

# April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ARCH Drop-In 9-10 am Chair Exercise/Movement 10-11 am Ryan's Drop-In 11-11:30 am Positive Warrior & Divas 11:30 am –12:30 pm CM/SS Drop-In 1:30-4 pm	2 Ryan's Drop-In 9-11 am Long Term Survivors 9:30-10:30 am Activity 11am-12-pm Diabetes Support/Education 1-2 pm CM/SS Drop-In 2-4 pm	3 Prevention Drop-In 9-10 am Chair Exercise 10-11 am Drop-In 11 am-12 pm Caregiver Support 1-2:30 pm	4
5 	6 Chair Exercise 10-11 am Health Ed "High Cholesterol" 10-11 am Drop-In 11 am-12 pm Health Ed Drop-In 1-2 pm Health Ed "High Cholesterol" 2-3 pm Drop-In 3-4 pm	7 Drop-In 9 am-12 pm Housing Drop-In 1-2 pm Ryan's Drop-In 2-4 pm "Living with HIV" 2:30-3:30 pm	8 ARCH Drop-In 9-10 am Chair Exercise 10-11 am Health Ed "High Cholesterol" 10-11 am Ryan's Drop-In 11-11:30 am Positive Divas & Warrior 11:30 am –12:30 pm Health Ed "High Cholesterol" 2-3 pm Health Ed Drop-In 3-4 pm	9 Ryan's Drop-In 9-11 am Long Term Survivors 9:30-10:30 am w/ ARCH Education Activity 11 am-12 pm Heart Health Support/Edu 1-2 pm CM/SS Drop-In 2-4 pm	10 Prevention Drop-In 9-10 am Chair Exercise 10-11 am Drop-In 11 am -12 pm Trans/GNC Support 1-2:30 pm	11
12	13 Chair Exercise 10-11 am Drop-In 11 am-12 pm CM/SS Drop-In 1-4 pm  Health Ed Bath 2-4 pm	14 CM/SS Drop-In 9 am-10 am Health Ed "High Cholesterol" & "Diabetes" 10 am-12 pm Transportation Drop-In 1-2 pm Ryan's Drop-In 2-4 pm	15 ARCH Drop-In 9-10 am Chair Exercise/Movement 10-11 am Ryan's Drop-In 11-11:30 am Positive Warrior & Divas 11:30 am –12:30 pm CM/SS Drop-In 1:30-4 pm	16 Ryan's Drop-In 9-11 am Long Term Survivors 9:30-10:30 am Activity 11am-12-pm LGBTQ+ Support 1-2 pm CM/SS Drop-In 2-4 pm  NEW	17 Prevention Drop-In 9-10 am Chair Exercise 10-11 am Life Skills "My Chart" 1-2:30 pm	18
19	20 Chair Exercise 10-11 am Health Ed "Diabetes" 10-11 am Drop-In 11 am-12 pm Health Ed Drop-In 1-2 pm Health Ed "Diabetes" 2-3 pm Health Ed Drop-In 3-4 pm	21 CM/SS Drop-In 9 am-12 pm Housing Drop-In 1-2 pm Ryan's Drop-In 2-4 pm Activity 2:30-3:30 pm	22 ARCH Drop-In 9-10 am Chair Exercise 10-11 am Health Ed "Diabetes" 10-11 am Ryan's Drop-In 11-11:30 am Positive Divas & Warrior 11:30 am –12:30 pm Health Ed "Diabetes" 2-3 pm Health Ed Drop-In 3-4 pm 	23 Ryan's Drop-In 9-11 am Long Term Survivors 9:30-10:30 am Activity 11am-12-pm Hep C Support/Education 1-2 pm CM/SS Drop-In 2-4 pm	24 Prevention Drop-In 9-10 am Chair Exercise 10-11 am Drop-In 11 am -12 pm LGBTQ+ Support 1-2:30 pm	25
26	27 Chair Exercise 10-11 am Drop-In 11 am-12 pm CM/SS Drop-In 1-4 pm  Health Ed Elmira 10 am-12 pm	28 CM/SS Drop-In 9 am-12 pm Transportation Drop-In 1-2 pm Ryan's Drop-In 2-4 pm Activity 2:30-3:30 pm	29 ARCH Drop-In 9-10 am Chair Exercise/Movement 10-11 am Ryan's Drop-In 11-11:30 am Positive Warrior & Divas 11:30 am –12:30 pm CM/SS Drop-In 1:30-4 pm	30 Ryan's Drop-In 9-11 am Long Term Survivors 9:30-10:30 am Activity 11am-12-pm NY Statewide Peer Network 1-2 pm CM/SS Drop-In 2-4 pm		

Sessions in RED have limited access and/or require advanced registration. Sessions in BLUE do not require pre-registration, but guidelines may apply.