0804) T Veterans Pool Tournament 2 p.m.	8 Men's Drop-in Support 10 a.m. Case Management 10 a.m. – 12 p.m., 1 p.m. – 3 p.m. Chair Yoga 11 a.m. Brain Power 1 p.m. (0801) Beginning Tap Dancing Lessons 1:30 p.m. (0806)	9 O Men's Hike 9:30 a.m. Juggling Hour 10 a.m. R HICAP 10 a.m. Alzheimer's Caregiver Support 10:30 a.m. (0824) Housing Supportive Network 11 a.m. MC Stress Busters 12 p.m. C Coffee Club 1 p.m. HIV+ Men's Support Group 1 p.m. C Movie Club 2 p.m. Paper Bead Jewelry Making 3-4:30 p.m. (0814)	10 Art Lab 10:30 a.m. Women's Movie 1 p.m. Performance Practice 6 p.m. H Perceptions 8 p.m.	11 Rusty's Gay Swing & Sway 1 p.m. (0823) 12 Go Metro to Santa Monica Beach! 3:30 p.m. (0832)
13 Lunch for Those Living with HIV 12:30 p.m. (0808) Movie for Those Living with HIV 1 p.m.	14 O Get Out & Bowl 10:30 a.m. (0828) Country Line Dancing 11 a.m. (0811) T Movie for Vets 1p.m. Bereavement Group 1:15 p.m. (0804) Food Bank 2-3 p.m.	15 Men's Drop-in Support 10 a.m. Case Management 10 a.m. – 12 p.m., 1 p.m. – 3 p.m. Chair Yoga 11 a.m. Bette Davis for Everyone 1 p.m.	16 O Co-ed Hike 9:30 a.m. Juggling Hour 10 a.m. MC Email Set-up with Mom's Computer 12 p.m. HIV+ Men's Support Group 1 p.m. Origami with Larry 1-3 p.m. (0812)	17 Art Lab 10:30 a.m. Performance Practice 6 p.m. H Perceptions 8 p.m.	18 Cabaret Show feat. Tanya Witt & The One Voice Senior Chorale 5 p.m. Still We Rise 10 a.m.–1 p.m. (0819) 19
20 Reading Opens Minds 1:15 p.m. (0802) Documentary of the Month 1 p.m.	21 Movie for Vets 1p.m. Bereavement Group 1:15 p.m. (0804)	22 Men's Drop-in Support 10 a.m. Case Management 10 a.m. – 12 p.m., 1 p.m. – 3 p.m. Chair Yoga 11 a.m. Brain Power 1 p.m. (0801) Movie for Everyone 1 p.m. Beginning Tap Dancing Lessons 2:30 p.m. (0806)	23 O Men's Hike 9:30 a.m. HICAP 10 a.m. Juggling Hour 10 a.m. Alzheimer's Caregiver Support 10:30 a.m. (0824) MC Pot Luck 12 p.m. HIV+ Men's Support Group 1 p.m.	24 Art Lab 10:30 a.m. Performance Practice 6 p.m. H Perceptions 8 p.m.	25 26 L50+ Potluck 12 p.m. (0815)
27 Men's Movie 1 p.m. O Men's Dinner 6:30 p.m. (0816)	28 Qi Gong 10 a.m. Life Connections 21+ Meets 50+ 10:30 a.m. (0829) Broadway to Hollywood 1 p.m. Veterans Support Group 1 p.m. Bereavement Group 1:15 p.m. (0804) LGBT Veteran Connections 2 p.m. (0807) Food Bank 2-3 p.m.	29 Men's Drop-in Support 10 a.m. Case Management 10 a.m. – 12 p.m., 1 p.m. – 3 p.m. Chair Yoga 11 a.m. Interviewing for Success 2:30-4 p.m. (0803)	30 O Men's Hike 9:30 a.m. Juggling Hour 10 a.m. MC Movie Screening 12 p.m. HIV+ Men's Support Group 1 p.m. Paper Bead Jewelry Making 3-4:30 p.m. (0814)	31 Art Lab 10:30 a.m. Bingo! 1 p.m. (0805) Performance Practice 6 p.m. H Perceptions 8 p.m.	