50+ Better Together NOVEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 **Trivia:** 10:30-11:30 am **Grief & Loss:** 5-6:30pm **Women's Discussion** 7:30pm – 9 pm **(ZOOM)** ***Feeling Fit Canceled.*** *(Auditorium in use as a Vote Center.)*	3 **Game Day:** 12–3:30pm **Tech On the Go:** 3pm–5pm **Election Day:** Vote Center Open 7 am–8 pm ***Note: Food Bank Moved to Nov 10 Due to Election***	4 **Shades of Color**: 12pm-1:30pm **Ageless Art**: 1pm-4pm **Feeling Fit:** 1:30-2:30pm **Men's Discussion:** 6pm-7:30pm ***Feeling Fit Canceled.*** *(Auditorium in use as by Registrar of Voters.)*	5 **LGBT Veterans Wall of Honor 2026 Induction Ceremony** 6pm - 8pm 	6 **Yoga at The Center** 11 am – 12 pm **Feeling Fit:** 1:30pm-2:30pm	7
8 	9 **Trivia:** 10:30-11:30 am **Feeling Fit:** 1:30-2:30pm **Grief & Loss:** 5-6:30pm **Women's Discussion** (In Person) 6–7:30pm	10 **FOOD BANK: 8-10 AM** **Game Day:** 12–3:30pm **Tech On the Go:** 3–5pm **Prostate Support (Zoom)** 6:30–8pm	11 **CENTER CLOSED in observance of Veterans Day** **All activities and groups canceled due to the holiday schedule.*	12 **Free Law Clinic:** 10am-12pm **Senior HIV+ Discussion Group:** 12:30-1:30pm **Senior Tech Connect:** 2pm–3pm	13 **Lesbian Café** 10:30am-12:00 pm **Yoga;** 11 am – 12 pm **Feeling Fit:** 1:30pm-2:30pm	14
15	16 **Trivia:** 10:30-11:30 am **Feeling Fit:** 1:30-2:30pm **Grief & Loss:** 5-6:30pm **Women's Discussion** 7:30pm – 9 pm (ZOOM)	17 **Game Day:** 12–3:30pm **Tech On the Go:** 3–5pm **The Old Globe's Globe for All: *Macbeth* (FREE)** Meal: 4:00 PM Performance: 5:00 PM	18 **Lunch & Learn:** 12pm–1pm **Shades of Color:** 12pm-1:30pm **Ageless Art:** 1 pm-4pm **Feeling Fit:** 1:30-2:30pm **Men's Discussion:** 6pm-7:30pm	19 **Senior Drop-in** 12pm-1:00 pm **HIV & Nutrition: Resource and Healthy Aging Special Event** 1pm-4pm	20 **Yoga at The Center** 11 am – 12 pm **Feeling Fit:** 1:30pm-2:30pm	21
22	23 **Trivia:** 10:30-11:30 am **Feeling Fit:** 1:30-2:30pm **Grief & Loss:** 5-6:30pm **Women's Discussion** (In Person) 6–7:30pm	24 **SENIOR FOOD BANK 1 PM – 3 PM** **Game Day:** 12–3:30pm **Tech On the Go:** 3-5pm **Prostate Support (Zoom)** 6:30–8pm	25 **Ageless Art**: 1pm-4pm **Feeling Fit:** 1:30-2:30pm **Men's Discussion:** 6pm-7:30pm **Women's Coming Out:** 6-7:30pm (ZOOM)	26 **CENTER CLOSED * FALL HOLIDAY *** Scott Carlson & Dan Ferbal Thanksgiving Community Dinner at The Center *Doors open at 11am*	27 **CENTER CLOSED in observance of the Fall Holiday** **All program activities and groups canceled due to the holiday schedule.*	28
29	30 **Trivia:** 10:30-11:30 am **Grief & Loss:** 5-6:30pm ***Feeling Fit Canceled.*** *(Class Instructor Not Available.)*					THE CENTER

San Diego LGBT Community Center, 3909 Centre St. San Diego CA 92103
For more information, contact: seniors@thecentersd.org. 619-692-2077 x147

November 2026

Medicare Mondays: Free Medicare Enrollment Assistance * Annual Enrollment Assistance Program *
Mondays through December 7, 2026, 10:00 AM-12:00 PM at The Center
Meet one-on-one with a licensed insurance professional for free Medicare enrollment assistance during the Annual Enrollment Period. Review plan options, compare prescription drug coverage, verify provider networks, and receive personalized guidance based on your healthcare needs. **Assistance is available in both English and Spanish.** For questions, contact seniors@thecentersd.org or (619) 692-2077 ext. 147.

LGBT Veterans Wall of Honor 2026 Induction Ceremony * Special Annual Event *
Thursday, November 5, 2026, from 6:00 to 8:00 PM
Join us on Thursday, November 5, 2026, from 6:00 to 8:00 PM at The San Diego LGBT Community Center for the 2026 LGBT Veterans Wall of Honor Induction Ceremony. Help us honor LGBTQ+ veterans whose military service, leadership, and advocacy have strengthened our community. This event is free and open to the public. **RSVP at https://bit.ly/VWOH-2026.**

Globe for All: *Macbeth* at The Center * Special Event *
Tuesday, November 17, 2026, Complimentary Meal: 4:00 PM | Performance: 5:00 PM, The Center Auditorium
Join us for a special evening of theater, community, and conversation as The Old Globe's Globe for All program brings William Shakespeare's *Macbeth* to The San Diego LGBT Community Center. Enjoy a complimentary meal at 4:00 PM followed by a live performance at 5:00 PM. Globe for All brings free professional theater directly into communities throughout San Diego County, making world-class arts experiences accessible to all. Whether you're a longtime Shakespeare enthusiast or experiencing *Macbeth* for the first time, all are welcome to attend this free community event. **Please complete the interest form at https://l1nq.com/2lqsr3j to let us know you're coming.**

Senior Lunch and Learn: "Staying Safe in a Digital World"
Wednesday, November 18, 2026, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for our Senior Lunch and Learn on Wednesday, November 18, 2026, from 12:00 to 1:00 PM, featuring Peter Lopez-Perez from Sharp HealthCare. This cybersecurity awareness presentation will provide practical tips for recognizing scams, protecting personal information, strengthening online security, and safely navigating email, social media, online banking, smartphones, and other everyday technology. Learn how to stay informed, connected, and protected in today's digital world. **Lunch will be provided.** *(Please note: Program topics and presenters are subject to change.)*

Senior Tech Connect Technology Education Series: Protect Yourself from Scams & Fraud * New Program *
2nd & 4th Thursdays, from 2:00 PM-3:00 PM at The Center (November 2026 - April 2027)
Stay safe in today's digital world with Senior Tech Connect, a free technology education series for older adults. November topics include scam and fraud prevention, cybersecurity basics, password safety, identity theft protection, AI-generated scams, and smartphone tips. No experience is required. Presented in partnership with Senior Tech Connect and Senior Services at The Center. Contact Senior Services for more information at seniors@thecentersd.org or (619) 692-2077 ext. 147.

HIV & Nutrition: Resource and Healthy Aging Special Event * Special Event *
Thursday, November 19, 2026 - 1:00 PM - 4:00 PM

Join POZabilities, Mama's Kitchen, Senior Services at The Center, and community partners for an afternoon focused on healthy aging with HIV. Connect with local resources, learn about nutrition, food security, benefits, and supportive services, and discover opportunities to improve health and wellness. This event will also launch a new nutrition support series for people living with HIV. Refreshments will be provided.

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