

50+ Better Together



May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Feeling Fit Club 1:30-2:30pm Yoga Stretch/ Meditation 3-4:00pm Grief & Loss 5 - 6:30pm	2 FOOD BANK – 8am – 10 am Game Day in the Center Library 12-3:30pm	3 Feeling Fit Club 1:30-2:30pm	4 Senior Advisory Committee Meeting 12-1pm	5 Feeling Fit Club 1:30-2:30pm	6
7	8 Feeling Fit Club 1:30-2:30pm Yoga Stretch/ Meditation 3-4:00pm Grief & Loss 5 - 6:30pm	9 Game Day in the Center Library 12-3:30pm Prostate Cancer Support Group 6:30-8pm	10 Feeling Fit Club 1:30-2:30pm	11 HIV Positive Seniors Discussion Group 12-1pm Senior Drop-in 12:30-2pm	12 Harvey Milk Diversity Breakfast 7:30-9am @ Hilton Bay Front Lesbian Café 10:30am-12:00 pm Feeling Fit Club 1:30-2:30pm	13
14	15 Feeling Fit Club 1:30-2:30pm Yoga Stretch/ Meditation 3-4:00pm Grief & Loss 5 - 6:30pm	16 Game Day in the Center Library 12-3:30pm	17 Lunch & Learn: 12pm – 1pm Feeling Fit Club 1:30-2:30pm	18 Senior Drop-in 12:30-2pm	19 Feeling Fit Club 1:30-2:30pm	20 Dinner With Friends at The Red Door in Hillcrest at 5 pm
21	22 Feeling Fit Club 1:30-2:30pm Yoga Stretch/Meditation 3-4:00pm Grief & Loss 5 - 6:30pm	23 SENIOR FOOD BANK 1PM – 3 PM Game Day 12-3:30 pm Prostate Cancer Support Group 6:30-8pm	24 Feeling Fit Club 1:30-2:30pm	25 Senior Drop-in 12:30-2pm	26 Feeling Fit Club 1:30-2:30pm Lesbian Café 4:30 pm-6:00 pm	27
28 	29 CENTER CLOSED in observance of Memorial Day *All activities and groups canceled due to the holiday schedule.	30 Game Day in the Center Library 12-3:30pm	31 Feeling Fit Club 1:30-2:30pm	JUNE 1 June Senior Advisory Committee Meeting 12-1pm	2 Feeling Fit Club CANCELED Center's Professional Development Fair 4pm-6pm	3

May 2023

HIV Positive Seniors Discussion Group

2nd Thursday of each month from 12-1pm *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 or 619.692.2077 x147.

Lunch & Learn: “Fraud Prevention or Emergency Preparedness”

Wednesday, May 17, 2023, from 12PM-1PM *IN PERSON at The Center! *

*You are
Invited*

Please join us for a special presentation provided by St. Paul’s Senior Services. Millions of older adults fall prey to scams and fraud every year. Gain an understanding of the most common scams and how to keep your money safe. We will also learn about the importance of keeping medical information ready for emergency personnel to reference during an emergency at home and other practical preparedness tips.

Hatha Yoga Stretch and Meditation *NEW CLASS*

Every Monday from 3:00pm – 4:00pm *Meeting IN PERSON at The Center! *

Please join us every Monday for Hatha Yoga Stretch and Meditation, a safe space for everyone to experience the art of Mindfulness and Breath while practicing yoga. Starting with grounding and mindful meditation then going into asanas (poses), stretching, and moving our bodies in ways that feel comfortable. All classes are trauma informed and held with the intention of providing a safe space for all experience levels. For more information on the class, please contact Senior Services at seniors@thecentersd.org or 619.692.2077 x147.

The Feeling Fit Club

Mondays, Wednesdays, and Fridays from 1:30pm-2:30pm

Please join this class designed for older adults to help improve balance, strength, flexibility, and maintain independence. It is suitable for all levels - exercises can be done sitting or standing. Come join the group for a fun and productive workout. For more information, please contact Senior Services at seniors@thecentersd.org or 619.692.2077 x147.

The Lesbian Café - *Now Twice Per Month! *

2nd Friday of each month from 10:00am – 11:30am and 4th Friday of each month from 4:30 pm to 6:00 pm.

Please join us on the 2nd Friday at 10 am or the 4th Friday at 4:30 pm, for a joyful and vibrant virtual meeting space for women! We need YOU to make it thrive. For more information on the group, please contact Senior Services at seniors@thecentersd.org or 619.692.2077 x147.

Senior Drop-in - *Now Three Times Each Month! *

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

Join us at The Center for Senior Drop-in, a chance for LGBT seniors to connect with others in the community while enjoying lunch provided by the Center. For more information on the activity, please contact Senior Services at 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. 619-692-2077 x147