

# 50 & Better Together – September, 2019

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

September 2019

**Lunch & Learn: “Potential Medication/Drug Interactions”**

**Wednesday, September 18 from 12-1pm in the Library**

This presentation will be given by Dr. Christina Crowley, head Pharmacist at Hillcrest Pharmacy and she will discuss the common medication interactions that occur with some of the most common chronic conditions that affect our elderly populations. It will be explained that anytime you take more than one medication, or even mix it with certain foods, beverages, or over-the-counter medicines, you are at risk of a medication/drug interaction. Most medication/drug interactions are not serious, but because a few are, it is important to understand the possible outcome before you take your medications. **Drug-drug interactions** - These are the most common type of medication/drug interaction. The more medications you take, the greater the chance for your drug interacting with another medicine. Drug-drug interactions can decrease how well your medications work, may increase minor or serious unexpected side effects, or even increase the blood level and possible toxicity of a certain drug. Come hear more about this serious problem and find out ways to prevent this from happening to you! For more information and/or to RSVP, please contact LaRue Fields at 619.692.2077 x205 or [seniors@thecentersd.org](mailto:seniors@thecentersd.org).

**HIV Positive Seniors Discussion Group**

**Thursday, September 12 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 on the group please contact LaRue Fields at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or 619.692.2077 x205.

**Yoga for Everyone**

**Mondays from 9:15-10:15am in the Auditorium**

**\*There will be no Yoga for Everyone on Monday, September 2 because The Center will be closed for Labor Day.\***

This yoga class is open to all! Please join us for an accessible yoga class in our carpeted library with a certified yoga instructor, David Miranda. David will lead this very popular class that is growing weekly. For more information please contact LaRue Fields at 619.692.2077 x205 or [seniors@thecentersd.org](mailto:seniors@thecentersd.org)

**The Feeling Fit Club**

**Mondays and Wednesdays from 1-2pm in the Auditorium**

**\*The Feeling Fit Club will meet on the 3<sup>rd</sup> Wednesdays of the month at 1:30pm instead of 1pm.\***

**\*The Feeling Fit Club will not meet on Monday, September 2 because The Center will be closed for Labor Day.\***

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 x205 or [seniors@thecentersd.org](mailto:seniors@thecentersd.org)

**Grief & Loss Discussion Group**

**The 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Mondays of the month from 5:30-7:00pm – site varies so please check with the Front Desk**

**\*The Grief & Loss Discussion Group will not meet on Monday, September 2 because The Center will be closed for Labor Day. The Group will meet on Tuesday, September 3 instead.\***

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 x205 or [seniors@thecentersd.org](mailto:seniors@thecentersd.org)

**The Center will be closed on Monday, September 2 for Labor Day!**