

# July

# 2026

Monday

Tuesday

Wednesday

Thursday

Friday

29

Balance & Mobility 30

2:15-3:00pm

Cardio & Strength

3:15-4:00pm



1

Smart Recovery 2

3:00-4:30pm

Queer Connections

(Ages 14-19)

4:00-5:30pm

3

Art Journal

1:30-3:00pm

6

Balance & Mobility 7

2:15-3:00pm

Cardio & Strength

3:15-4:00pm

Tender Hearts

5:45-7:15pm

8

Dietitian Q & A

10:30-11:30am

Community Ties

1:30-3:00pm

Quest YAPS (2SLGBTQ+)

(Ages 20-35)

5:30-7:00pm

Smart Recovery 9

3:00-4:30pm

Queer Connections

(Ages 14-19)

4:00-5:30pm

10

13

Balance & Mobility 14

2:15-3:00pm

Cardio & Strength

3:15-4:00pm

Addiction Support Group 15

1:30-3:00pm

Smart Recovery 16

3:00-4:30pm

Trans & Gender Diverse

Shopping Event

4:00-6:00pm

17

20

Balance & Mobility 21

2:15-3:00pm

Cardio & Strength

3:15-4:00pm

Grace Unfolding: A  
Transfeminine Circle

5:30-7:00pm

22

Community Ties

1:30-3:00pm

Smart Recovery 23

3:00-4:30pm

Queer Connections

(Ages 14-19)

4:00-5:30pm

24

Client Advisory

3:00-4:00pm

2SLGBTQ+ Youth  
Social (Ages 10-13)

4:00-5:30pm

27

Balance & Mobility 28

2:15-3:00pm

Cardio & Strength

3:15-4:00pm

Addiction Support Group 29

1:30-3:00pm

Smart Recovery 30

3:00-4:30pm

Queer Connections

(Ages 14-19)

4:00-5:30pm

31