

January

2026



Virtual and In-person



Monday

Tuesday

Wednesday

Thursday

Friday

29

30

31

1

Art Journal
1:30pm-3:00pm

5

Ear Acupuncture
1:30pm-2:30pm
Balance & Mobility
2:15pm-3:00pm
Cardio & Strength
3:15pm-4:00pm

6

Community Ties
1:30pm- 3:00pm
Youth Skills Group
4:30- 6:30pm
Dietitian Q & A
10:30- 11:30am

7

Smart Recovery
3:00pm- 4:30pm
Queer Connections (ages 14-19)
4:00pm - 5:30pm

8

12

Balance & Mobility
2:15pm-3:00pm
Cardio & Strength
3:15pm-4:00pm

13

Youth Skills Group
4:30- 6:30pm

14

Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm

15

9

19

Ear Acupuncture
1:30pm-2:30pm
Balance & Mobility
2:15pm-3:00pm
Cardio & Strength
3:15pm-4:00pm

20

Community Ties
1:30pm- 3:00pm
Youth Skills Group
4:30- 6:30pm

21

Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm

22

Client Advisory Committee
3:00pm-4:00pm
2SLGBTQ+ Youth Social
(ages 10-13) 4:00pm-5:30pm

Balance & Mobility
2:15pm-3:00pm
Cardio & Strength
3:15pm-4:00pm

27

Youth Skills Group
4:30- 6:30pm

28

Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm

29

TGIF Café and Conversation
1:30-3:00pm

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