

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AUGUST</b>	<ul style="list-style-type: none"> <li>• <b>Silver Sensuality for Women</b> (0809) 11 a.m.</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• <b>A Matter of Balance</b> (0817) 10:30 a.m.</li> <li>• <b>Tech Support with Mom's Computer</b> 2:30-4 p.m.</li> <li>• <b>Arthritis Foundation Exercise Program</b> (0821) 3 p.m.</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• <b>Men's Drop-in Support</b> 10 a.m.</li> <li>• <b>Chair Yoga</b> 11 a.m.</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>• <b>Men's Hike</b> 9:30 a.m.</li> <li>• <b>Heartbeat Dance Hour</b> (0806) 10:30 a.m.</li> <li>• <b>Valley Group</b> Noon</li> <li>• <b>HIV+ 50+ Men's Support Group</b> 1 p.m.</li> <li>• <b>Arthritis Foundation Exercise Program</b> (0821) 3 p.m.</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>• <b>Art Lab</b> 10 a.m.</li> </ul> <p style="text-align: right;">5</p>	6
7	<ul style="list-style-type: none"> <li>• <b>Silver Sensuality for Women</b> (0809) 11 a.m.</li> <li>• <b>Brain Power</b> (0801) 1 p.m.</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• <b>A Matter of Balance</b> (0817) 10:30 a.m.</li> <li>• <b>LGBT Bereavement</b> (0804) 1 p.m.</li> <li>• <b>Pageant of the Masters</b> (0800) 2 p.m.-Midnight</li> <li>• <b>Arthritis Foundation Exercise Program</b> (0821) 3 p.m.</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• <b>Men's Drop-in Support</b> 10 a.m.</li> <li>• <b>Lunch for Those Living with HIV</b> (0808) 12:30 p.m.</li> <li>• <b>Finding Your True Self with Lois</b> 1 p.m.</li> <li>• <b>Movie for Those Living with HIV</b> 1 p.m.</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>• <b>Men's Hike</b> 9:30 a.m.</li> <li>• <b>Housing Supportive Network</b> 11 a.m.</li> <li>• <b>Valley Group</b> Noon</li> <li>• <b>HIV+ 50+ Men's Support Group</b> 1 p.m.</li> <li>• <b>Arthritis Foundation Exercise Program</b> (0821) 3 p.m.</li> <li>• <b>Golden Summer Concert</b> (0814) 6 p.m.</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>• <b>Art Lab</b> 10 a.m.</li> <li>• <b>Country Line Dancing with Matthew</b> (0811) 12:30 p.m.</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• <b>Grey Gardens</b> (0818) 2 p.m.</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>• <b>L50+ Dinner</b> (0810) 6 p.m.</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• <b>State of Deception: The Power of Nazi Propaganda</b> (0807) 10:30 a.m.</li> <li>• <b>Silver Sensuality for Women</b> (0809) 11 a.m.</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• <b>A Matter of Balance</b> (0817) 10:30 a.m.</li> <li>• <b>Tech Support with Mom's Computer</b> 2:30-4 p.m.</li> <li>• <b>Arthritis Foundation Exercise Program</b> (0821) 3 p.m.</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• <b>Men's Drop-in Support</b> 10 a.m.</li> <li>• <b>Chair Yoga</b> 11 a.m.</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>• <b>Co-ed Hike</b> 9:30 a.m.</li> <li>• <b>Go Metro</b> (0816) 10 a.m.</li> <li>• <b>My Life is Poetry</b> (0819) 10 a.m.</li> <li>• <b>Valley Group</b> Noon</li> <li>• <b>HIV+ 50+ Men's Support Group</b> 1 p.m.</li> <li>• <b>Arthritis Foundation Exercise Program</b> (0821) 3 p.m.</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>• <b>Art Lab</b> 10 a.m.</li> <li>• <b>Bingo</b> (0805) 1 p.m.</li> </ul> <p style="text-align: right;">19</p>	20
21	<ul style="list-style-type: none"> <li>• <b>Silver Sensuality for Women</b> (0809) 11 a.m.</li> <li>• <b>Brain Power</b> (0801) 1 p.m.</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• <b>LGBT Bereavement</b> (0804) 1 p.m.</li> <li>• <b>Movie for Everyone</b> (0812) 1:30 p.m.</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• <b>Men's Drop-in Support</b> 10 a.m.</li> <li>• <b>This-A &amp; That-A Screening</b> (0813) 1 p.m.</li> <li>• <b>Men's Dinner</b> (0823) 6 p.m.</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>• <b>Men's Hike</b> 9:30 a.m.</li> <li>• <b>My Life is Poetry</b> (0819) 10 a.m.</li> <li>• <b>Valley Group</b> Noon</li> <li>• <b>HIV+ 50+ Men's Support Group</b> 1 p.m.</li> <li>• <b>Talk Amongst Yourselves 65+</b> 2 p.m.</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>• <b>Art Lab</b> 10 a.m.</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>• <b>L50+ Black &amp; White Dance</b> (0827) 6-10 p.m.</li> </ul> <p style="text-align: right;">27</p>
28	<ul style="list-style-type: none"> <li>• <b>Silver Sensuality for Women</b> (0809) 11 a.m.</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>• <b>LGBT Veterans' Support Group</b> (0803) 11 a.m.</li> </ul> <p style="text-align: right;">30</p>				<p style="text-align: center;"><b>Remember to make an RSVP call or e-mail at least two (2) business days in advance of an event.</b></p>