

50 & Better Together September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 FOOD BANK 7:30 AM	2 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	3 Committee Meeting 12-1pm	4 Feeling Fit Club 1-2pm	5
6	7 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	8 Gay Men's Prostate Cancer Support Group 6:30-8pm	9 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	10 HIV Positive Seniors Discussion Group 12-1pm	11 Feeling Fit Club 1-2pm	12
13	14 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	15	16 Lunch & Learn: 12–1PM (Zoom RSVP) Feeling Fit Club 1-2pm Senior Social Hour	17	18 Feeling Fit Club 1-2pm	19
20	21 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	22 SENIOR FOOD BANK 12PM-3PM Gay Men's Prostate Cancer Support Group 6:30-8pm	23 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	24	25 Feeling Fit Club 1-2pm	26
27	28 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	29	30 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	All meetings are taking place online ONLY Email seniors@thecentersd.org for meeting information		

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September 2020

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, September 16 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, September 10, 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.