

50 & Better Together June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 FOG Coffee Social 10am Lestat's – 1041 University Saturday Canasta – Panera Bread – Mission Valley – 1640 Camino Del Rio N
2 Croquet in Balboa Park 1-3pm	3 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	4 <u>FOOD BANK</u> 9AM Canasta 12:00-3:30pm	5 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – (Guys, Games & Grub) – 6pm	6 Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm	7 FOG Rap Group 10-11:30am	8 FOG Coffee Social 10am Lestat's – 1041 University Saturday Canasta – 10am - Panera Bread Mission Valley – 1640 Camino Del Rio N
9 Croquet in Balboa Park 1-3pm	10 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	11 Canasta 12:00-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	12 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	13 Free Legal Clinic for Everyone - 9:30-11:30am HIV Positive Seniors Discussion Group 12-1pm Gentle Yoga 2:45-3:45pm	14 FOG Rap Group 10-11:30am	15 FOG Coffee Social 10am Lestat's – 1041 University Saturday Canasta – 10am - Panera Bread Mission Valley – 1640 Camino Del Rio N
16 Croquet in Balboa Park 1-3pm	17 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	18 Canasta 12:00-3:30pm	19 Lunch & Learn – “Getting To Know The Transgender Community” – 12-1:30pm (RSVP) Feeling Fit Club 1:30-2:30pm Art Group 1:30-4:30pm	20 Gentle Yoga 2:45-3:45pm	21 FOG Rap Group 10-11:30am	22 FOG Coffee Social 10am Lestat's – 1041 University Saturday Canasta – 10am - Panera Bread Mission Valley – 1640 Camino Del Rio N
23 Croquet in Balboa Park 1-3pm	24 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	25 Canasta 12:00-3:30pm <u>SENIOR FOOD</u> <u>BANK 1-3PM</u> Gay Men's Prostate Cancer Support Group 6:30-8pm	26 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	27 Free Legal Clinic for Everyone - 9:30-11:30am	28 FOG Rap Group 10-11:30am	29 FOG Coffee Social 10am Lestat's – 1041 University Saturday Canasta – 10am - Panera Bread Mission Valley – 1640 Camino Del Rio N

JUNE 2019

Lunch & Learn: Getting To Know The Transgender Community

“She was always a girly girl, even if the world around her didn’t initially see her that way. She also knew she wanted to speak up for — and help — people who identified in the same ways she did. She finds her role models in communities and coalitions of other transgender women of color, who have been a continual inspiration for resistance, healing, organizing, and thriving. Her identity as an empowered transgender woman of color, is inseparable from who she is, who she’s been, and who she will be in the future. **Deja Cabrera, Transgender Services Coordinator at the San Diego LGBT Community Center**, is responsible for the development and management of activities, programs and services that help build and sustain the well-being of the local transgender community. She will be sharing her story with us and also provide useful tools we can use to be better allies to the transgender community.” For more information or to RSVP, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org

VITAL AGING 2019

Live Well To Age Well

Wednesday, June 19th – 8:30am – 2:30pm

San Diego Convention Center – 111 W. Harbor Drive – 92101

Keynote Speaker – Marilu Henner (New York Times best-selling author, actress, producer, and a long-time advocate for healthier living. Learn how you can maximize your health and independence, exercise your brain, and stay connected in your community to thrive as you age!

PRIDE Parade!

There are seats available for anyone 50 & older wanting to sit in the senior seating area for the Pride Parade! The Pride Parade which will be held this year on Saturday, July 13th at 10am. The parade will start earlier this year because it has grown so much that it’s now longer thus the earlier start time. There will be two locations for Senior & Disable Seating, you must pick your location and I will put you down for that location only. The two locations are: University Ave & Richmond and 6th & Upas. One is at the beginning of the parade and the other is at the end. **It’s the perfect spot to watch the parade in the shade with refreshments while having someone tell us who the representatives are for the various organizations. You must sign-in advance for these seats.** For more information or to sign-up, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

HIV Positive Seniors Discussion Group

Thursday, June 13th from 12-1pm in the Library

If you are 50 years or better and living with HIV, then this discussion group is just for you! Discuss the topics that interest you most. Discover how to feel your best. Socialize with others who can relate. Join us for this lively discussion group to connect, to learn, and to have fun. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

The Feeling Fit Club

Mondays and Wednesdays from 1-2pm in the Auditorium

The Feeling Fit Club will meet on the 3rd Wednesdays of the month at 1:30pm instead of 1pm.

This class for older adults helps to improve balance, strength, flexibility and maintain independence. It’s suitable for all levels - exercises can be done sitting or standing. Come join the group as they get themselves a workout that’s fun and productive. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

Grief & Loss Discussion Group

The 1st, 2nd, 3rd & 4th Mondays of the month from 5:30-7:00pm – site varies so please check with front desk

The Grief & Loss Discussion Group is for those handling a loss or dealing with grief of a loved one or someone close who has passed or no longer a part of ones’ life. This group is facilitated by Maureen Scahill Cantrella and welcomes all experiencing grief, loss or sadness. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org.



THE CENTER
SAN DIEGO
LGBT
COMMUNITY
50 and Better Together

June's Lunch & Learn

“Getting To Know The Transgender Community”



Wednesday, June 19, 2019 at noon in the Auditorium

She was always a girly girl, even if the world around her didn't initially see her that way. She also knew she wanted to speak up for — and help — people who identified in the same ways she did. She finds her role models in communities and coalitions of other transgender women of color, who have been a continual inspiration for resistance, healing, organizing, and thriving. Her identity as an empowered transgender woman of color, is inseparable from who she is, who she's been, and who she will be in the future. **Deja Cabrera, Transgender Services Coordinator at the [San Diego LGBT Community Center](#)**, is responsible for the development and management of activities, programs and services that help build and sustain the well-being of the local transgender community. She will be sharing her story with us and also provide useful tools we can use to be better allies to the transgender community.

Lunch will be provided. Please RSVP to LaRue Fields at 619.692.2077 x205
or email seniors@thecentersd.org