

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 1	 2	3
4	5 Chair Exercise 10:00 - 11:00 am Education: "Health Literacy" Group 1: 10:00 - 11:00 am Group 2: 2:00 - 3:00 pm Drop-In 11:00 am - 12:00 pm, 1:00 - 2:00 pm & 3:00 - 4:00 pm	6 Drop-In 9:00 am - 12:00 pm Housing Drop-In 1:00 - 2:00 pm Ryan's Drop-In 2:00 - 4:00 pm "Living with HIV" 2:30 - 3:30 pm	7 Drop-In 9:00 - 11:30 am & 3:00 - 4:00 pm Chair Exercise 10:00 - 11:00 am Education: " Health Literacy " Group 3: 10:00 - 11:00 am Group 4: 2:00 - 3:00 pm Positive Warrior & Positive Divas 11:30 am - 12:30 pm	8 Ryan's Drop-In 9:00 - 11:00 am Long Term Survivors 9:30 - 10:30 am w/ ARCH Education Activity 11:00 am - 12:00 pm Heart Health Support/Edu 1:00 - 2:00 pm Drop-In 2:00 - 4:00 pm	9 Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am Trans/GNC Support Group 1:00 - 2:30 pm	10
11	12 Chair Exercise 10:00 - 11:00 am Drop-In 11:00 am - 12:00 pm & 1:00 - 4:00 pm Drop-In & Health Education Bath, NY 1:00 - 4:00 pm	13 Drop-In 9:00 am - 10:00 pm Education: " Health Literacy " and "Understanding Your Labs" Group 5: 10:00 am - 12:00 pm Transportation Drop-In 1:00 - 2:00 pm Ryan's Drop-In 2:00 - 4:00 pm	14 Drop-In 9:00 - 11:30 am & 1:30 - 4:00 pm Chair Exercise 10:00 - 11:00 am Positive Warrior & Positive Divas 11:30 am - 12:30 pm	15 Ryan's Drop-In 9:00 - 11:00 am Long Term Survivors 9:30 - 10:30 am Activity 11:00 am - 12:00 pm Sexual Health Education 1:00 - 2:00 pm Drop-In 2:00 - 4:00 pm	16 Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am Life Skill (MyChart) 1:00 - 2:30 pm	17
18	19 	20 Drop-In 9:00 am - 12:00 pm Housing Drop-In 1:00 - 2:00 pm Ryan's Drop-In 2:00 - 4:00 pm Activity 2:30 - 3:30 pm	21 Drop-In 9:00 - 11:30 am & 3:00 - 4:00 pm Chair Exercise 10:00 - 11:00 am Education: " Understanding Your Labs " Group 3: 10:00 - 11:00 am Group 4: 2:00 - 3:00 pm Positive Warrior & Positive Divas 11:30 am - 12:30 pm	22 Ryan's Drop-In 9:00 - 11:00 am Long Term Survivors 9:30 - 10:30 am Activity 11:00 am - 12:00 pm Hep C Support/Education 1:00 - 2:00 pm Drop-In 2:00 - 4:00 pm	23 Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am LGBTQ+ Support Group 1:00 - 2:30 pm	24
25	26 Chair Exercise 10:00 - 11:00 am Drop-In 11:00 am - 12:00 pm & 1:00 - 4:00 pm Health Ed Elmira 10 am-12 pm Drop-In, Elmira 12-1 pm	27 Drop-In 9:00 am - 12:00 pm Housing Drop-In 1:00 - 2:00 pm Ryan's Drop-In 2:00 - 4:00 pm Activity 2:30 - 3:30 pm	28 Drop-In 9:00 - 11:30 am & 1:30 - 4:00 pm Chair Exercise 10:00 - 11:00 am Positive Warrior & Positive Divas 11:30 am - 12:30 pm	28 Ryan's Drop-In 9-11 am Long Term Survivors 9:30-10:30 am with Nina Gaby & Legacy Writing Activity 11am-12-pm Guest Speaker 1-2 pm CM/SS Drop-In 11 2-4 pm	30 Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am Arts & Crafts 1:00 - 2:30 pm	31 