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