## JULY 2023

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 2      | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | CENTER CLOSED in observance of Independence Day  
*All activities and groups canceled due to the holiday schedule.* | FOOD BANK – 8-10 am  
Ageless Art: 1pm-4pm  
Feeling Fit: 1:30-2:30pm  
Men’s Discussion Group: 5pm-6:30pm | Senior Advisory Committee Meeting 11:30am - 1pm | Feeling Fit Club 1:30-2:30pm | |
| 3      | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | Game Day in the Center Library: 12-3:30pm  
Yoga/ Meditation 5-6pm  
Prostate Cancer Support: 6:30-8pm | Ageless Art: 1pm-4pm  
Feeling Fit: 1:30-2:30pm  
Men’s Discussion Group: 5pm-6:30pm | HIV Positive Seniors Discussion Group 12-1pm  
Senior Drop-in 12:30-2pm | Lesbian Café 10:30am-12:00 pm  
Feeling Fit Canceled  
CENTER CLOSING at 12PM for Pride Weekend | |
| 4      | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | Lunch & Learn 12-1pm  
Lunch With Friends at Urban Mo’s – 12 pm  
Yoga Stretch/ Meditation 5-6:00pm | Senior Drop-in 12:30-2pm | Feeling Fit Club 1:30-2:30pm | Feeling Fit Club 1:30-2:30pm | |
| 5      | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | SENIOR FOOD BANK 1PM – 3 PM  
Game Day 12-3:30 pm  
Lunch With Friends at Urban Mo’s – 12 pm  
Yoga Stretch/ Meditation 5-6:00pm | Ageless Art: 1pm-4pm  
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| 7      | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 8      | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 9      | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 10     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 11     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 12     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 13     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 14     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 15     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 16     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 17     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 18     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 19     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 20     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 21     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 22     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 23     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 24     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 25     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 26     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 27     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 28     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 29     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 30     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |
| 31     | Feeling Fit Club 1:30-2:30pm  
Grief & Loss 5pm - 6:30pm | | | | | |

**San Diego LGBT Community Center, 3909 Centre St. San Diego CA 92103**  
For more information, contact: seniors@thecentersd.org. 619-692-2077 x147
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 Jason Cuneo, Senior Services Program Manager at jcuneo@thecentersd.org.

Lunch & Learn: “Age Friendly Mobility and Safety”
Wednesday, July 19, 2023, from 12PM-1PM *IN PERSON at The Center! *
Please join us for a special presentation by Circulate San Diego. The Age Friendly Mobility Presentation encompasses a step-by-step process for our senior riders on using San Diego transit, including purchasing a Pronto card, the costs, navigation, and other low-cost services available for seniors across San Diego. In addition, Circulate San Diego will be covering other aspects of the urban environment, such as what infrastructure promotes better pedestrian and bicycling navigation, new street layout installations, what they mean, and learning to navigate new road signage.

Hatha Yoga Stretch and Meditation
Please see calendar for adjusted schedule during the month of July. *
Please join us 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.

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.

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.