

50 & Better Together

January 2021

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 Feeling Fit Club 1-2pm	2
3	4 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	5 <u>FOOD BANK</u> <u>7:30 AM</u>	6 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	7 Senior Advisory Committee Meeting 12-1pm	8 Feeling Fit Club 1-2pm	9
10	11 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	12 Gay Men's Prostate Cancer Support Group 6:30-8pm	13 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	14 HIV Positive Seniors Discussion Group 12-1pm	15 Feeling Fit Club 1-2pm	16
17	18 The Center CLOSED Martin Luther King Jr. Holiday	19	20 Lunch & Learn: 12-1PM (RSVP) Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	21	22 Feeling Fit Club 1-2pm	23
24	25 Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5 - 6:30pm	26 <u>SENIOR FOOD BANK 1PM</u> Gay Men's Prostate Cancer Support Group 6:30-8pm	27 Feeling Fit Club 1-2pm Senior Social Hour 2:30pm – 3:30pm	28	29 Feeling Fit Club 1-2pm	30

JANUARY 2021

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: “The Senior Workforce: A new program from the San Diego Workforce Partnership.”

Wednesday, January 20 from 1-2PM

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

Join us for a special presentation from San Diego Workforce Partnership regarding a new return to work program for older adults. Including online workshops, and specialized trainings, this program is specifically designed for older adults who are looking to get involved in the workforce at any level. For more information on the group, please contact Elisa Barnett at 619.354.6887 or seniors@thecentersd.org.

HIV Positive Seniors Discussion Group

Thursday, January 14, 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.