

**SEP
09**

1:30 P.M.
TO
3:30 P.M.

**Museum of Work & Culture, 42
South Main Street, Woonsocket**

In honor of labor day, learn about the history of working people in Rhode Island. Join us for a sensory-friendly tour to that is fully inclusive for children and adults with disabilities, and those without disabilities. Snacks will be provided.


 Audience: LGBTQ+ people and invited guests

**SEP
11 & 25**

6:30 P.M.
TO
7:30 P.M.

**Trans Yoga, Health Equity
Zone Hub, 1228 Main Street,
West Warwick**

Join us for an hour of movement in a safe, supportive, and friendly environment. All levels are welcome.


 Audience: Trans adults and invited guests

**SEP
16**

6:30 P.M.
TO
7:30 P.M.

**Trans Fitness, HEZ Hub, 1229
Main St., West Warwick**

Join us for an hour of movement and strength training in a safe, supportive, and friendly environment. All fitness levels are welcome. Classes instructed by Alien Athletes.

 Audience: Trans adults and invited guests

**SEP
16**

6:00 P.M.
TO
7:00 P.M.

**Trans Music Therapy,
Project Weber/Renew, 640
Broad Street, Providence**

Explore the physical and emotional aspects of finding your voice in the community and increase community cohesion. Led by a licensed, board-certified neurologic music therapist. Participants are encouraged to attend all eight sessions.

September 16, 23, & 30
October 7, 14, 21, & 28
November 4

 Audience: Trans adults and invited guests

**SEP
20**


12:00
P.M.

**Hidden History at the
Sage Café, Church of the
Transfiguration, 1665 Broad
Street, Cranston**

Join Sage for their monthly LGBT Café. Be captivated by a "Hidden History" presentation by local LGBTQ civil rights leader and historian, Kate Monterio.

**You must RSVP to Meals on
Wheels at 351-6700 ext. 105 by
September 17, 2019.**

A donation of \$3 for the meal is requested from folks 60+ and \$6 for guests under 60. If the donation presents a barrier, please call Dreya at (401) 767-4100 ext. 4968.


 Audience: LGBTQ adults 60+ and invited guests

**SEP
22**

4:00 P.M.
TO
6:00 P.M.

**Trans Swim Night,
McDermott Pool, 975 Sandy
Lane, Warwick**

Splash into family fun with Swim Night. Lap lanes and free swimming areas available. Lifeguards on duty. Youth ages 15 and under MUST be accompanied by a parent or guardian.


 Audience: Trans adults, children, families, and invited guests

**SEP
24**

6:30 P.M.
TO
9:30 P.M.

**Trans Game Night, Planned
Parenthood, 175 Broad St.,
Providence**

Join us for a night of board and card games, refreshments, and fun! Feel free to bring a game, refreshments provided. Entrance at the door marked "education center".

 Audience: Trans adults and invited guests

Thundermist!
HEALTH CENTER

All events are free, mobility accessible, with free parking and gender neutral restrooms unless otherwise noted.

Have questions or need transportation? Email Dreya at DreyaC@ThundermistHealth.org or call (401) 767-4100 ext. 4968.