HEARTBEAT



NASHVILLE℠
CARES
FOR ALL OF US

CARES360℠
COMMUNITY CLINIC

OCTOBER-DECEMBER 2026

633 THOMPSON LANE, NASHVILLE, TN 37204 | HEARTLINE: 1-800-845-4266

FLU SEASON IS HERE: PROTECT YOUR HEALTH!

Cooler weather, changing leaves—and flu season!
As we head into fall, CARES 360 Community Clinic wants to remind you that getting your annual flu vaccine is one of the simplest ways to help protect your health.



Living with HIV? Your Flu Shot Matters.

For people living with HIV, the flu can sometimes lead to more serious illness, especially when the immune system is weakened. Complications can include pneumonia, hospitalization, or worsening of other health conditions.

The good news? Getting your annual flu shot can help reduce your risk of getting seriously sick from the flu.
The CDC recommends annual flu vaccination for nearly everyone 6 months and older, including people living with HIV. The injectable flu vaccine is safe for people living with HIV and cannot give you the flu.

Don't Wait for Flu Season to Find You

September and October are great times to get your flu shot, giving your body time to build protection before flu activity typically increases. But if you miss that window, don't worry—getting vaccinated later in the season can still provide important protection.

And remember, the flu vaccine isn't the only vaccine that may be important for your health. Depending on your age, health history, and other factors, your healthcare provider may recommend additional vaccines to help keep you protected.

CARES 360 Is Here to Help

If you're a CARES 360 patient, ask our team about getting your flu vaccine and whether there are other vaccines you may need. We're happy to help you stay up to date and make preventive care part of your routine.

Not a CARES 360 patient? Talk with your healthcare provider about which vaccines are recommended and best for you.

This flu season, give yourself an extra layer of protection. Roll up your sleeve, get vaccinated, and make prevention part of your plan for staying healthy!

To make an appointment visit CARES360.org

CARES360℠
COMMUNITY CLINIC



Store hours: Tuesday - Thursdays 9 am – 3:45 pm, Fridays 9 am – 1:45 pm. Closed on Choice Pantry days.

GOOD NUTRITION AS THE SEASONS CHANGE

As the weather starts to cool down, our eating habits often change, too. Fall can be a great time to reset some routines, try seasonal foods, and think about how nutrition supports your energy, immune system, and overall health.

Good nutrition does not have to mean following a strict diet. Small, realistic choices can make a difference, and Choice Pantry and the CARES Store can help you access the fresh produce you need to stay healthy.

Build Meals Around the Basics

A balanced meal usually includes a few simple things: a source of protein, a fruit or vegetable, a grain or other carbohydrate, and some healthy fat. That might look like chicken with rice and vegetables, beans with cornbread and greens, oatmeal with fruit and peanut butter, or a turkey sandwich with a side of fruit. You do not have to make every meal perfectly balanced. The goal is simply to include a variety of foods over the course of the day and week.

Take Advantage of Fall Foods

Fall brings plenty of affordable, filling foods that can work well in soups, casseroles, side dishes, and simple meals. Foods like sweet potatoes, squash, apples, carrots, greens, beans, and oats can all be nutritious and budget-friendly. Canned fruits and vegetables are also good options, especially for soups or other cooked foods. When choosing canned foods, look for options with lower sodium when possible, or rinse canned vegetables and beans before using them.

Warm Foods Can Be Nutritious

Fall is a natural time for soups, chili, casseroles, and other comfort foods. These meals can be both comforting and nutritious.

Try adding beans or vegetables to chili, using canned vegetables in soups, or serving casseroles with a side of fruit or vegetables. Small additions can improve the nutrition of a meal without completely changing what you like to eat.

Give Yourself Some Flexibility

Nutrition is not all-or-nothing. Eating well does not mean you can never have dessert, fast food, holiday meals, or favorite comfort foods. What matters most is the overall pattern of what you eat. Making a few nourishing choices consistently is more realistic and more helpful than trying to eat perfectly.

As we head into Fall, consider choosing one or two small changes that feel manageable. That might be eating breakfast more often, adding a vegetable to dinner, or keeping a few easy protein-rich snacks available. Small changes add up, and healthy eating can still include the foods you enjoy.

Click or scan to schedule:
https://app.pantrysoft.com/login/nashvillecares

CHOICE PANTRY HOURS

Oct 14: 9 am-1 pm
Oct 28: 9 am-1 pm
***Nov 4:** 9 am-1 pm
***Nov 18:** 9 am-1 pm
***Dec 2:** 9 am-1 pm
***Dec 16:** 9 am-1 pm

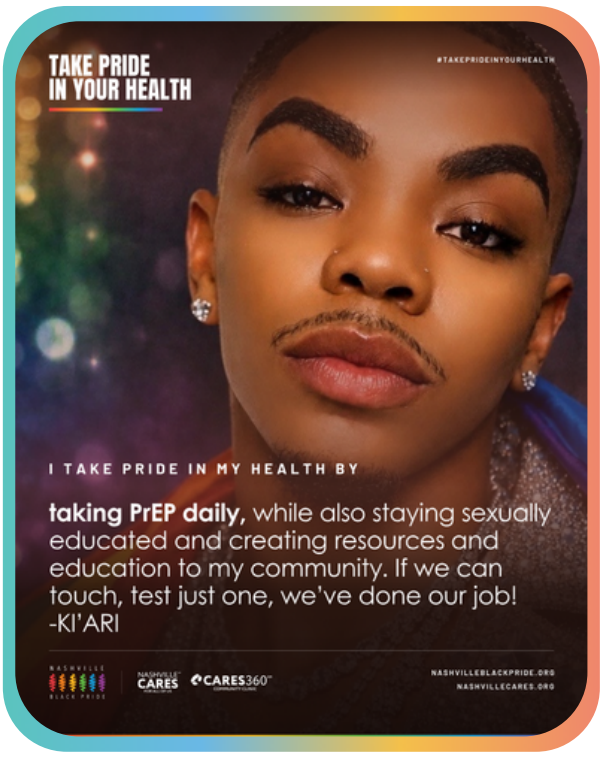
**These dates are not the normal dates*

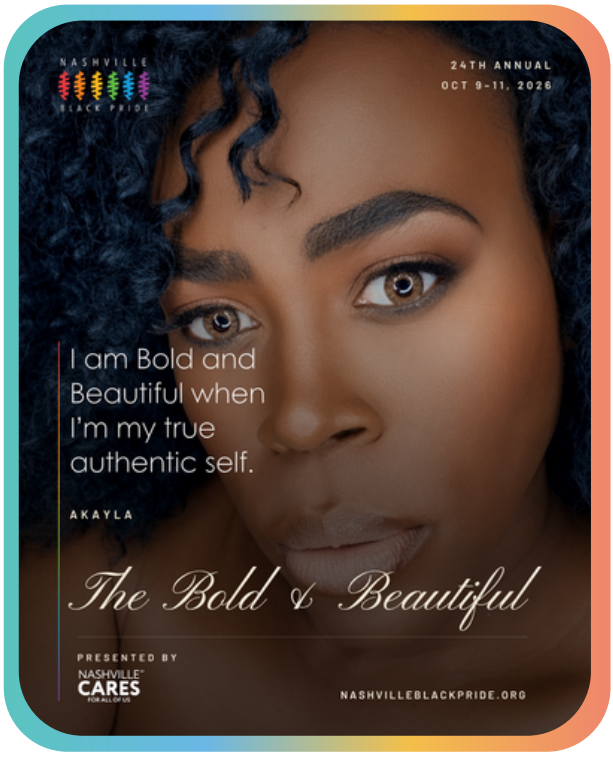
CLIENT HOLIDAY PARTY

THURSDAY, DECEMBER 17TH

SAVE-THE-DATE!

We will reach out with more details soon!






NASHVILLE
BLACK PRIDE
24TH ANNUAL CELEBRATION
The Bold & Beautiful
October 9–11, 2026 · Nashville
KICKOFF
9.25
FRIDAY
HipJazzSoulFunkShon
TALENT SHOW & FUNDRAISER
Play Dance Bar · 1519 Church Street, 37203
$10 advance / $15 at the door
CELEBRATION WEEKEND
FRIDAY
10.9
Legacy Award & Scholarship Dinner
AMEC House Venue
900 13th Avenue South, 37212
$25 single · $40 pair
$225 table of eight
SATURDAY
10.10
Marketplace & Day Party
The Forum
705 Rivergate Parkway, 37072
Free · suggested donation $2.40
SUNDAY
10.11
Yes, Another Tribe Takeover
Tribe
1515 Church Street, 37203
Free · suggested donation $2.40
TICKETS & DETAILS
nashvilleblackpride.org
PRESENTED BY
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Plan Ahead for Your 2027 Health Insurance Needs

Health insurance can be complicated, and coverage options may change from year to year. Your case manager can help you review your options and make sure you take the right steps for 2027.

Do you have insurance available through your employer?

If your employer offers health insurance, the Tennessee Department of Health requires you to enroll in that coverage to remain eligible for Ryan White Insurance Assistance.

What you need to do: Contact your case manager to update your IAP information. You will also need to provide a **Summary of Benefits** for your new insurance plan. You can usually get this document from your Human Resources department.

Are you currently uninsured?

If you do not have health insurance and do not expect to receive insurance through an employer soon, contact your case manager **between November 1 and December 15.**

Your case manager can help you enroll in the appropriate coverage for 2027.

Important: There will be a new identity verification process during enrollment this year. Contact your case manager as close to **November 1** as possible so there is enough time to complete the process.



Do you currently have an ACA or individual insurance plan?

Contact your case manager between **November 1 and December 15** to review your coverage and enroll in the appropriate plan for 2027.

Important: There will be a new identity verification process during enrollment this year, so we recommend contacting your case manager as close to **November 1** as possible.

Are you on Medicare?

Contact your case manager before the end of the year to update your IAP information.
Medicare Open Enrollment is **October 15 through December 7.** This is a good time to:

- Make sure your current coverage will still be accepted by your medical providers.
- Review any changes to your plan for 2027.
- Make changes to your coverage if needed.

Your case manager can help you review your Medicare coverage if you need assistance.

We will have walk-in ACA enrollment hours from **10 AM-2 PM on Tuesdays** and **Thursdays** between **November 1** and **December 15.**
We are offering **Saturday** hours on **11/7** and **12/5** from **10am-2pm** for open enrollment assistance.

CONTINUED FROM PAGE 6

Don't Wait Until the Last Minute

You are responsible for making sure you have appropriate health coverage for 2027, but you do not have to figure it out on your own.

Your case manager is available to help you navigate the process. Please reach out as early as possible so there is time to address any problems and help prevent a loss of health coverage.

IMPORTANT REMINDER FOR CIGNA MARKETPLACE MEMBERS

Cigna will not offer Marketplace plans in 2027. If you currently have a Cigna Marketplace plan, your MCM or broker can help you explore other plans you may be eligible for in 2027.

A little preparation now can help make the transition into 2027 a smooth one!

HEALTHY UNIVERSITY PIRS (PEERS IN RESEARCH)

VIRTUAL MEETING:
NOVEMBER 10, 2026
1-2PM
VIRTUAL ON ZOOM



- Interest in research regarding HIV
- Lunch incentive included
- Engage with researchers
- Be a part of the solution

To learn more, contact healthyu@nashvillecares.org

Fall Back into Wellness with a Mental Health Check-In

AS THE SEASONS CHANGE, NOW IS THE PERFECT TIME TO TAKE INVENTORY OF YOUR MENTAL HEALTH! WE MADE A VERY BRIEF CHECKLIST WITH SOME QUESTIONS YOU CAN ASK YOURSELF.

THIS CAN HELP YOU SET INTENTIONS FOR THE FALL. MAYBE YOU REALIZE YOU NEED TO TAKE MORE BREAKS FROM YOUR PHONE OR NEED TO LOOK AT THE BOUNDARIES YOU HAVE WITH A LOVED ON - NOW IS THE PERFECT TIME TO WORK ON THOSE THINGS.

IF YOU FIND YOURSELF IN NEED OF MORE SUPPORT, SCAN THE QR CODE BELOW & FILL OUT THE FORM TO GET CONNECTED WITH ONE OF OUR THERAPISTS



THE BH TEAM IS EXCITED TO INTRODUCE **ASK-A-THERAPIST**, A NEW MONTHLY VIRTUAL DROP-IN SERVICE DESIGNED TO MAKE CONNECTING WITH A THERAPIST EASY AND APPROACHABLE. HAVE QUESTIONS ABOUT THERAPY? FEELING STRESSED AND LOOKING FOR A QUICK COPING STRATEGY? WONDERING WHAT RESOURCES OR REFERRALS MIGHT BE AVAILABLE? DROP IN FOR A BRIEF CONVERSATION WITH A THERAPIST AND GET THE SUPPORT OR INFORMATION YOU NEED.

MORE INFORMATION—INCLUDING DATES AND HOW TO JOIN—COMING SOON!

PREVENTION TEAM LAUNCHES NEW LATINO COMMUNITY HEALTH INITIATIVE

The **Latino Community Health Initiative** is a newly launched, culturally responsive program designed to strengthen HIV prevention, early diagnosis, and linkage to care for Hispanic and Latino communities across Nashville and surrounding counties. Grounded in trust, dignity, and cultural understanding, the initiative responds to urgent trends highlighted in Tennessee's 2023 epidemiological profile, which reports that **Hispanic residents are diagnosed with HIV at 6.2 times the rate of non-Hispanic white residents.** Many individuals also arrive in the U.S. already diagnosed but disconnected from care, often facing fear related to immigration policies that discourage them from seeking medical support. As the document notes, "individuals frequently delay testing, postpone treatment, and remain unlinked to lifesaving services," a challenge the initiative aims to directly confront.



This important work will be coordinated by **Grisell Jimenez**, Nashville CARES' Prevention Team Hispanic Liaison. Many of you will remember Grisell from her time as a Nashville CARES Case Manager, where she supported clients with compassion, cultural fluency, and a deep understanding of the barriers Hispanic families face when navigating healthcare systems. She brings strong ties to the Hispanic community, trusted relationships, and firsthand experience walking alongside individuals who are newly diagnosed or lost to care. Recently, Grisell collaborated with El Jefe WMGC 96.7 FM to discuss the rise in new HIV infections among Hispanic residents, helping elevate awareness and strengthen community engagement. Grisell will work closely with clinic staff to ensure that every Hispanic client's transition into care is seamless, supportive, and grounded in dignity. If you have any questions about the Latino Community Health Initiative, you can contact Grisell directly at (615) 921-0279.





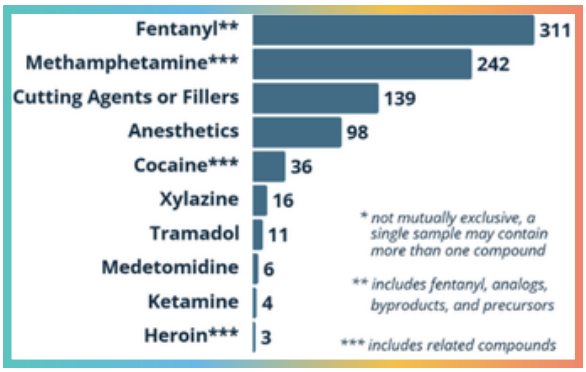
Tennessee Department of Health (2023). Epidemiological Profile. Nashville: Tennessee Department of Health.

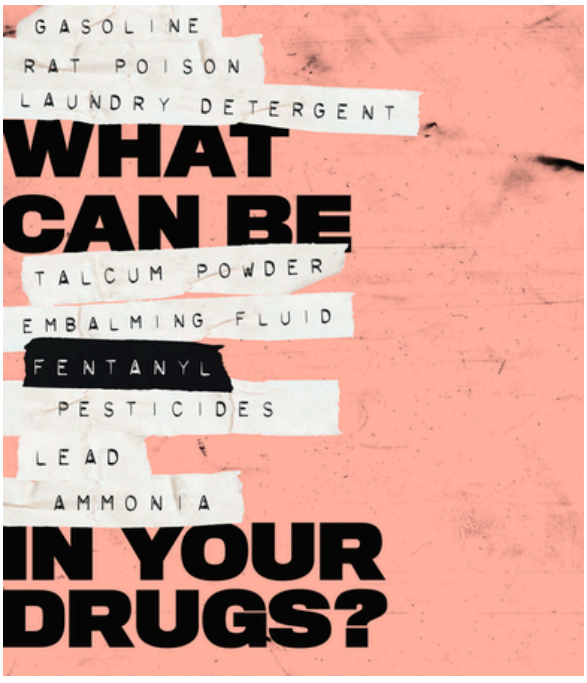
PREVENTION NEWS

SYRINGE CHECKING PROJECT

IN 2025

- 2 partnering sites
  - 2026 adding NC DART Program
- 417 samples tested
- 202 clients participating
- 17 days average turnaround time





As the drug supply becomes increasingly unpredictable and dangerous, there is an urgent need for real-time data to support proactive public health response. Traditional surveillance methods lag behind emerging trends, which can limit how quickly communities, providers, and public health partners understand and can respond to changes in the drug supply. Lab-based drug checking is one of the most accurate methods available to identify the contents of unregulated substances, including active ingredients and emerging contaminants.

Beginning in 2024, TDH partnered with SSPs and a national laboratory to launch syringe testing. Nashville CARES's DART Program is proud to announce that it has been chosen as the newest SSP to participate in this pilot project beginning in early October 2026. The Syringe Checking Project is aimed at detecting synthetic opioids and other potent adulterants. By providing real-time data on emerging substances in a low-barrier, community-centered approach, these efforts fill critical information gaps and support faster, more informed prevention and education responses, often before new threats appear in traditional surveillance reports. The goal of this project is to:

- Improve understanding of the local drug landscape
- Increase informed decision-making to reduce overdose and other related harms
- Increase community engagement
- Create data-driven messaging and strategies
- Develop a model for statewide expansion

As the unregulated drug supply continues to evolve, samples may contain multiple substances, sometimes intentionally and sometimes without a person's knowledge. These combinations can increase overdose risk, complicate overdose response, and contribute to other health risks, including severe wounds and dangerous withdrawal effects. For example, in 2025, of the 165 samples containing fentanyl, 16 also contained xylazine and six contained medetomidine. These sedatives
can contribute to prolonged sedation and respiratory depression. These findings improve understanding of the local drug landscape, as well as reinforce the importance of naloxone, rescue breathing, and timely drug-checking information.

Tennessee Department of Health (2024) Syringe Services Programs (SSP). Available at: https://www.tn.gov/health/ssp.html (Accessed 27 September 2026).



Condom Delivery
If you need condoms and/or lube, contact Lisa at 615-761-4474 or lbinkley@nashvillecares.org to make arrangements.





AGENCY CLOSURES

OCTOBER
22nd for All Staff Meeting
NOVEMBER
26th-27th for Thanksgiving
DECEMBER
17th for Client Holiday Party
24th-25th for Christmas
31st-Jan 1st for New Years

Title VI Notice

- All CARES services are offered to you without discrimination based on age, race, gender, gender identity, ethnic background, religion, disability, or sexual orientation.
- As a client, you will have open access to all of the Client Services: HEARTLine, Case Management, Behavioral Health, Peer and Practical Support Services.
- As a client, CARES encourages you to take an active role in the decisions concerning your care and the services you receive.
- All information concerning you, your HIV status, and the services you receive at CARES are kept private and confidential.
- If you have concerns about the services or the way you have been treated at CARES, there is a formal grievance procedure for you to use or contact TN HRC directly at (800) 251-3589 or 312 Rosa L Parks Ave, 23rd floor, Nashville, Tennessee 37243 or email at ask.thrc@tn.gov.

HEALTHYU GROUP ACTIVITIES

See calendar on final page for dates and times

M.A.L.E.S. – Men Advocating Life Education Support
This men's group meets every Monday that Nashville CARES is open. The only requirement is that you are living with HIV and identify as male. We are fathers, sons, husbands, co-workers, friends, lovers, etc. We talk about all those relationships, our lives, politics, social media, love, and of course any HIV-related issues. Dinner is provided. Come out and enjoy a meal. Have a good talk. Meet some new guys. Without you, there is no group! Weekly virtual meetings on Mondays from 5-6 pm. Contact Lamont at 615-906-2706 if interested.

Express Yourself: Opening Pandora's Box (For those who identify as Male Only)
Express Yourself is a welcoming and open vibe session for men from all walks of life. You can present individual poetry or spoken word, or simply hang out and appreciate the expressive nature of others. This group session serves to tear down the walls of toxic masculinity, allowing emotions, suppressed thoughts and various points of view to be shared freely in a supportive environment. The base topic will be different for each session. The opening session will be an introduction to the experience, ending with a discussion of the works presented. Contact Darrell at HealthyU: dearly@nashvillecares.org. Weekly virtual meetings on Tuesdays from 5-6 pm.

Women's Group - S.W.E.E.T.
A group designed specifically for women living with HIV, with a focus on providing social support and education. This group provides a safe space that affirms and celebrates who we are as women. It's ideal for any woman who's looking for ways to connect with others living with HIV, but doesn't know where to start. All discussions are confidential. A meal is provided. Contact Temya at (615) 259-4866 ext. 330. Catch one of our virtual meetings on the 4th Thursday of each month from 1-2 pm.

Artsy Hearts
Designed specifically for people living with HIV, this group focuses on improving mental health and promoting well-being by "providing meaningful spaces for expression and achievement." Artsy Hearts is designed as a fun social activity where people can learn new skills and enjoy sharing their creativity together. This group also focuses on in-person bonding within the community. **A meal is provided, so it's important to RSVP in advance.** Contact Latoya at lalexander@nashvillecares.org. The group meets on the 4th Friday of every month from 1:00-3:00 pm.

The B Side
A group dedicated to sharing positive energy, health tips, self-care advice and life skills for navigating your best life after a positive HIV diagnosis. The B Side focuses on social support through networking with others living with HIV. It's a great way to build community, learn about community resources and create a bonding space to share experiences and solutions for living with HIV. Contact Latoya at lalexander@nashvillecares.org. This group meets on the 3rd Wednesday of every month from 4:00-6:00 pm. Meetings are virtual between September-February, and in-person from March-August.
A meal is provided for in-person gatherings, so it's important to RSVP in advance.

HEALTHYU GROUP ACTIVITIES

(Continued)

PsIR. – Peers In Research
A group designed specifically for people living with HIV who want to serve as 'community researchers,' utilizing their lived experience to assist other researchers in developing and designing research tools as well as collecting and analyzing data. This group also focuses on disseminating the findings of the research projects that they have assisted with. "Nothing about us without us." Discussions are confidential. Contact Dr. Tiye (615) 428-4401. Virtual meetings schedule TBA.

G.R.O.W.T.H. (Gaining Realistic Outcomes and Weaving-in Transformational Health)
Consists of two 16-week cohorts over the next three years. Partners include Orangetheory Fitness and the Nashville Black Wellness Collective. Activities include art and music therapy, nature walks, yoga, mindfulness, exercise, radical acceptance, and goal-setting. Contact Dr. Tiye (615) 428-4401.

Spiritual Connection
This is a group designed to promote hope and healing for people living with HIV, as well as their family and friends. Participation in Spiritual Connection can help prevent many of the physical, mental and spiritual challenges that often lead to medication non-adherence, depression, issues with forgiveness, stress from stigma and many other barriers that lead to unsuccessful decision-making and negative life events. We focus on healing, empowerment and real-world tools for living successfully with HIV. This group is based on a broad set of principles that transcends all religions. Contact Temya at HealthyU@nashvillecares.org. Registration not required, but RSVP is appreciated. Please check the calendar on the final page to confirm meeting type (in person or virtual). Virtual meetings occur the 2nd Friday of each month from 1-2 pm.

Silver Strong
A group especially for people aged 50 and older who are living with HIV. This is a safe, supportive forum for discussing all topics related to aging and/or HIV. We'll discuss health issues older adults with HIV face, learn effective ways to deal with stigma, educate family and friends, and talk about dating and relationships. Bring your life experiences and your questions. Virtual meetings are held the 3rd Tuesday of each month. Contact Temya at HealthyU@nashvillecares.org.

Peer Check-in
Have a good talk. Meet new folks. Check in! Our monthly Peer Check-in happens on the 4th or 5th Friday that Nashville CARES is open each month. The only requirement to attend is that you are a person living with HIV. This is a great opportunity to discuss any issues relating to HIV, along with anything else going on in your life. We talk about our relationships, our lives, politics, social media, love, etc. Share as much or as little as you want (or just kick back and listen). Come out and enjoy the fellowship and a lunch voucher (must attend for the full session). In-person or virtual meetings TBA. Contact Temya at HealthyU@nashvillecares.org.

HEALTHYU GROUP ACTIVITIES

(Continued)

Ask-a-Pharmacist
In partnership with various Nashville pharmacies, CARES provides opportunities each month for clients to talk with a trained pharmacist about their medications, HIV care and other pharmacy-related topics. Virtual meetings are held quarterly, giving you a convenient way to connect with pharmacists online and get your questions answered. We also have a growing library of virtual information available. Please contact the HealthyU Staff to learn more about accessing online videos and other helpful resources. Schedule TBA.

Healthy Relationships
We created this 3-session program to equip you with effective problem-solving and decision-making skills designed to reduce stress around disclosure. Each two-hour session offers a combination of teaching, group discussion and movie clips to make things fun and engaging. A meal is provided with each in-person session, and participants who complete all 3 sessions receive a valuable gift card. Contact Darrell or Temya at HealthyU@nashvillecares.org. Advance registration and assessment REQUIRED. Meetings are virtual on Thursdays from 5-6 pm.

E.P.I.C. (Empowering Positive Influence in Communities)
At EPIC, we strive to empower People Living With HIV (PLWH) with tools, knowledge and skills to help them become influential leaders, mentors and members of their communities. In a relaxed small group atmosphere, we talk about ways we can improve and inspire change, starting at the local level and building upward. Our goal is to be champion representatives of our prestigious perspective by being informed, committed and fully present. The only requirement is that all participants must be PLWH. Meeting schedule TBA.

IAMSTRONG
What are your true strengths? What are your inner resources? How strong do you want to be? This one is all about developing a plan to help achieve a healthier you. Your plan will provide a roadmap for moving forward in your life, along with proven tools to help you develop a healthier outlook and make better decisions. Recognize your own strength and become a stronger version of yourself. Reach out to the HealthyU staff and get your plan started today! Virtual meetings available. Contact Dr. Tiye at HealthyU@nashvillecares.org.

S.E.T. Group Meeting (Support, Encourage, Trust)
The mission of the S.E.T. Project is to improve linkage and retention to care focusing on women, with special attention on breaking down the isolation and stigma that may come from living with HIV. The program includes biweekly calls with peers from within the network, along with monthly meetings to develop peer mentoring and accountability. The S.E.T. Project also includes bi-monthly social engagement with other women in the program. This is all about building community and strengthening the connections of sisterhood. Virtual meetings take place on the first Friday of each month from 1-2 pm. Contact Temya at HealthyU@nashvillecares.org.

HEALTHYU GROUP ACTIVITIES

(Continued)

Start Here
This 90-minute course is designed to provide participants with the basic understanding they need about living with HIV successfully. It provides a great starting point, whether someone is infected or affected. Family, friends and partners are all welcome to share in this workshop with you. But all attendees must register in advance. Virtual meetings available. Contact HealthyU@nashvillecares.org.

Under Construction (A&D Group)
This group is specifically to help people living with HIV who are also struggling with alcohol or drug use. It provides a safe, judgment-free opportunity to learn and share the kinds of recovery skills that can lead to better living. For more information, contact Temya at HealthyU@nashvillecares.org. Virtual meetings available. Check out the calendar on the final page to confirm.

Fresh Clothing
The Healthy University staff wants to make life less stressful for our clients who are housing-unstable and may need a clean set of clothes. So we're offering a free set of clothing to anyone currently experiencing homelessness. Call Dr. Tiye at (615) 259-4866 ext. 270, or contact your Case Manager.

Laundry Service
Do you have difficulty going to a laundry facility to clean your clothes? The Healthy University staff has partnered with a laundry service to take the stress out of this concern. They'll come pick up your laundry, then wash, fold and drop everything back off at your home, all on schedule you set with them online. Best of all, this service is free to you. But we do have limited capacity, so it's available on a first-come, first-served basis. Contact your Case Manager for details, or contact Dr. Tiye at HealthyU@nashvillecares.org.



NASHVILLECARES℠
FOR ALL OF US

2026 FALL GROUP CALENDAR

	OCTOBER	NOVEMBER	DECEMBER
MONDAYS	**Under Construction** 10-11:30 am - virtual weekly **M.A.L.E.S.** 5-6 pm - virtual weekly	**Under Construction** 10-11:30 am - virtual weekly **M.A.L.E.S.** 5-6 pm - virtual weekly	**Under Construction** 10-11:30 am - virtual weekly **M.A.L.E.S.** 5-6 pm - virtual weekly
TUESDAYS	**Silver Strong 50+** 1-2 pm on the 20th **SWEET** 1-2 pm on the 27th **Express Yourself** 5-6 pm - virtual weekly	**Silver Strong 50+** 1-2 pm on the 17th **SWEET** 1-2 pm on the 24th **Express Yourself** 5-6 pm - virtual weekly	**Silver Strong 50+** 1-2 pm on the 16th **SWEET** 1-2 pm on the 22nd **Express Yourself** 5-6 pm - virtual weekly
WEDNESDAYS	**Choice Pantry** 14th & 28th **The B Side** 1-2 pm on the 21st **Healthy Relationships** 5-6 pm on the 14th, 21st, 28th	**Choice Pantry** *4th & 18th **The B Side** Cancelled for November **Healthy Relationships** Cancelled for November	**Choice Pantry** *2nd & 16th **The B Side** Cancelled this month
THURSDAYS	**GROWTH** Starting back in 2/2027 **OrangeTheory Fitness** 1:15-2:30 pm on the 15th	**GROWTH** Starting back in 2/2027 **OrangeTheory Fitness** 1:15-2:30 pm on the 19th	**GROWTH** Starting back in 2/2027 **OrangeTheory Fitness** 1:15-2:30 pm on 17th
FRIDAYS	**S.E.T. Group** 1-2 pm on the 1st - Virtual **Spiritual Connection** 1-2 pm on the 9th **Artsy Hearts** 1-3 pm on the 23rd **Fun Friday** 1-2 pm on the 30th	**S.E.T. Group** 1-2 pm on the 7th **Spiritual Connection** 1-2 pm on the 14th **Artsy Hearts** 1-3 pm on the 28th	**S.E.T. Group** 1-2 pm on the 4th **Spiritual Connection** 1-2 pm on the 11th **Artsy Hearts** Cancelled for December