

50+ Better Together

NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+	Medicare Mondays *SPECIAL ACTIVITY* Every Monday Starting October 20, 2025, during Open Enrollment 10:00 am – 12:00 pm					1 The Center is open as a Vote Center 8am to 5pm Festival Mictlan: 11:00am-2:00pm
2 The Center is open as a Vote Center for the Statewide Special Election 8am to 5pm	3 TEN: Transgender Elder Network: 11am -12:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm Feeling Fit Canceled	4 Last Day to Vote! Vote Center Open: 7am-8pm Game Day: 12-3:30pm Tai Chi Canceled <i>Note: Food Bank Moved to Nov. 18th due to the special election.</i>	5 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Aging Well With HIV: 6:00pm-7:00pm Men's Discussion: 6pm-7:30pm Feeling Fit Canceled	6 LGBT Veterans Wall of Honor 2025 Induction Ceremony 6pm - 8pm	7 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	8  Music That Connects 3pm-5:30 pm
9 	10 Feeling Fit: 1:30-2:30pm Grief & Loss: (ZOOM) 5-6:30pm Women's Discussion (In Person) 6-7:30pm	11 CENTER CLOSED in observance of Veterans Day <i>*All activities and groups canceled due to the holiday schedule.</i>	12 Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Women's Book Club 5-6:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out (Zoom) 6-7:30pm	13 Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm	14 Lesbian Café 10:30am-12:00 pm Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	15 Center Now Open Saturdays from: 10 am - 4pm
16	17 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm	18 FOOD BANK: 8-10AM Tai Chi: 10-11am Game Day: 12-3:30pm Medicare Made Clear and Estate Planning Workshop: 3pm-4:30 pm	19 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	20 Senior Drop-in 12pm-1:30 pm	21 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	22
23 30	24 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	25 SENIOR FOOD BANK 1 PM – 3 PM Tai Chi: 10-11am Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	26 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)	27 CENTER CLOSED * FALL HOLIDAY * Scott Carlson & Dan Ferbal Thanksgiving Community Dinner at The Center <i>Doors open at 11am</i>	28 CENTER CLOSED in observance of the Fall Holiday <i>*All program activities and groups canceled due to the holiday schedule.</i>	29 

November 2025

Congregate Meal Program

Monday through Friday, from 11:30am-12:30pm (*Meal Reservations are required.*)

Join us for a free, nutritious lunch at The Center, served Monday through Friday from 11:30 am to 12:30 pm for adults ages 60 and older—made possible through the partnership of the County of San Diego, Jewish Family Service, and The Center. Reservations are required by 3:00 pm the day before by calling (858) 637-3230. Meals are also available for purchase for guests under 60. For more information, contact seniors@thecentersd.org.

Music That Connects: An Afternoon with In-A-Chord and the Alzheimer's Association * Special Event *

Saturday, November 8, 2025, from 3:00 to 5:30 PM at The Center

Join us for a meaningful afternoon of music, education, and connection as The Center's 50 and Better Together Senior Services Program partners with the Alzheimer's Association and In-A-Chord Men's Ensemble for a special community event on **Saturday, November 8, 2025, from 3:00 to 5:30 PM at The Center**. The program begins with an engaging presentation from the Alzheimer's Association exploring the impact of Alzheimer's and related dementias, followed by an inspiring live performance by In-A-Chord Men's Ensemble. Together, we'll reflect on the ways music can unlock memories, foster understanding, and build community. This free event is open to all—come experience the harmony of learning and song. For more information, please contact seniors@thecentersd.org.

Lunch & Learn: "Understanding the Long-Term Care Ombudsman Program"

Wednesday, November 19, 2025, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for an informative Lunch & Learn focused on the vital work of the Long-Term Care Ombudsman Program. This program advocates for residents in long-term care facilities, such as nursing homes and other licensed care settings, ensuring their voices are heard and their rights protected. Ombudsmen listen to residents' concerns, provide information and assistance, and investigate and help resolve complaints related to care or personal rights. Learn how this essential program supports older adults and their loved ones in maintaining dignity and quality of life. For more information about the Long-Term Care Ombudsman Program, call 800-640-4661. **Lunch will be provided.**

TEN: Transgender Elder Network * New Group *

First Monday of each month from 11:00 am to 12:30 pm at The Center

Join us in a welcoming space to connect transgender and nonbinary older adults while fostering stronger bonds with cisgender peers. Care partners, friends, and LGB allies are also welcome. For more information on the group, please contact trans@thecentersd.org.

Medicare and LGBTQIA+ Estate Planning Seminar and Medicare Mondays * Special Events *

Join Senior Services this November for a series of opportunities to better understand your healthcare coverage and protect your future. On **Tuesday, November 18, 2025, from 3:00–4:30 pm**, Medicare expert **Natasha McPherson, CLTC®**, will lead a **free educational seminar** at **The Center** covering Medicare basics, cost-saving strategies, supplement options, and how Medicare impacts chosen families. The presentation will also include **LGBTQIA+-specific estate planning**, exploring how to safeguard your loved ones and chosen family in light of potential legal changes surrounding **Obergefell v. Hodges** and marriage equality.

Reservations are strongly recommended. Registered attendees will receive **free swag bags** and have the opportunity to share feedback to help guide future offerings. In addition, drop in for **Medicare Mondays** on **November 3, 10, 17, 24, and December 1** from **10:00 am – 12:00 pm** for **free one-on-one consultations** to review your plan, ask questions, and get guidance during Open Enrollment. No appointment needed—just stop by and get the support you deserve. For more information, please contact seniors@thecentersd.org or call (619) 692-2077 Ext. 147.

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