## 50+ Better Together

### AUGUST 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>
<tbody>
<tr>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
<td>FOOD BANK – 8-10 am</td>
<td>Ageless Art: 1pm-4pm</td>
<td>Senior Advisory Committee Meeting</td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td>Grief &amp; Loss</td>
<td>5pm -6:30pm</td>
<td>Game Day in the Center Library</td>
<td>Feeling Fit: 1:30-2:30pm</td>
<td>11:30am - 1pm</td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12-3:30pm</td>
<td>Men’s Discussion Group: 5pm-6:30pm</td>
<td></td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yoga/ Meditation 5-6pm</td>
<td></td>
<td></td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Feeling Fit Club</td>
<td>1:30-2:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Feeling Fit Canceled</td>
<td>(Auditorium Closed for Special Election Set-Up)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lesbian Café</td>
<td>10:30am-12:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Feeling Fit Canceled</td>
<td>Lesbian Café Canceled Today (Auditorium and Library Closed for Red Hot Dance Set-Up)</td>
</tr>
</tbody>
</table>

### Schedule Details
- **Feeling Fit Club**: 1:30-2:30pm
- **Grief & Loss**: 5pm -6:30pm
- **AGEess Art**: 1pm-4pm
- **Men’s Discussion Group**: 5pm-6:30pm
- **Senior Advisory Committee Meeting**: 11:30am - 1pm
- **Senior Drop-in**: 12:30-2pm
- **FOOD BANK – 8-10 am**: Game Day in the Center Library 12-3:30pm Yoga/ Meditation 5-6pm
- **Ageless Art**: 1pm-4pm
- **Feeling Fit**: 1:30-2:30pm
- **HIV Positive Seniors Discussion Group**: 12-1pm
- **Senior Drop-in**: 12:30-2pm
- **Dinner With Friends at Au Revoir French Bistro at 5 PM**
- **Vote in Person at The Center - Special Primary Election 4th Supervisorial District 7 am – 8 pm**
- **SENIOR FOOD BANK 1PM – 3 PM**: Game Day 12-3:30 pm Yoga/ Meditation 5-6pm Prostate Cancer Support: 6:30-8pm
- **Ageless Art**: 1pm-4pm
- **Feeling Fit Club**: 1:30-2:30pm
- **Men’s Discussion Group**: 5pm-6:30pm
- **Feeling Fit Club**: 1:30-2:30pm
- **Senior Drop-in**: 12:30-2pm
- **Red Hot Dance “Celebrating the Diversity of Queer Women’s Love” 6pm to 9pm**

---

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

Lunch & Learn: “Gender and Nonbinary Identities”
Wednesday, August 16, 2023, from 12PM-1PM *IN PERSON at The Center! *
Please join us for a special presentation by The San Diego LGBT Community Center, Training Institute. Attendees can expect to leave the training with a greater level of understanding about nonbinary gender identity, a greater level of comfort in speaking positively & informatively about nonbinary identity with people who may be unfamiliar, & a greater level of competency with using gender-neutral pronouns like they/them/their. Topics will include different types of nonbinary gender identities, relationships between nonbinary identities & transgender identities, & the way the gender binary affects both nonbinary people & our society at large, & the importance of gender-neutral pronouns.

Hatha Yoga Stretch and Meditation
*Please see calendar for adjusted schedule during the month of August. *
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 in person to catch up with friends, enjoy lunch provided by The Center, gather resources, and connect to our amazing LGBTQ+ Community.

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.