

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 1 Chair Exercise 10:00 - 11:00 am Education: "HIV and Nutrition" 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	2 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	3 Drop-In 9:00 - 11:30 am & 3:00 - 4:00 pm Chair Exercise 10:00 - 11:00 am Education: "Unpacking Nutrition" Group 3: 10:00 - 11:00 am Group 4: 2:00 - 3:00 pm Positive Warrior & Positive Divas 11:30 am - 12:30 pm	4 Ryan's Drop-In 9:00 - 11:00 am Long Term Survivors 9:30 - 10:30 am Activity 11:00 am - 12:00 pm Diabetes Support/Edu 1:00 - 2:00 pm Drop-In 2:00 - 4:00 pm	5 Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am Caregiver Support 1:00 - 2:30 pm	6
7	8 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	9 Drop-In 9:00 am - 10:00 pm Education: HIV and Nutrition" and "MyPlate" 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	10 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	11 Ryan's Drop-In 9:00 - 11:00 am Long Term Survivors 9:30 - 10:30 am w/ ARCH ED "Facing the Holiday Blues" Activity 11:00 am - 12:00 pm Heart Health Support/Edu 1:00 - 2:00 pm Drop-In 2:00 - 4:00 pm	12 Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am Trans/GNC Support Group 1:00 - 2:30 pm	13
14	15 Chair Exercise 10:00 - 11:00 am Education: "MyPlate" 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	16 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	17 Ryan White Advisory Panel 1:00 - 2:30 pm* Drop-In 9:00 - 11:30 am & 3:00 - 4:00 pm Chair Exercise 10:00 - 11:00 am Education: "MyPlate" Group 3: 10:00 - 11:00 am Group 4: 2:00 - 3:00 pm Positive Warrior & Positive Divas 11:30 am - 12:30 pm	18 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	19 Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am LGBTQ+ Support Group 1:00 - 2:30 pm	20
21	22 Drop-In 10:00 am - 12:00 pm Drop-In & Health Education Elmira, NY 10:00 am - 1:00 pm	23 Drop-In 1:00 - 3:00 pm	24 Drop-In 10:00 am - 12:00 pm	25	26	27
28	29 Drop-In 10:00 am - 12:00 pm	30 Drop-In 1:00 - 3:00 pm	31 Drop-In 10:00 am - 12:00 pm	1	2	3 

*Trillium Health's Ryan White Advisory Panel will meet on Wednesday, September 24th. Please RSVP to Sarah by the 19th at spassafiume@trilliumhealth.org