

# 50+ Better Together

# SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Feeling Fit Club 1:30-2:30pm	2
3 	4 <b>CENTER CLOSED</b> in observance of <b>Labor Day</b> <i>*All activities and groups canceled due to the holiday schedule.</i>	5 <b>FOOD BANK – 8-10 am</b>  Game Day in the Center Library: 12-3:30pm  Yoga/ Meditation 5-6pm	6 Ageless Art: 1pm-4pm  Feeling Fit: 1:30-2:30pm  Men's Discussion Group: 5pm-6:30pm	7 Senior Advisory Committee Meeting 11:30am - 1pm	8 Lesbian Café 10:30am-12:00 pm  Feeling Fit Club 1:30-2:30pm	9
10	11 Feeling Fit Club 1:30-2:30pm  Grief & Loss 5pm -6:30pm  Women's Discussion (ZOOM) 7:30 pm-9pm	12 Game Day in the Center Library: 12-3:30pm  Yoga/ Meditation 5-6pm  Prostate Cancer Support: 6:30-8pm	13 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Woman's Book Club 5pm-6:30pm <b>*NEW*</b> Men's Discussion Group: 5pm-6:30pm	14 HIV Positive Seniors Discussion Group 12-1pm  Senior Drop-in 12:30-2pm	15 Feeling Fit Club 1:30-2:30pm	16 <b>Dinner With Friends at Arrivederci Ristorante in Hillcrest – 6 pm</b>
17	18 Feeling Fit Club 1:30-2:30pm  Grief & Loss 5pm -6:30pm  Women's Discussion (ZOOM) 7:30 pm-9pm	19 Game Day in the Center Library: 12-3:30pm  Yoga/ Meditation 5-6pm	20 <b>Lunch &amp; Learn 12-1pm</b>  Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion Group: 5pm-6:30pm	21 Senior Drop-in 12:30-2pm	22 Feeling Fit Club 1:30-2:30pm  Lesbian Café 4:30 pm-6:00 pm	23
24	25 <b>Feeling Fit Canceled (Auditorium Closed due to AIDSWALK.)</b>  Grief & Loss 5pm -6:30pm  Women's Discussion (ZOOM) 7:30 pm-9pm	26 <b>SENIOR FOOD BANK 1PM – 3 PM</b> Game Day: 12-3:30 pm Prostate Cancer Support: 6:30-8pm  <b>Yoga Canceled (Auditorium Closed)</b>	27 <b>Feeling Fit Canceled (Auditorium Closed due to AIDSWALK.)</b>  Ageless Art: 1pm-4pm  Men's Discussion Group: 5pm-6:30pm	28 Senior Drop-in 12:30-2pm	29 <b>Feeling Fit Canceled (Auditorium Closed due to AIDSWALK.)</b>	30 <b>AIDSWALK &amp; Run San Diego</b> 

San Diego LGBT Community Center, 3909 Centre St. San Diego CA 92103  
For more information, contact: [seniors@thecentersd.org](mailto:seniors@thecentersd.org). 619-692-2077 x147

# September 2023

## HIV Positive Seniors Discussion Group

**2<sup>nd</sup> 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](mailto:jcuneo@thecentersd.org).

## Lunch & Learn: “Medicare Basics”

**Wednesday, September 20, 2023, from 12PM-1PM \*IN PERSON at The Center! \***

Please join us for a special presentation by Colleen McGlamery of McGlamery Insurance Services, Inc., a licensed insurance broker specializing in senior health products. The presentation will include helpful information about what Medicare is, describe how it covers your medical health insurance and WHY Medicare Advantage and Medicare Supplement plans are an integral part of your health insurance portfolio. The presentation discusses important enrollment windows not to miss through the year, and a prescription drug coverage explanation. This is an educational event on Medicare only. NO specific plan benefits will be presented from any independent carriers.

## Hatha Yoga Stretch and Meditation

***Please see calendar for adjusted schedule during the month of September. \****

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! \****

**2<sup>nd</sup> Friday of each month from 10:30am – 12:00pm and 4<sup>th</sup> Friday of each month from 4:30 pm to 6:00 pm.**

Please join us on the 2<sup>nd</sup> Friday at 10 am or the 4<sup>th</sup> 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](mailto:seniors@thecentersd.org) or 619.692.2077 x147.

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

**This month we will be meeting the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> 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.*

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