

May

2026

Monday

Art Journal 1:30-3:00pm 4

Strategies for Today Therapy Drop-In 3:00-4:00pm 11

CLOSED 18

Strategies for Today Therapy Drop-In 3:00-4:00pm 25

Client Advisory 3:00-4:00pm

2SLGBTQ+ Youth Social (Ages 10-13) 4:00-5:30pm

Art Journal 1:30-3:00pm 1

Tuesday

Ear Acupuncture 1:30-2:30pm 5

Balance & Mobility 2:15-3:00pm

Cardio & Strength 3:15-4:00pm

Tender Hearts 5:45-7:15pm

Balance & Mobility 2:15-3:00pm 12

Cardio & Strength 3:15-4:00pm

Food Demo 1:30pm

Ear Acupuncture 1:30-2:30pm 19

Balance & Mobility 2:15-3:00pm

Cardio & Strength 3:15-4:00pm

Grace Unfolding: A Transfeminine Circle 5:30-7:00pm

Balance & Mobility 2:15-3:00pm 26

Cardio & Strength 3:15-4:00pm

Ear Acupuncture 1:30-2:30pm 2

Balance & Mobility 2:15-3:00pm

Cardio & Strength 3:15-4:00pm

Wednesday

6

Dietitian Q & A 10:30-11:30am 13

Community Ties 1:30-3:00pm

Addiction Support Group 1:30-3:00pm 20

Community Ties 1:30-3:00pm 27

3

Thursday

Smart Recovery 3:00-4:30pm 7

Pride Prom Planning 4:00-5:30pm

Smart Recovery 3:00-4:30pm 14

Queer Connections (Ages 14-19) 4:00-5:30pm

Smart Recovery 3:00-4:30pm 21

Pride Prom Planning 4:00-5:30pm

Smart Recovery 3:00-4:30pm 28

Queer Connections (Ages 14-19) 4:00-5:30pm

Smart Recovery 3:00-4:30pm 4

Queer Connections (Ages 14-19) 4:00-5:30pm

Friday

TGIF 1:30-3:00pm 8

15

TGIF 1:30-3:00pm 22

29

Pride Prom (Ages 14-18) 5:00-8:00pm 5