



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Creative Time: 10:30-1:30pm</p> <p>Transwomen Healing Circle: 2:30-4pm</p>			<p>Speak Up &amp; Speak Out Member Advisory Board: 12-2pm (Third Thursday of every month)</p> <p>Tai Chi : 2-3pm</p>	<p>Bowling 11-1:30pm</p> <p>Community Gathering: 2-4pm</p>

**Join the Member Advisory Board! We meet the third Thursday of every month!**



**1600 N. Country Club Rd.  
(520) 327-4505**

### Bowling:

A group focused on developing social skills and healthy exercise through bowling in a safe, LGBT friendly Environment. The group takes place at Lucky Strike bowling alley. Participants are encouraged to meet at Lucky Strike or come to site before 11:15am for transportation .

### Community Gathering :

A group focused on teaching, learning, and accessing community resources in Tucson that support and reflect positively the 8 dimensions of intersectionality: gender identity, sexual orientation, nationality, race, class, age, disability, and religion .

### Creative Time:

A group focused on developing social interaction and coping skills through a variety of art projects chosen by member participants.

### Step up & Speak out

LOL Member advisory board. We are looking for members that will provide input about the Programming at LOL in order to assist staff in effectively planning groups and events. Please join us if you are able to help.

### Tai Chi

Tai Chi does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

