

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Chair Exercise 10:00 - 11:00 am Drop-In 11:00 am - 12:00 pm & 1:00 - 4:00 pm	Drop-In 9:00 am - 12:00 pm Transportation Drop-In 1:00 - 2:00 pm Ryan's Drop-In 2:00 - 4:00 pm "Living with HIV" 2:30 - 3:30 pm	Drop-In 9:00 - 11:30 am & 1:30 - 4:00 pm Chair Exercise 10:00 - 11:00 am Positive Divas & Positive Warriors 11:30 am - 12:30 pm	Ryan's Drop-In 9:00 - 10:00 am Long Term Survivors 10:00 - 11:30 am featuring Legacy Writing Workshop Ryan's Drop In 11:30 am-12:00 pm Diabetes Support/Education 1-2 pm Drop-In 2:00 - 4:00 pm	Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am Caregiver Support 1:00 - 2:30 pm	
8	9	10	11	12	13	14
	Chair Exercise 10:00 - 11:00 am Health Ed: "Polypharmacy & Drug Interactions" 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	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	Drop-In 9:00 -11:30 am & 3:00 - 4:00 pm Chair Exercise 10:00 - 11:00 am Health Ed: "Polypharmacy & Drug Interactions" Group 3: 10:00 - 11:00 am Group 4: 2:00 - 3:00 pm Positive Warrior & Positive Divas 11:30 am - 12:30 pm	Ryan's Drop-In 9:00 - 10:00 am Long Term Survivors 10:00 am -12:00 pm featuring Legacy Writing Workshop Heart Health Support/Education 1-2 pm Drop-In 2:00 - 4:00 pm	Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am Trans/GNC Support Group 1:00 - 2:30 pm	
15	16	17	18	19	20	21
	Chair Exercise 10:00 - 11:00 am Drop-In 11:00 am - 12:00 pm & 1:00 - 4:00 pm Health Ed Bath 2-4 pm	Drop-In 9:00 am - 10:00 pm  Education: "Polypharmacy & Drug Interactions" and "Hypertension" 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	Drop-In 9:00 - 11:30 am & 1:30 - 4:00 pm Chair Exercise 10:00 - 11:00 am Positive Divas & Positive Warriors 11:30 am - 12:30 pm Ryan White Advisory Panel 1-2:30 pm*	Ryan's Drop-In 9:00 - 11:00 am Long Term Survivors 9:30 - 10:30 am Activity 11:00 am - 12:00 pm LGBTQ+ Support 1-2 pm  Drop-In 2:00 - 4:00 pm NEW	Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am Life Skills "MyChart" 1:00 - 2:30 pm	
22	23	24	25	26	27	28
	Chair Exercise 10:00 - 11:00 am Health Ed: "Hypertension" 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	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	Drop-In 9:00 -11:30 am & 3:00 - 4:00 pm Chair Exercise 10:00 - 11:00 am Health Ed: "Hypertension" Group 3: 10:00 - 11:00 am Group 4: 2:00 - 3:00 pm Positive Warrior & Positive Divas 11:30 am - 12:30 pm	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	Drop-In 9:00 am - 12:00 pm Chair Exercise 10:00 - 11:00 am LGBTQ+ Support Group 1:00 - 2:30 pm	
29	30	31				
	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 9:00 am - 12:00 pm Transportation Drop-In 1:00 - 2:00 pm Ryan's Drop-In 2:00 - 4:00 pm Arts& Crafts 2:30 - 3:30 pm				

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

*Trillium Health's Ryan White Advisory Panel will meet in the Large Conference Room on Wednesday, March 18th. Please RSVP to Sarah by the 12th at spassafiume@trilliumhealth.org