

Monday	Tuesday	Wednesday	Thursday	
<p><b>Teen &amp; Women's Health: ask a nurse</b> 5pm - 7pm <i>STD screenings, pregnancy tests, counseling, contraceptives. (Exámenes y consejos de salud para mujeres y adolescentes)</i> <b>2</b></p> <p><b>MSMs of the Treasure Coast</b> 5:30pm - 7:30pm <i>A support group for MSM's that fosters conversation and community.</i></p>	<p><b>Senior Seminar - Reading Food Labels</b> 2pm - 3pm <i>Find out what a food label reveals about what's really in your food and whether your favorite foods are as healthy as you think.</i> <b>3</b></p> <p><b>Gavel Club/Public Speaking</b> 6pm-7pm <i>Learn to speak with confidence and improve your communication skills.</i></p>	<p><b>Immunizations</b> 1pm - 3pm <b>4</b></p> <p><b>Inglés   ESOL</b> 6pm - 7:30pm <i>Gratis. No necesita identificación. Le ayudará la clase a aprender inglés y/o a mejorar sus habilidades de hablar inglés.</i></p>	<p><b>Quit Smoking Now</b> 12pm-1pm <i>Free nicotine replacements provided. Pre-registration is required.</i> <b>5</b></p> <p><b>Citizenship Class</b> 6pm-7pm <i>Learn the process to become a US Citizen and study for the English and Civics portions of the test!</i></p> <p><b>GED Prep Class</b> 6pm-7pm <i>Exam prep with a focus on the Math portion.</i></p>	
<p><b>Financial Literacy</b> 5:30pm - 6:30pm <b>9</b> <i>"Check It Out"- obtaining, using and maintaining a checking account. Enjoy refreshments while you learn about types of checking accounts, requirements to open, and how to manage your account. Pre-registration required.</i></p>	<p><b>Share Your Truth Support Circle</b> 12pm -1pm <b>10</b> <i>Confidential, peer led support group for adult survivors of sexual abuse, rape &amp; incest.</i></p> <p><b>Gavel Club/Public Speaking</b> 6pm-7pm <i>Learn to speak with confidence and improve your communication skills.</i></p>	<p><b>Immunizations</b> 1pm - 3pm <b>11</b></p> <p><b>Inglés   ESOL</b> 6pm - 7:30pm <i>Gratis. No necesita identificación. Le ayudará la clase a aprender inglés y/o a mejorar sus habilidades de hablar inglés.</i></p>	<p><b>Quit Smoking Now</b> 12pm-1pm <b>12</b> <i>Free nicotine replacements provided. Pre-registration is required.</i></p> <p><b>Citizenship Class</b> 6pm-7pm <i>Learn the process to become a US Citizen and study for the English and Civics portions of the test!</i></p> <p><b>GED Prep Class</b> 6pm-7pm <i>Focus on the Math portion.</i></p>	
<p><b>HIV/STD/Hep C Testing</b> 3pm - 5pm <b>16</b> <i>STD screenings including rapid HIV &amp; Hep C testing. (Exámenes de ETS, VIH &amp; Hepatitis C)</i></p> <p><b>Exceptional Student Education Forum</b> 6pm-7:30pm <i>Parents, come ask school-related questions regarding your children ages 3 - 22 who have or are suspected of having a disability. Get answers regarding IEP, 504 Plans, Behavior Intervention Plans, Health Care Plans, and/or Crisis Plans.</i></p>	<p><b>Senior Seminar: Eat this, not that</b> 2pm-3pm <b>17</b> <i>Learn to make smart choices at your favorite types of restaurants — Italian, Mexican, Chinese, fast food, and more!</i></p> <p><b>Gavel Club/Public Speaking</b> 6pm-7pm <i>Learn to speak with confidence and improve your communication skills.</i></p>	<p><b>Immunizations</b> 1pm - 3pm <b>18</b></p> <p><b>Inglés   ESOL</b> 6pm - 7:30pm <i>Gratis. No necesita identificación. Le ayudará la clase a aprender inglés y/o a mejorar sus habilidades de hablar inglés.</i></p>	<p><b>Quit Smoking Now</b> 12pm-1pm <b>19</b> <i>CLOSED to new participants. Sign-up for the next series, beginning May 17th!</i></p> <p><b>Citizenship Class</b> 6pm-7pm <i>Learn the process to become a US Citizen and study for the English and Civics portions of the test!</i></p> <p><b>GED Prep Class</b> 6pm-7pm <i>Exam prep with a focus on the Science portion.</i></p>	
<p><b>Families in the Community Kitchen</b> 5:30pm - 7pm <b>23</b> <i>Cooking &amp; nutrition workshop for families of all ages to learn healthy new recipes, cooking skills, the importance of family meals &amp; more! Pre-registration is required. (Taller de Cocina y Nutrición. Todos los edades.)</i></p>	<p><b>Share Your Truth Support Circle</b> 12pm -1pm <b>24</b> <i>Confidential, peer led support group for adult survivors of sexual abuse, rape &amp; incest.</i></p> <p><b>Gavel Club/Public Speaking</b> 6pm-7pm <i>Learn to speak with confidence and improve your communication skills.</i></p>	<p><b>BUILDING &amp; COMPUTERS CLOSED UNTIL 5PM</b> <b>25</b></p> <p><b>IRSC Representative Onsite.</b> 5pm - 6pm <i>A representative from Indian River State College will be on site to answer questions about career exploration, the IRSC application process, financial aid, program options, etc.</i></p> <p><b>Inglés   ESOL</b> 6pm - 7:30pm</p>	<p><b>Golden Bridges to Success Program</b> 6pm - 8pm <i>2nd of 3 workshops designed to empower girls ages 15 to 20 to enrich their health, their lives, and their careers. Students will prepare and enjoy a healthy dinner and discuss nutrition. Then, career professionals will discuss "Job Skills" - writing successful resume, winning the interview, etc.</i></p>	
<p><b>FREE!</b> <b>OPEN to the PUBLIC!</b> <b>30</b></p>	<p><b>Sign up for classes at</b> <b>www.GoldenGateCenterMC.org</b></p> <p><b>FREE Computer Lab open:   Acceso a Computadoras (LIBRE DE COSTO):</b> <b>Mon - Wed 12:00pm to 7:00pm; Thurs. 12:00pm - 5:30pm</b></p>			<p><b>Quit Smoking Now</b> 12pm-1pm <b>26</b> <i>CLOSED to new participants. Sign-up for the next series, beginning May 17th!</i></p> <p><b>Citizenship Class</b> 6pm-7pm <i>Learn the process to become a US Citizen and study for the English and Civics portions of the test!</i></p> <p><b>GED Prep Class</b> 6pm-7pm <i>Exam prep with a focus on the Science portion.</i></p>

**El color verde-azul nos indica que la clase está en español y/o tiene un instructor bilingüe.**





