


# 50+ Better Together

# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 <b>CENTER CLOSED</b> in observance of New Year's Day	3 <b>FOOD BANK –</b> <b>8am – 10 am</b>  Game Day in the Center Library 12-3:30 pm	4 Feeling Fit Club 1:30-2:30pm	5 Senior Advisory Committee Meeting 12-1pm	6 Feeling Fit Club 1:30-2:30pm	7
8	9 Feeling Fit Club 1:30-2:30pm  Grief & Loss Discussion Group 5 - 6:30pm	10 <b>*SPECIAL EVENT*</b> <b>Center Library Grand</b> <b>Reopening – 2 to 4pm</b> <b>*Game Day Canceled *</b>  Gay Men's Prostate Cancer Support Group 6:30-8pm	11 Feeling Fit Club 1:30-2:30pm	12 HIV Positive Seniors Discussion Group 12-1pm  Senior Drop-In 12:30-2pm	13 Lesbian Café 10:00am-11:30pm  Feeling Fit Club 1:30-2:30pm	14
15	16 <b>CENTER CLOSED</b> in observance of Martin Luther King Jr. Day	17 Game Day in the Center Library 12-3:30pm	18 Lunch & Learn: 12pm – 1pm  Feeling Fit Club 1:30-2:30pm	19 Senior Drop-In 12:30-2pm  <b>*Additional Drop-In</b> <b>added this month. *</b>	20 Feeling Fit Club 1:30-2:30pm	21
22	23 Feeling Fit Club 1:30-2:30pm  Grief & Loss Discussion Group 5 - 6:30pm	24 <b>SENIOR FOOD BANK</b> <b>1PM – 3 PM</b>  Game Day 12-3:30 pm  Gay Men's Prostate Cancer Support Group 6:30-8pm	25 Feeling Fit Club 1:30-2:30pm	26 Senior Drop-In 12:30-2pm	27 Feeling Fit Club 1:30-2:30pm	28
29	30 Feeling Fit Club 1:30-2:30pm  Grief & Loss Discussion Group 5 - 6:30pm	31 Game Day in the Center Library 12-3:30 pm	1 Feeling Fit Club 1:30-2:30pm			

 **Center Phase 3 Reopening!**  
**The Center is open 10am – 7pm, Mon. – Fri.**  
**Cyber Center is now open! 10 AM – 6 PM. Mon. – Fri.**  
*(Please note, in order to keep our community healthy, masks and proof of COVID-19 vaccination + 1 booster are required.)*  
 Email [seniors@thecentersd.org](mailto:seniors@thecentersd.org) for more information

# January 2023

## HIV Positive Seniors Discussion Group

**2<sup>nd</sup> Thursday of each month from 12-1pm \*Now meeting in person at The Center! \***

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 Senior Services at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or 619.692.2077 x147.

## Lunch & Learn: “End of Life Choices California.”

**Wednesday, January 18<sup>th</sup> from 12PM-1PM \*Now IN PERSON at The Center! \***



Please join us for a special presentation by Lynne H. Calkins, Founding Director of End of Life Choices California, which offers trained client volunteers and staff to work with Californians who are seriously ill, or those simply thinking ahead and planning for the future. The goal of End of Life Choices California is to help ensure that people can receive the information and support they need to advocate for and experience their individual end-of-life wishes. Come learn more about the many viable end-of-life options for all of us here in California and discover more about the valuable, free services provided by this organization. For more information, please contact Senior Services at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or 619.692.2077 x147.

## The Lesbian Café

**2<sup>nd</sup> Friday of each month from 10:00am – 11:30am \*Now IN PERSON at The Center! \***

Please join us on January 13, 2023, for a welcoming, inclusive, and joyful group tailored for women 50+! We need YOU to make it thrive. For more information on the group, please contact Senior Services at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or 619.692.2077 x147.

## The Feeling Fit Club

**Mondays, Wednesdays, and Fridays from 1:30pm-2:30pm \*Canceled on January 2<sup>nd</sup> and 16<sup>th</sup> due to holiday schedule\***

This class for older adults helps to improve balance, strength, flexibility, and maintain independence. It is suitable for all levels - exercises can be done sitting or standing. Come join the group as for a fun and productive workout. For more information on the group, please contact Senior Services at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or 619.692.2077 x147.

## Senior Drop-in

**This month we will be meeting the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Thursdays from 12:30pm – 2pm**

Join us at The Center for lunch and a chance to socialize! The Senior Drop-in is a chance for LGBT seniors to connect with others in the community while enjoying lunch provided by the Center. For more information on the group, please contact Senior Services at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or 619.692.2077 x147.

*The 50+ & Better Together Senior Services Program at The Center is funded in part by SCAN Health Plan. One of the nation's largest not-for-profit Medicare Advantage plans, SCAN is dedicated to keeping seniors healthy and independent.*

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