

50 & Better Together

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px;"> <p>All meetings are taking place online ONLY Email seniors@thecentersd.org for meeting information</p> </div>				1 Committee Meeting 12-1pm	2 Feeling Fit Club 1-2pm	3
4	5 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	6 <u>FOOD BANK</u> <u>7:30 AM</u>	7 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	8 HIV Positive Seniors Discussion Group 12-1pm	9 Feeling Fit Club 1-2pm	10
11	12 The Center CLOSED Indigenous People's Day	13 Gay Men's Prostate Cancer Support Group 6:30-8pm	14 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	15	16 Feeling Fit Club 1-2pm	17
18	19 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	20	21 Lunch & Learn: 12-1PM (RSVP) Feeling Fit Club 1-2pm Senior Social Hour	22	23 Feeling Fit Club 1-2pm	24
25	26 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	27 Gay Men's Prostate Cancer Support Group 6:30-8pm	28 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	29	30 Feeling Fit Club 1-2pm	31

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Senior Social Hour

Wednesdays, 2:30pm – 3:30pm

***All meetings will take place online. Email seniors@thecentersd.org for meeting information**

If you are 50 years or better and looking to connect with others in our community while safely social distancing, join us! We'll be checking in with each other, making new friends, and supporting one another as we stay safe at home. For more information on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.



Lunch & Learn: “Medicare/Health Insurance Choices”

Wednesday, October 21 from 1-2PM

All meetings will take place online. Email seniors@thecentersd.org for meeting information

As you age, your medical care becomes a greater part of your daily life. Knowing your health insurance choices gives you the power to adjust your care to serve your needs. Navigating health insurance choices is a challenge and aging into Medicare is a complex process. Medi-CAL, Medicare, Covered CA, and the private insurance carriers operate with their own sets of rules and regulations; there is an unknowable amount

of information. Dylan Murray can answer many of your questions and give you direction and guidance. He is appointed to sell Medicare supplemental plans, Advantage plans, and prescription drug plans. In addition, he is approved to enroll Californians into health plans through Covered California. For more information on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.

HIV Positive Seniors Discussion Group

Thursday, October 8, from 12-1pm

All meetings will take place online. Email seniors@thecentersd.org for meeting information

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 Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.

The Feeling Fit Club

Mondays, Wednesdays, and Fridays from 1-2pm

All meetings will take place online. Email seniors@thecentersd.org for meeting information.

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 on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.

Grief & Loss Discussion Group

The 1st, 2nd, 3rd & 4th Mondays of the month from 5:00-6:30pm

All meetings will take place online. Email seniors@thecentersd.org for meeting information.

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 on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.