

March

2026

Monday

Tuesday

Wednesday

Thursday

Friday

Art Journal 1:30-3:00pm 2

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

Community Ties 1:30-3:00pm 4
2SLGBTQ+ Caregiver Focus Group 1:30-3:00pm

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

6

9

Balance & Mobility 2:15-3:00pm 10
Cardio & Strength 3:15-4:00pm

Dietitian Q & A 10:30-11:30am 11
Strategies for Today Therapy Drop-In 3:00-4:00pm
Quest YAPS (2SLGBTQ+) (Ages 20-35) 5:30-7:00pm

Smart Recovery 3:00-4:30pm 12
Queer Connections (Ages 14-19) 4:00-5:30pm

13

16

Ear Acupuncture 1:30-2:30pm 17
Balance & Mobility 2:15-3:00pm
Cardio & Strength 3:15-4:00pm

Community Ties 1:30-3:00pm 18

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

20

Client Advisory 3:00-4:00pm 23
2SLGBTQ+ Youth Social (Ages 10-13) 4:00-5:30pm

Balance & Mobility 2:15-3:00pm 24
Cardio & Strength 3:15-4:00pm

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

Smart Recovery 3:00-4:30pm 26
Queer Connections (Ages 14-19) 4:00-5:30pm

27

Art Journal 1:30-3:00pm 30

Balance & Mobility 2:15-3:00pm 31
Cardio & Strength 3:15-4:00pm

Community Ties 1:30-3:00pm 1

Smart Recovery 3:00-4:30pm 2
Queer Connections (Ages 14-19) 4:00-5:30pm

3

CLOSED