50+ Better Together

HAPPY Holidays

DECEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**Congregate Meal Program (M–F) 11:30am–12:30pm** Free for ages 60+	1 **FOOD BANK 8 AM - 10 AM** **Game Day:** 12–3:30pm **The 37th Annual Dr. A. Brad Truax Awards** 3-5pm	2 **Shades of Color**: 12pm-1:30pm **Ageless Art**: 1pm-4pm **Men's Discussion:** 6pm-7:30pm ***Feeling Fit Canceled.*** *(Auditorium Unavailable.)*	3	4 **Yoga Canceled and Feeling Fit Canceled** *(Auditorium Unavailable.)*	5 **HIV/HCV Testing and STI Screenings available Saturdays** 10am-3pm *(By Appointment Only.)*
6	7 **Trivia:** 10:30-11:30 am **Feeling Fit:** 1:30-2:30pm **Grief & Loss:** 5-6:30pm	8 **Game Day:** 12pm-3:30pm **Prostate Support (Zoom)** 6:30–8pm	9 **Shades of Color**: 12pm-1:30pm **Ageless Art:** 1 pm-4pm **Feeling Fit:** 1:30-2:30pm **Woman's Book Club** 5-6:30pm **Men's Discussion:** 6pm-7:30pm	10 **Senior HIV+ Discussion Group:** 12:30-1:30pm **Senior Tech Connect:** 2pm–3pm	11 **Lesbian Café** 10:30am-12:00 pm **Yoga Canceled** *(Auditorium Unavailable.)* **Feeling Fit:** 1:30pm-2:30pm	12 **Come Home for the Holidays** 4 pm to 6 pm at The Center 
13	14 **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	15 **Game Day:** 12pm-3:30pm	16 **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	17 **Senior Drop-in** 12pm-1:30 pm	18 **Yoga:** 11 am – 12 pm **Feeling Fit:** 1:30pm-2:30pm	19
20	21 **Trivia:** 10:30-11:30 am **Feeling Fit:** 1:30-2:30pm **Grief & Loss:** 5-6:30pm	22 **SENIOR FOOD BANK 1 PM – 3 PM** **Game Day:** 12–3:30pm Prostate Support (Zoom) 6:30–8pm	23 **Shades of Color**: 12pm-1:30pm **Ageless Art**: 1pm-4pm **Feeling Fit:** 1:30-2:30pm **Men's Discussion:** 6pm-7:30pm	24 **CENTER CLOSED in observance of the Winter Holidays** *(All programs and activities canceled.)*	25 **CENTER CLOSED in observance of the Winter Holidays** *(All programs and activities canceled.)*	26
27	28 **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	29 **Game Day:** 12pm-3:30pm	30 **Shades of Color**: 12pm-1:30pm **Ageless Art**: 1pm-4pm **Feeling Fit:** 1:30-2:30pm **Men's Discussion:** 6pm-7:30pm	31 **CENTER CLOSED in observance of the Winter Holidays** *(All programs and activities canceled.)*	January 1, 2027 **CENTER CLOSED in observance of the Winter Holidays** *(All programs and activities canceled.)*	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.

December 2026

Congregate Meal Program
Monday through Friday, 11:30 AM-12:30 PM *(Reservations Required)*
Join us for a nutritious lunch and meaningful connection through our Congregate Meal Program, offered in partnership with Jewish Family Service of San Diego. This welcoming program provides adults age 60 and older with the opportunity to enjoy a Kosher-style meal, build community, and connect with others in a supportive environment. Confirmed reservations are required, as seating is limited and fills quickly. To make a reservation, please call (858) 637-3230. For more information, contact **seniors@thecentersd.org.**

Dr. A. Brad Truax Awards Celebration *(Special Event)*
Tuesday, December 1, 2026, from 3:00 PM - 5:00 PM at The Center
Join the San Diego HIV Planning Group on World AIDS Day for a special celebration recognizing the outstanding individuals and organizations making a difference in the fight against HIV/AIDS. The Dr. A. Brad Truax Award honors the legacy of Dr. Truax, whose tireless commitment to HIV prevention, treatment, and advocacy helped shape San Diego's compassionate response to the epidemic. Come together with community leaders, advocates, and allies as we celebrate those who continue his mission of care, equity, and resilience. **RSVP today at https://tinyurl.com/5n9bcpam.**

Lunch & Learn: "Planning for the Holidays – Tips for Caregivers"
Wednesday, December 16, 2026, from 12:00 PM to 1:00 PM



Join us for our Senior Lunch and Learn featuring Planning for the Holidays: Tips for Caregivers. The holiday season can bring both joy and stress, especially for caregivers supporting a loved one living with Alzheimer's disease or other forms of dementia. This informative session will provide practical caregiving tips, helpful resources, and strategies for making the holidays more enjoyable and meaningful for everyone. **Lunch 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, 2:00 PM-3:00 PM at The Center (November 2026-April 2027)
Stay safe and confident in today's digital world with Senior Tech Connect, a free technology education series for older adults. Learn how to recognize scams before they happen, avoid fraud, protect your passwords and personal information, identify AI-generated scams and voice cloning, and use your smartphone with confidence. No experience is required. Presented in partnership with Senior Tech Connect and Senior Services at The Center. For more information, contact **seniors@thecentersd.org** or (619) 692-2077 ext. 147.

Come Home for the Holidays at The Center *(Special Event)*
Saturday, December 12, 2026, from 4 pm to 6 pm
Join us for this cherished annual event was created to offer warmth, connection, and community for those who may not have a safe or welcoming space during the holiday season. The evening brings together LGBTQ+ community members, neighbors, and local organizations for a joyful celebration featuring food, community resources, and tangible support for the holidays. All are welcome to share in this meaningful tradition of togetherness and care. **RSVP details will be shared soon — visit www.thecentersd.org for updates.**

Women's Discussion Group *(In Person)*
2nd & 4th Mondays from 6:00 PM-7:30 PM at The Center
Join us for a welcoming discussion group for LBTQ+ women to connect, build friendships, share experiences, and explore topics such as relationships, family, identity, aging, and community. Beginning in December, the group will meet exclusively in person, creating additional opportunities for connection and conversation in a supportive and affirming environment.