

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	Remember to make an RSVP call or e-mail at least two (2) business days in advance of an event.			<b>JULY</b>	<ul style="list-style-type: none"> <li>• Art Lab 10 a.m.</li> <li>• Bingo (0605) 1 p.m.</li> </ul>	2
3	INDEPENDENCE DAY THE CENTER IS CLOSED	<ul style="list-style-type: none"> <li>• The Transformational Writing Workshop for Women (0720) 11 a.m.</li> <li>• Tech Support with Mom's Computer 2:30-4 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Men's Drop-in Support 10 a.m.</li> <li>• Chair Yoga 11 a.m.</li> <li>• Larry's Computer Club 1:30 p.m.*</li> <li>• Talk Amongst Yourselves 65+ 2 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Men's Hike 9:30 a.m.</li> <li>• Valley Group Noon</li> <li>• HIV+ 50+ Men's Support Group 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Art Lab 10 a.m.</li> </ul>	9
10	<ul style="list-style-type: none"> <li>• Go Metro (0716) 10 a.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Silver Sensuality for Women (0709) 11 a.m.</li> <li>• Brain Power (0701) 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• A Matter of Balance (0717) 10:30 a.m.</li> <li>• INTO THE STREETS: Stories of Lesbian Pride (0724) 1 p.m.</li> <li>• LGBT Bereavement (0704) 1 p.m.</li> <li>• Arthritis Foundation Exercise Program (0721) 3 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Men's Drop-in Support 10 a.m.</li> <li>• Finding Your True Self with Lois 1 p.m.</li> <li>• Larry's Computer Club 1:30 p.m.*</li> </ul>	<ul style="list-style-type: none"> <li>• Men's Hike 9:30 a.m.</li> <li>• Housing Supportive Network 11 a.m.</li> <li>• Heartbeat Dance Hour (0706) 10:30 a.m.</li> <li>• Valley Group Noon</li> <li>• HIV+ 50+ Men's Support Group 1 p.m.</li> <li>• Arthritis Foundation Exercise Program (0721) 3 p.m.</li> <li>• Golden Summer Concert (0714) 6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• LGBT Veterans: Now Let Us Stand With You 10 a.m.</li> <li>• Rusty's Co-Ed Gay Swing &amp; Sway (0718) 1 p.m.</li> </ul>
17	<ul style="list-style-type: none"> <li>• L50+ Dinner (0710) 6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Silver Sensuality for Women (0709) 11 a.m.</li> </ul>	<ul style="list-style-type: none"> <li>• A Matter of Balance (0717) 10:30 a.m.</li> <li>• Movie for Everyone (0712) 1:30 p.m.</li> <li>• Tech Support with Mom's Computer 2:30-4 p.m.</li> <li>• Arthritis Foundation Exercise Program (0721) 3 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Men's Drop-in Support 10 a.m.</li> <li>• Chair Yoga 11 a.m.</li> <li>• This-A &amp; That-A Screening (0713) 1 p.m.</li> <li>• Larry's Computer Club 1:30 p.m.*</li> <li>• Men's Dinner (0723) 6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Co-ed Hike 9:30 a.m.</li> <li>• Heartbeat Dance Hour (0706) 10:30 a.m.</li> <li>• Opera Screening (0715) 11 a.m.</li> <li>• Valley Group Noon</li> <li>• HIV+ 50+ Men's Support Group 1 p.m.</li> <li>• Arthritis Foundation Exercise Program (0721) 3 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Art Lab 10 a.m.</li> <li>• Country Line Dancing with Matthew (0711) 12:30 p.m.</li> </ul>
24	<ul style="list-style-type: none"> <li>• Silver Sensuality for Women (0709) 11 a.m.</li> <li>• Brain Power (0701) 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• A Matter of Balance (0717) 10:30 a.m.</li> <li>• LGBT Veterans' Support Group (0703) 11 a.m.</li> <li>• LGBT Bereavement (0704) 1 p.m.</li> <li>• Arthritis Foundation Exercise Program (0721) 3 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Men's Drop-in Support 10 a.m.</li> <li>• Lunch for Those Living with HIV (0708) 12:30 p.m.</li> <li>• Movie for Those Living with HIV 1 p.m.</li> <li>• Larry's Computer Club 1:30 p.m.*</li> <li>• Peace of Mind (0700) 6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Men's Hike 9:30 a.m.</li> <li>• Heartbeat Dance Hour (0706) 10:30 a.m.</li> <li>• Valley Group Noon</li> <li>• HIV+ 50+ Men's Support Group 1 p.m.</li> <li>• Arthritis Foundation Exercise Program (0721) 3 p.m.</li> <li>• Golden Summer Concert (0728) 6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Art Lab 10 a.m.</li> <li>• Bingo (0705) 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>* Please call Michael Wolfson (323-860-7322) to confirm Larry's Computer Club. Larry's schedule is subject to change.</li> </ul>