



Wed Sep 01, 2010 - Thu Sep 30, 2010

Wed Sep 01, 2010

8:00 am - 10:00 am Food Distribution SB Room

Produce, meat and dairy products as well as canned and dried foods are available to LGBT Riverside County residents who are in need, disabled or aged 55 or better. If this is your first visit, bring photo ID showing your Riverside County residency or photo ID and some proof of Riverside County residency.

8:30 am - 9:30 am Self-Defense (TaeKwonDo)

TaeKwonDo - Study this ancient form of martial art & self defense. Learn to combine grace, strength, breathing, balance & control as you practice forms. Perfect your art & technique. Instructor is Joseph Jang - Black Belt. Casual Attire. Call 416-7790 to schedule. No charge for class but a \$2.00 donation to GRC is suggested.

11:00 am - 12:00 pm Tai Chi

This ancient Chinese practice is prized for its benefits to health and longevity. Class leader Noel Pittman notes that Tai Chi strengthens the body and improves coordination and balance--important skills to retain as we age. Classes are \$12 each or \$40 for 5 classes, call us at 760-416-7790 to register.

1:00 pm - 4:00 pm Open Bridge

Intermediate Level. Call 760-218-4465 to register. \$3 for Golden Rainbow Center members; \$6 for non-members. Also Members can purchase a coupon booklet of 5 coupons for \$10.

2:00 pm - 4:00 pm Computer Class

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

6:30 pm - 7:30 pm CODA (CoDependents Anonymous)

Meets Wednesdays in the Library.

Thu Sep 02, 2010

10:00 am - 11:00 am Fit After Fifty

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760-416-7790 to register. \$3 suggested donation per session.

1:00 pm - 4:00 pm Bingo MV Room

One of the Golden Rainbow's most popular activities, this weekly event draws a cross-section of the entire Coachella Valley community, and all proceeds benefit the Center. \$9 for 10 games; play begins at 1:00pm.

5:30 pm - 6:30 pm AA Meeting

Open Literature Study

Fri Sep 03, 2010

9:00 am - 12:00 pm Open Library Time

Please come in and enjoy our wonderful library. We have a great collection of books for you to borrow from.

9:00 am - 10:00 am First Friday Breakfasts

Come join your friends at the Golden Rainbow the first Friday of each month for an extended continental breakfast and an interesting speaker. On September 3, the theater group, Script2Stage2Screen will introduce themselves and their stagecraft. They will talk about what goes into developing theater characters, and staging and writing plays. In addition, they will perform a scene from their current production and offer discounted tickets. There is no charge for these monthly programs, but a \$3.00 donation is appreciated. Please call the Center to register at 760-416-7790.

10:00 am - 11:30 am Men's Chat Group

This informal group meets weekly to discuss any topic, from current events, to movies, to politics. Views are shared and friendships formed at this popular and longstanding activity. \$2 donation suggested.

12:00 pm - 4:30 pm SUMMER HOURS: CLOSED FRIDAYS AT NOON

Summer Hours are in effect for July and August. Regular Friday hours will resume Friday, September 10.

Sat Sep 04, 2010

10:00 am - 11:30 am Al-Anon Meeting

Meets every Saturday. For more information go to: alanoninthedesert.com

Mon Sep 06, 2010

8:30 am - 4:30 pm The Center Is Closed for Labor Day

The evening programs will continue to meet

6:45 pm - 8:00 pm Gay Men's Discussion Group

Join a group of men discussing issues that members and the moderator have chosen in advance to discuss. Former topics include love, sex, relationships, friends, human rights, internet dating, coming out and more. This group meets every Monday evening from 6:45 to 8:00 PM in the Streetbar Room. Call 760-416-7790 to register.

7:00 pm - 8:30 pm Adult Children of Alcoholics (ACOA)

Meets each Monday in the Mt View Rm. For questions please call Howard Peiper at 760-992-7522.

Tue Sep 07, 2010

10:00 am - 11:00 am Fit After Fifty

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760-416-7790 to register. \$3 suggested donation per session.

10:00 am - 12:00 pm Financial Planning Library

Individual sessions by appointment only. Call 760-416-7790 to schedule a complimentary consultation with a certified financial planner who will review your circumstances and suggest options. Suggested donation \$2. 1st Tuesday of each month

11:30 am - 12:30 pm Chair Yoga

Join Fitness coach Greg Klein for this chair yoga practice, specially designed for those who cannot get down on the floor due to weight, handicap, or inflexibility. Along with breathing and relaxation techniques, chanting, meditation and other East Asian modalities, students will learn traditional yoga asanas (postures) translated to a chair or chairs. This class is a great introduction to yoga for all ages. Individual class tickets are \$10 for members, \$15 for non-members; members may purchase five-ticket booklets for \$40. Class starts promptly at 11:30, so plan to arrive early to purchase your ticket(s).

2:00 pm - 4:00 pm Computer Class

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

7:00 pm - 8:00 pm Adult Children of Alcoholics (ACoA) Women's Meeting

For information, contact Meg Cassell 760-902-8972

Wed Sep 08, 2010

8:00 am - 10:00 am Food Distribution SB Room

Produce, meat and dairy products as well as canned and dried foods are available to LGBT Riverside County residents who are in need, disabled or aged 55 or better. If this is your first visit, bring photo ID showing your Riverside County residency or photo ID and some proof of Riverside County residency.

11:00 am - 12:00 pm Tai Chi

This ancient Chinese practice is prized for its benefits to health and longevity. Class leader Noel Pittman notes that Tai Chi strengthens the body and improves coordination and balance--important skills to retain as we age. Classes are \$12 each or \$40 for 5 classes, call us at 760-416-7790 to register.

1:00 pm - 4:00 pm Open Bridge

Intermediate Level. Call 760-218-4465 to register. \$3 for Golden Rainbow Center members; \$6 for non-members. Also Members can purchase a coupon booklet of 5 coupons for \$10.

2:00 pm - 4:00 pm Computer Class

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

[6:30 pm - 7:30 pm CODA \(CoDependents Anonymous\)](#)

Meets Wednesdays in the Library.

[Thu Sep 09, 2010](#)

[10:00 am - 11:00 am Fit After Fifty](#)

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760-416-7790 to register. \$3 suggested donation per session.

[1:00 pm - 4:00 pm Bingo MV Room](#)

One of the Golden Rainbow's most popular activities, this weekly event draws a cross-section of the entire Coachella Valley community, and all proceeds benefit the Center. \$9 for 10 games; play begins at 1:00pm.

[1:30 pm - 3:30 pm Free Legal Aid Sessions](#)

Desert Legal Aid provides a free 30-minute consultation for limited-income Coachella Valley Seniors. Advance appointment required by calling 760 416-7790. For fee information for ongoing consultation, call 760-832-9770 or www.DesertLegalAid.org.

[5:30 pm - 6:30 pm AA Meeting](#)

Open Literature Study

[7:00 pm - 8:00 pm Bisexual Men's Support Group](#)

This group meets the 2nd and 4th Thursday of each month. For information call Dr Gary Schubert at 760-861-1158.

[Fri Sep 10, 2010](#)

[9:00 am - 12:00 pm Open Library Time](#)

Please come in and enjoy our wonderful library. We have a great collection of books for you to borrow from.

[10:00 am - 11:30 am Men's Chat Group](#)

This informal group meets weekly to discuss any topic, from current events, to movies, to politics. Views are shared and friendships formed at this popular and longstanding activity. \$2 donation suggested.

[1:00 pm - 4:00 pm HIV Rapid Testing](#)

The OraQuick HIV test—which gives results within a half- hour—is available on the second and fourth Friday of each month. Advance appointments are strongly recommended, but walk-ins are accommodated as and if the schedule permits. Testing and counseling are done by certified professionals from the Desert AIDS Project (DAP) with test kits provided by DAP. To schedule a confidential half-hour appointment, call 760-416-7790.

[Sat Sep 11, 2010](#)

[9:00 am - 12:00 pm Stonewall Democrats](#)

Join this group to educate voters, lobby elected officials, and elect Democrats. Meeting the second Saturday of every month . Call 760.320.5787, or visit desert-stonewall.org.

[10:00 am - 11:30 am Al-Anon Meeting](#)

Meets every Saturday. For more information go to: alanoninthedesert.com

[Mon Sep 13, 2010](#)

[9:00 am - 12:00 pm Open Party Bridge](#)

Come one, come all for open play at the intermediate level; no instruction provided. Coupons will be sold at the event to members for \$3 each and to non-members for \$6. Members may choose to buy a book of 5 coupons for \$10.

[1:00 pm - 4:00 pm Pinochle](#)

Join this popular weekly activity by calling Larry at 760-323-1930. Coupons will be sold at event to members for \$3 each and to non-members for \$6. Members may choose to buy a book of 5 coupons for \$10.

[1:00 pm - 4:00 pm Medicare Counseling](#)

Certified Medicare Counselor Joe Hayden will advise newly eligible medicare enrollees, current Medicare recipients with insurance questions or questions about Medicare Part D or long term care insurance. By advance appointment only; Call 760-416-7790 to schedule. \$2 donation suggested.

[6:45 pm - 8:00 pm Gay Men's Discussion Group](#)

Join a group of men discussing issues that members and the moderator have chosen in advance to discuss. Former topics include love, sex, relationships, friends, human rights, internet dating, coming out and more. This group meets every Monday evening from 6:45 to 8:00 PM in the Streetbar Room. Call 760-416-7790 to register.

[7:00 pm - 8:30 pm Adult Children of Alcoholics \(ACOA\)](#)

Meets each Monday in the Mt View Rm. For questions please call Howard Peiper at 760-992-7522.

[Tue Sep 14, 2010](#)

[10:00 am - 11:00 am Fit After Fifty](#)

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760416-7790 to register. \$3 suggested donation per session.

[11:30 am - 12:30 pm Chair Yoga](#)

Join Fitness coach Greg Klein for this chair yoga practice, specially designed for those who cannot get down on the floor due to weight, handicap, or inflexibility. Along with breathing and relaxation techniques, chanting, meditation and other East Asian modalities, students will learn traditional yoga asanas (postures) translated to a chair or chairs. This class is a great introduction to yoga for all ages. Individual class tickets are \$10 for members, \$15 for non-members; members may purchase five-ticket booklets for \$40. Class starts promptly at 11:30, so plan to arrive early to purchase your ticket(s).

[1:00 pm - 2:00 pm Hospice Counseling](#)

This free service is offered by Odyssey Health Care. Advance appointments are required; call Cynthia Bliss at 464-8520. This program is offered monthly on the second and fourth Tuesday.

[2:00 pm - 3:00 pm Bereavement Group](#)

This free program is offered for those who have lost a loved one by Odyssey Health Care on the second and fourth Tuesday of each month. To register, call 760-416-7790; for questions or more information, call facilitator Jerry Lynch at 760-346-2816.

[2:00 pm - 4:00 pm Computer Class](#)

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

[4:00 pm - 5:00 pm Prostate Cancer Support Group](#)

Those interested in this support group for gay men with prostate cancer may call facilitator Evan Van Antwerp at 760-325-2243 for more information.

[7:00 pm - 8:00 pm Adult Children of Alcoholics \(ACoA\) Women's Meeting](#)

For information, contact Meg Cassell 760-902-8972

[Wed Sep 15, 2010](#)

[8:00 am - 10:00 am Food Distribution SB Room](#)

Produce, meat and dairy products as well as canned and dried foods are available to LGBT Riverside County residents who are in need, disabled or aged 55 or better. If this is your first visit, bring photo ID showing your Riverside County residency or photo ID and some proof of Riverside County residency.

[8:30 am - 9:30 am Self-Defense \(TaeKwonDo\)](#)

TaeKwonDo - Study this ancient form of martial art & self defense. Learn to combine grace, strength, breathing, balance & control as you practice forms. Perfect your art & technique. Instructor is Joseph Jang - Black Belt. Casual Attire. Call 760-416-7790 to schedule. No charge for class but \$2.00 donation to GRC is appreciated.

[11:00 am - 12:00 pm Tai Chi](#)

This ancient Chinese practice is prized for its benefits to health and longevity. Class leader Noel Pittman notes that Tai Chi strengthens the body and improves coordination and balance--important skills to retain as we age. Classes are \$12 each or \$40 for 5 classes, call us at 760-416-7790 to register.

[1:00 pm - 4:00 pm Open Bridge](#)

Intermediate Level. Call 760-218-4465 to register. \$3 for Golden Rainbow Center members; \$6 for non-members. Also Members can purchase a coupon booklet of 5 coupons for \$10.

[2:00 pm - 4:00 pm Computer Class](#)

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

[6:30 pm - 7:30 pm CODA \(CoDependents Anonymous\)](#)

Meets Wednesdays in the Library.

[Thu Sep 16, 2010](#)

[9:30 am - 12:00 pm Living A Healthy Life with Chronic Conditions](#)

Are you or a family member living with a chronic health condition such as diabetes, arthritis, heart disease, HIV/AIDS, COPD? Please join us for a series of 6 workshops developed by Stanford Universtiy where you will learn to better manage your health condition, reduce fatigue, anxiety and pain. You will also learn how to communicate better with important people in your life, and set goals for making positive changes for a happier and healthier life. Classes begin

Thursday, September 16th from 9:30 AM to 12:00PM for 6 weeks. This program is free to members and is \$30 for non members. Please call the Center to register at 760-416-7790.

[10:00 am - 11:00 am Fit After Fifty](#)

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760-416-7790 to register. \$3 suggested donation per session.

[1:00 pm - 4:00 pm Bingo MV Room](#)

One of the Golden Rainbow's most popular activities, this weekly event draws a cross-section of the entire Coachella Valley community, and all proceeds benefit the Center. \$9 for 10 games; play begins at 1:00pm.

[5:30 pm - 6:30 pm AA Meeting](#)

Open Literature Study

[Fri Sep 17, 2010](#)

[9:00 am - 12:00 pm Open Library Time](#)

Please come in and enjoy our wonderful library. We have a great collection of books for you to borrow from.

[10:00 am - 11:30 am Men's Chat Group](#)

This informal group meets weekly to discuss any topic, from current events, to movies, to politics. Views are shared and friendships formed at this popular and longstanding activity. \$2 donation suggested.

[7:00 pm - 10:00 pm Women's Dance: Fall Fling](#)

Women of all ages are invited to come for an enjoyable evening of dancing and meeting new friends. . DJ Music will be provided by Terri O'Brien and there will also be tables for quiet conversation. \$7.00 for members and \$12.00 for non-members. Call the Center at 760-416-7790 for more information.

[Sat Sep 18, 2010](#)

[10:00 am - 11:30 am Al-Anon Meeting](#)

Meets every Saturday. For more information go to: alanoninthedesert.com

[Sun Sep 19, 2010](#)

[5:00 pm - 7:00 pm OLOC will be meeting at a private home. Call Ruth at 760-318-6794 for information.](#)

This national organization is designed to challenge ageism, educate, support, and empower Old Lesbians. To register or for information, call Ruth at 760-318-6794. The group meets on the 3rd Sunday monthly.

[Mon Sep 20, 2010](#)

[9:00 am - 12:00 pm Open Party Bridge](#)

Come one, come all for open play at the intermediate level; no instruction provided. Coupons will be sold at the event to members for \$3 each and to non-members for \$6. Members may choose to buy a book of 5 coupons for \$10.

[9:00 am - 11:00 am Public Notary \(By Appointments Only\)](#)

Call 760-416-7790 to set up an appointment. Appointments are given out according to the Notary's availability. There is no charge, but donations are encouraged and gratefully accepted.

[1:00 pm - 4:00 pm Pinochle](#)

Join this popular weekly activity by calling Larry at 760-323-1930. Coupons will be sold at event to members for \$3 each and to non-members for \$6. Members may choose to buy a book of 5 coupons for \$10.

[1:00 pm - 3:00 pm Beginning Drawing](#)

This fun-filled art class will teach you to actually draw what you can see or what's in your imagination. Explore the world of art in a stress-free, step-by-step, hands-on creative class that will stretch your creativity and yield you surprising results. Novices are especially encouraged. \$75 for members; \$105 for non-members. (All art supplies are furnished.) Call the Center at 760-416-7790 to sign up.

[6:00 pm - 7:30 pm Women's Discussion Group](#)

Join us for a group discussion featuring guest speakers on topics of special relevance to women. Facilitated by Jeanne Ablon, LMFT. Free to members; \$2 suggested donation for non-members. No sign-up required; just drop by and join the group.

[6:45 pm - 8:00 pm Gay Men's Discussion Group](#)

Join a group of men discussing issues that members and the moderator have chosen in advance to discuss. Former topics include love, sex, relationships, friends, human rights, internet dating, coming out and more. This group meets every Monday evening from 6:45 to 8:00 PM in the Streetbar Room. Call 760-416-7790 to register.

[7:00 pm - 8:30 pm Adult Children of Alcoholics \(ACOA\)](#)

Meets each Monday in the Mt View Rm. For questions please call Howard Peiper at 760-992-7522.

[Tue Sep 21, 2010](#)

[10:00 am - 11:00 am Fit After Fifty](#)

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760416-7790 to register. \$3 suggested donation per session.

[11:30 am - 12:30 pm Chair Yoga](#)

Join Fitness coach Greg Klein for this chair yoga practice, specially designed for those who cannot get down on the floor due to weight, handicap, or inflexibility. Along with breathing and relaxation techniques, chanting, meditation and other East Asian modalities, students will learn traditional yoga asanas (postures) translated to a chair or chairs. This class is a great introduction to yoga for all ages. Individual class tickets are \$10 for members, \$15 for non-members; members may purchase five-ticket booklets for \$40. Class starts promptly at 11:30, so plan to arrive early to purchase your ticket(s).

[2:00 pm - 4:00 pm Computer Class](#)

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

[7:00 pm - 8:00 pm Adult Children of Alcoholics \(ACoA\) Women's Meeting](#)

For information, contact Meg Cassell 760-902-8972

[Wed Sep 22, 2010](#)

[8:00 am - 10:00 am Food Distribution SB Room](#)

Produce, meat and dairy products as well as canned and dried foods are available to LGBT Riverside County residents who are in need, disabled or aged 55 or better. If this is your first visit, bring photo ID showing your Riverside County residency or photo ID and some proof of Riverside County residency.

[11:00 am - 12:00 pm Tai Chi](#)

This ancient Chinese practice is prized for its benefits to health and longevity. Class leader Noel Pittman notes that Tai Chi strengthens the body and improves coordination and balance--important skills to retain as we age. Classes are \$12 each or \$40 for 5 classes, call us at 760-416-7790 to register.

[1:00 pm - 4:00 pm Open Bridge](#)

Intermediate Level. Call 760-218-4465 to register. \$3 for Golden Rainbow Center members; \$6 for non-members. Also Members can purchase a coupon booklet of 5 coupons for \$10.

[1:00 pm - 3:00 pm Beginning Drawing](#)

This fun-filled art class will teach you to actually draw what you can see or what's in your imagination. Explore the world of art in a stress-free, step-by-step, hands-on creative class that will stretch your creativity and yield you surprising results. Novices are especially encouraged. \$75 for members; \$105 for non-members. (All art supplies are furnished.) Call the Center at 760-416-7790 to sign up.

[2:00 pm - 4:00 pm Computer Class](#)

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

[6:30 pm - 7:30 pm CODA \(CoDependents Anonymous\)](#)

Meets Wednesdays in the Library.

[Thu Sep 23, 2010](#)

[9:30 am - 12:00 pm Living A Healthy Life with Chronic Conditions](#)

Are you or a family member living with a chronic health condition such as diabetes, arthritis, heart disease, HIV/AIDS, COPD? Please join us for a series of 6 workshops developed by Stanford University where you will learn to better manage your health condition, reduce fatigue, anxiety and pain. You will also learn how to communicate better with important people in your life, and set goals for making positive changes for a happier and healthier life. Classes begin Thursday, September 16th from 9:30 AM to 12:00PM for 6 weeks. This program is free to members and is \$30 for non members. Please call the Center to register at 760-416-7790.

[10:00 am - 11:00 am Fit After Fifty](#)

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760-416-7790 to register. \$3 suggested donation per session.

[1:00 pm - 4:00 pm Bingo MV Room](#)

One of the Golden Rainbow's most popular activities, this weekly event draws a cross-section of the entire Coachella Valley community, and all proceeds benefit the Center. \$9 for 10 games; play begins at 1:00pm.

5:30 pm - 6:30 pm AA Meeting

Open Literature Study

6:00 pm - 8:00 pm Lavender Scrolls

Get to know yourself better than you ever thought you could by mapping the journey of your life. Document your unique history through sharing your journal writing and photographic images in a fun filled, creative environment that will yield your own person story in a collage that will visualize what a special person you have become. \$85 for members and \$105 for non-members. Call the Center at 760-416-7790 to sign up.

7:00 pm - 8:00 pm Bisexual Men's Support Group

Meets the 2nd and 4th Thursday of each month. For further information call Dr Gary Schubert at 760-861-1158.

Fri Sep 24, 2010

9:00 am - 12:00 pm Open Library Time

Please come in and enjoy our wonderful library. We have a great collection of books for you to borrow from.

10:00 am - 11:30 am Men's Chat Group

This informal group meets weekly to discuss any topic, from current events, to movies, to politics. Views are shared and friendships formed at this popular and longstanding activity. \$2 donation suggested.

1:00 pm - 4:00 pm HIV Rapid Testing

The OraQuick HIV test—which gives results within a half- hour—is available on the second and fourth Friday of each month. Advance appointments are strongly recommended, but walk-ins are accommodated as and if the schedule permits. Testing and counseling are done by certified professionals from the Desert AIDS Project (DAP) with test kits provided by DAP. To schedule a confidential half-hour appointment, call 760-416-7790.

Sat Sep 25, 2010

10:00 am - 11:30 am Al-Anon Meeting

Meets every Saturday. For more information go to: alanoninthedesert.com

Sun Sep 26, 2010

7:00 pm - 9:00 pm Book Club For Lesbians

Come join this small friendly group who love to read and discuss primarily fiction. Here are the books they will be discussing: 8/29 3 Cups of Tea by Greg Mortenson 9/26 The Abstinence Teacher by Tom Peri 10/24 The Magician's Assistant by Ann Patchett 11/28 Eyes, Breath and Memory by Edwidge Danticat

Mon Sep 27, 2010

9:00 am - 12:00 pm Open Party Bridge

Come one, come all for open play at the intermediate level; no instruction provided. Coupons will be sold at the event to members for \$3 each and to non-members for \$6. Members may choose to buy a book of 5 coupons for \$10.

1:00 pm - 4:00 pm Pinochle

Join this popular weekly activity by calling Larry at 760-323-1930. Coupons will be sold at event to members for \$3 each and to non-members for \$6. Members may choose to buy a book of 5 coupons for \$10.

1:00 pm - 4:00 pm Medicare Counseling

Certified Medicare Counselor Joe Hayden will advise newly eligible medicare enrollees, current Medicare recipients with insurance questions or questions about Medicare Part D or long term care insurance. By advance appointment only; Call 760-416-7790 to schedule. \$2 donation suggested.

1:00 pm - 3:00 pm Beginning Drawing

This fun-filled art class will teach you to actually draw what you can see or what's in your imagination. Explore the world of art in a stress-free, step-by-step, hands-on creative class that will stretch your creativity and yield you surprising results. Novices are especially encouraged. \$75 for members; \$105 for non-members. (All art supplies are furnished.) Call the Center at 760-416-7790 to sign up.

6:45 pm - 8:00 pm Gay Men's Discussion Group

Join a group of men discussing issues that members and the moderator have chosen in advance to discuss. Former topics include love, sex, relationships, friends, human rights, internet dating, coming out and more. This group meets every Monday evening from 6:45 to 8:00 PM in the Streetbar Room. Call 760-416-7790 to register.

7:00 pm - 8:30 pm Adult Children of Alcoholics (ACOA)

Meets each Monday in the Mt View Rm. For questions please call Howard Peiper at 760-992-7522.

Tue Sep 28, 2010

Prostate Cancer Support Group

Those interested in this support group for gay men with prostate cancer may call facilitator Evan Van Antwerp at 760-325-2243 for more information.

[10:00 am - 11:00 am Fit After Fifty](#)

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760416-7790 to register. \$3 suggested donation per session.

[11:30 am - 12:30 pm Chair Yoga](#)

Join Fitness coach Greg Klein for this chair yoga practice, specially designed for those who cannot get down on the floor due to weight, handicap, or inflexibility. Along with breathing and relaxation techniques, chanting, meditation and other East Asian modalities, students will learn traditional yoga asanas (postures) translated to a chair or chairs. This class is a great introduction to yoga for all ages. Individual class tickets are \$10 for members, \$15 for non-members; members may purchase five-ticket booklets for \$40. Class starts promptly at 11:30, so plan to arrive early to purchase your ticket(s).

[1:00 pm - 2:00 pm Hospice Counseling](#)

This free service is offered by Odyssey Health Care. Advance appointments are required; call Cynthia Bliss at 464-8520. This program is offered twice monthly on the second and fourth Tuesday.

[2:00 pm - 4:00 pm Computer Class](#)

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

[2:00 pm - 3:00 pm Bereavement Group](#)

This free program is offered for those who have lost a loved one by Odyssey Health Care on the second and fourth Tuesday of each month. To register, call 760-416-7790; for questions or more information, call facilitator Jerry Lynch at 760-346-2816.

[7:00 pm - 8:00 pm Adult Children of Alcoholics \(ACoA\) Women's Meeting](#)

For information, contact Meg Cassell 760-902-8972

[Wed Sep 29, 2010](#)

[7:30 am - 10:00 am Health Screenings by Centro Medico Cathedral City](#)

Centro Medico will be providing free health screenings during the Golden Rainbow's Food Pantry distribution. Blood pressure and glucose screenings are available, as well as information on other free services offered by Centro Medico. For more information call the Golden Rainbow at 760-416-7790.

[8:00 am - 10:00 am Food Distribution SB Room](#)

Produce, meat and dairy products as well as canned and dried foods are available to LGBT Riverside County residents who are in need, disabled or aged 55 or better. If this is your first visit, bring photo ID showing your Riverside County residency or photo ID and some proof of Riverside County residency.

[11:00 am - 12:00 pm Tai Chi](#)

This ancient Chinese practice is prized for its benefits to health and longevity. Class leader Noel Pittman notes that Tai Chi strengthens the body and improves coordination and balance--important skills to retain as we age. Classes are \$12 each or \$40 for 5 classes, call us at 760-416-7790 to register.

[1:00 pm - 4:00 pm Open Bridge](#)

Intermediate Level. Call 760-218-4465 to register. \$3 for Golden Rainbow Center members; \$6 for non-members. Also Members can purchase a coupon booklet of 5 coupons for \$10.

[1:00 pm - 3:00 pm Beginning Drawing](#)

This fun-filled art class will teach you to actually draw what you can see or what's in your imagination. Explore the world of art in a stress-free, step-by-step, hands-on creative class that will stretch your creativity and yield you surprising results. Novices are especially encouraged. \$75 for members; \$105 for non-members. (All art supplies are furnished.) Call the Center at 760-416-7790 to sign up.

[2:00 pm - 4:00 pm Computer Class](#)

Microsoft Word, Excel, email and other topics are covered in intensive instruction. Instruction is tailored to your specific needs and skill level; maximum class size is three persons to provide for individual attention. For a group lesson it will be \$25.00 for members and \$55.00 for non – members. For a private lesson it will be \$35.00 for members and \$65.00 for non – members. Please call the Center at 1-760-416-7790 to register for a class. Be sure to indicate whether you prefer a group class or an individual class.

[6:30 pm - 7:30 pm CODA \(CoDependents Anonymous\)](#)

Meets Wednesdays in the Library.

[Thu Sep 30, 2010](#)

[9:30 am - 12:00 pm Living A Healthy Life with Chronic Conditions](#)

Are you or a family member living with a chronic health condition such as diabetes, arthritis, heart disease, HIV/AIDS, COPD? Please join us for a series of 6 workshops developed by Stanford University where you will learn to better manage your health condition, reduce fatigue, anxiety and pain. You will also learn how to communicate better with important people in your life, and set goals for making positive changes for a happier and healthier life. Classes begin Thursday, September 16th from 9:30 AM to 12:00PM for 6 weeks. This program is free to members and is \$30 for non members. Please call the Center to register at 760-416-7790.

10:00 am - 11:00 am Fit After Fifty

Low impact exercise class for strength, balance and flexibility. Meets Tuesday and Thursdays; attend as often as you like. Call 760-416-7790 to register. \$3 suggested donation per session.

1:00 pm - 4:00 pm Bingo MV Room

One of the Golden Rainbow's most popular activities, this weekly event draws a cross-section of the entire Coachella Valley community, and all proceeds benefit the Center. \$9 for 10 games; play begins at 1:00pm.

5:30 pm - 6:30 pm AA Meeting

Open Literature Study

6:00 pm - 8:00 pm Lavender Scrolls

Get to know yourself better than you ever thought you could by mapping the journey of your life. Document your unique history through sharing your journal writing and photographic images in a fun filled, creative environment that will yield your own person story in a collage that will visualize what a special person you have become. \$85 for members and \$105 for non-members. Call the Center at 760-416-7790 to sign up.
