

### **Feeling Fit Classes**

Senior focused exercise classes!  
Monday, Wednesday, Friday  
1:00 - 2:00 PM

### **Grief & Loss Discussion Group**

For anyone needing support while  
experiencing grief or loss.  
Mondays  
5:00 - 6:30 PM

### **Senior Social Hour**

Join for casual conversation & connection!  
Wednesdays  
2:30 - 3:30 PM

### **Prostate Cancer Survivors**

A support group for those with experience  
of prostate cancer  
2nd and 4th Tuesdays  
6:30 - 8:00 PM

### **50+ HIV+ Support Group**

A support group for people living with HIV  
2nd Tuesday  
12:00 - 1:00 PM

### **Senior Lunch & Learn**

Different topics & speakers every month  
for educational presentations!  
3rd Wednesday  
1:00 - 2:00 PM

***All of our support groups are  
online!***

## **50+ & Better Together**

is an inclusive seniors  
program at the San Diego  
LGBT Community Center.  
Our program is designed  
to provide resources,  
education, support, and  
opportunities  
for community building  
for LGBTQ+ seniors 50  
years old and better!



For questions, accessibility  
and to request zoom info  
for any of the groups,  
please call or email us at:

**seniors@thecentersd.org**  
**619.354.6887**