



October


S M T W T F S

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**GROUPS MEET AT 210 COURT ST, WATERTOWN
OPEN FOR SHAKE-UP
WEDNESDAYS/THURSDAYS AT 3PM**

 The Q Center @ ACR Health

 theqcenter_at_acrhealth

 theqcenteratacrhealth

the **Q** center
at
ACR Health

Northern NY

WHAT'S HAPPENING THIS MONTH!

LGBTQ YOUTH & ALLIES (5-7PM)

10/3 QUEER HISTORY

10/10 COMING OUT AS YOU

10/17 CIVIC ENGAGEMENT**NO SHAKE-UP**

10/24 PUMPKIN PAINTING

LGBTQ YOUNG ADULTS (5-7PM)

10/2 PUMPKIN PAINTING

10/9 JOURNALING

10/16 QUEER HISTORY

10/23 LATE NIGHT: MOVIE NIGHT

CLOSED (5TH WED/THURS)

HALLOWEEN PARTY (5-7)





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**GROUPS MEET AT 287 GENESEE ST, UTICA
OPEN FOR SHAKE-UP TUESDAY AT 3:30PM**

 The Q Center @ ACR Health

 theqcenter_at_acrhealth

 theqcenteratacrhealth

the **Q** center
at
ACR Health

Mohawk Valley

WHAT'S HAPPENING THIS MONTH!

**COMBINED LGBTQ YOUTH,
YOUNG ADULTS & ALLIES (5:30-
7:30)**

10/1 CIVIC ENGAGEMENT

10/8 CALMING YOUR QUIVERS WITH
BALANCE AND WELLNESS

10/15 DUNGEONS & DRAGONS

10/22 HALLOWEEN PARTY




October

S M T W T F S

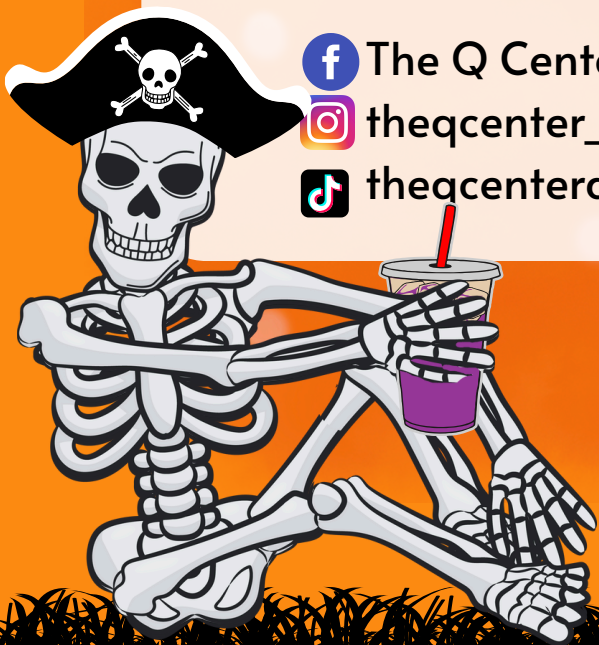
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**GROUPS MEET AT 617 W. GENESEE ST,
SYRACUSE
OPEN FOR SHAKE-UP
MONDAYS/WEDNESDAYS AT 3:30**

 The Q Center @ ACR Health

 theqcenter_at_acrhealth

 theqcenteratacrhealth



the **Q** center
at
ACR Health

Central NY

WHAT'S HAPPENING THIS MONTH!

LGBTQ YOUTH & ALLIES (5:30-7:30)

10/7 VOTER REGISTRATION

10/14 CLOSED FOR INDIGENOUS PEOPLE'S DAY

10/21 QUEER HISTORY TRIVIA

10/28 MOVIE NIGHT: PARANORMAN

LGBTQ YOUNG ADULTS (5:30-7:30)

10/2 FALL DECORATING

10/9 VOTER REGISTRATION

10/16 MOVIE NIGHT: TWILIGHT

10/23 QUEER HISTORY TRIVIA

QTS OF COLOR (5:30-7:30)

10/10 PUMPKIN PATCH FIELD TRIP

10/24 NIGHT LIFE KNOW-HOW

TWEEN TIME (SHAKE-UP 3:30, GROUP 4:30-6:30)

10/4 PUBERTY & HYGIENE

10/18 HALLOWEEN PARTY

THE GENDERVERSE AGES 13-29 (5:30-7:30)

CLOSED

HALLOWEEN PARTY AT THE Q! AGES 13-29
(5:30-7:30)