MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
sage			1 Congregate	2 Congregate Breakfast 10-
			Breakfast 10-11AM	Beginner SeWing Class
serves			Ballet Movement	10:30-12pm Digital Art 11AM-1PM
LGBTQ+ ELDERS			Group 12-1:30PM	SAIL Movement 1115-12PM
SAGE Centers are			Open Art Studio 12-	Creative Writing Class 12-1PM
generously funded in			1:30PM	Boxing Fitness 1-2PM Survival Self-Defense
part by the			Heal & Grow With Dr.	2-3PM
NYC Department for			O 1-2PM	Advanced Sewing 1-3PM Gel Printing 1-3PM
the Aging			Woodcarving 2-4PM	Congregate Lunch 3-4PM
			Congregate Lunch 3-4PM	Gay Mens Social 3:30-5PM Nutrition Workshop 3:45-
				4:45PM
		_	Bingo Social 4-5PM	Grab &Go Distribution 4PM
5 Congregate	6 Congregate	7 Congregate	8 Congregate	9 Congregate Breakfast 10- 11AM
Breakfast 10-11AM Pottery Group	Breakfast 10-11AM Circle of Support	Breakfast 10-11AM	Breakfast 10-11AM	Beginner Sewing Class
10:30-12:30PM	11AM-1215PM	Comp Tech Drop-in	Ballet Movement	10:30-12pm Digital Art 11AM-1PM
Intermediate Comp	Open Art Studio 12-	11AM Health Workshop	Group 12-1:30PM	SAIL Movement 1115-12PM
Learning 11am-12pm	2PM	With Dr. O 11-12PM	Open Art Studio 12-	Creative Writing Class 12-1PM Boxing Fitness 1-2PM
Moving For Life	Zumba Gold 1-2PM	Line Dance 1215-1PM	1:30PM	Survival Self-Defense
Exercise 12-1PM	SageTrans TGNB	Chair Yoga 1-145PM SAIL Movement 215-	Heal & Grow With Dr. O 1-2PM	2-3PM Advanced Sewing 1-3PM
Quiet Reading Club 1-	Support group 2:30- 3:30PM	3PM	Woodcarving 2-4PM	Gel Printing 1-3PM
2PM Thai Chi 215-3PM	Congregate Lunch 3-4PM	Pottery Group 3-5PM		Congregate Lunch 3-4PM Gay Mens Social 3:30-5PM
Congregate Lunch 3-4PM	Stonewall Social 3-4PM	Congregate Lunch 3-4PM	Congregate Lunch 3-4PM	Nutrition Workshop 3:45-
Push Back and Moving Forward 4-5PM	Afternoon Game Social	Stonewall Chorus 4-5PM	Bingo Social 4-5PM	4:45PM Grab &Go Distribution 4PM
10 -	4-5PM	14 Congregate	15 Congregate	16 Congregate Breakfast 10-
12 Congregate Breakfast 10-11AM	13 Congregate	Breakfast 10-11AM	15 Congregate Breakfast 10-11AM	11AM Beginner Sewing Class
Pottery Group	Breakfast 10-11AM	Comp Tech Drop-in		10:30-12pm
10:30-12:30PM	Circle of Support 11AM-1215PM	11AM	Ballet Movement	Digital Art 11AM-1PM
Intermediate Comp	Open Art Studio 12-	Health Workshop	Group 12-1:30PM Open Art Studio 12-	SAIL Movement 1115-12PM Creative Writing Class 12-1PM
Learning 11am-12pm	2PM	With Dr. O 11-12PM	1:30PM	Boxing Fitness 1-2PM
Moving For Life	Zumba Gold 1-2PM	Line Dance 1215-1PM Chair Yoga 1-145PM	Heal & Grow With Dr.	Survival Self-Defense 2-3PM
Exercise 12-1PM	Congregate Lunch 3-4PM	SAIL Movement 215-	O 1-2PM	Advanced Sewing 1-3PM
Quiet Reading Club 1- 2PM		3PM	Woodcarving 2-4PM	Gel Printing 1-3PM Congregate Lunch 3-4PM
Thai Chi 215-3PM	Stonewall Social 3-4PM	Pottery Group 3-5PM	Congregate Lunch 3-4PM	Gay Mens Social 3:30-5PM
Congregate Lunch 3-4PM	Afternoon Game Social 4-5PM	Congregate Lunch 3-4PM	Bingo Social 4-5PM	Nutrition Workshop 3:45- 4:45PM
Push Back and Moving Forward 4-5PM	4-3PW	Stonewall Chorus 4-5PM	Billigo Social 4 31 W	
19 Congregate	20 Congregate	21 Congregate	22 Congregate	Congregate Breakfast 10-
Breakfast 10-11AM	Breakfast 10-11AM	Breakfast 10-11AM	Breakfast 10-11AM	Beginner Sewing Class
Pottery Group	Circle of Support	Comp Tech Drop-in	Ballet Movement	10:30-12pm Digital Art 11AM-1PM
10:30-12:30PM	11AM-1215PM Open Art Studio 12-	11AM	Group 12-1:30PM	SAIL Movement 1115-12PM
Intermediate Comp	2PM	Health Workshop	Open Art Studio 12- 1:30PM	Creative Writing Class 12-1PM Boxing Fitness 1-2PM
Learning 11am-12pm Moving For Life	Zumba Gold 1-2PM SageTrans TGNB	With Dr. O 11-12PM	Heal & Grow With Dr.	Survival Self-Defense
Exercise 12-1PM	Support group 2:30-	Line Dance 1215-1PM	O 1-2PM	2-3PM Advanced Sewing 1-3PM
Quiet Reading Club 1-	3:30PM	Chair Yoga 1-145PM	Woodcarving 2-4PM	Gel Printing 1-3PM
2PM	Congregate Lunch 3-4PM	SAIL Movement 215-		Congregate Lunch 3-4PM
Thai Chi 215-3PM Congregate Lunch 3-4PM	Stonewall Social 3-4PM	3PM Pottery Group 3-5PM	Congregate Lunch 3-4PM	Gay Mens Social 3:30-5PM Nutrition Workshop 3:45-
Push Back and Moving	Afternoon Game Social	Stonewall Chorus 4-5PM	Bingo Social 4-5PM	4:45PM
Forward 4-5PM 28 Congregate	4-5PM			Grab &Go Distribution 4PM
28 Congregate Breakfast 10-11AM	29 Congregate Breakfast 10-11AM	30 Congregate		BROOKLYN AT
Pottery Group	Circle of Support	Breakfast 10-11AM		LL HOUSE
10:30-12:30PM	11AM-1215PM	Comp Tech Drop-in 11AM	$\mathbf{R}\mathbf{A}\mathbf{A}\mathbf{V}$	2025
Intermediate Comp		Health Workshop	IVIAI	2025
Learning 11am-12pm	Open Art Studio 12-	With Dr. O 11-12PM		
Moving For Life	2PM	Line Dance 1215-1PM Chair Yoga 1-145PM	**To participate in progra	_
Exercise 12-1PM Quiet Reading Club 1-	Zumba Gold 1-2PM	SAIL Movement 215-	Center, you must be a registered member and have completed a New Member Orientation at the center	
2PM	Congregate Lunch 3-4PM	3PM	If this is your first visit to Stonewall, you are also	
Thai Chi 215-3PM	Stonewall Social 3-4PM		required to attend an orient	ation session, held every
Congregate Lunch 3-4PM	Afternoon Game Social	Pottery Group 3-5PM	Monday from 11:00	AM to 1:00 PM.
Push Back and Moving Forward 4-5PM	4-5PM	Stonewall Chorus 4-5PM	Please keep in mind that th	•

Forward 4-5PM

change due to holidays or center closures.