



# 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 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

