



50+ Better Together

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					WORLD AIDS DAY Dr. A. Brad Truax Awards at The Center 3-5pm Feeling Fit Canceled <i>(Auditorium Unavailable)</i>	
3	4 Feeling Fit Club 1:30-2:30pm Grief & Loss 5pm -6:30pm Women's Discussion (ZOOM) 7:30 pm-9pm	5 FOOD BANK – 8-10 am 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 Canceled <i>(Auditorium Unavailable)</i>	9 COME HOME FOR THE HOLIDAYS 4-6pm
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 Prostate Cancer Support: 6:30-8pm	13 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Woman's Book Club 5pm-6:30pm *NEW* Men's Discussion Group: 5pm-6:30pm	14 Free Law Clinic 10am-12pm HIV Positive Senior Discussion Group 12-1pm Senior Drop-in 12-2pm	15 Feeling Fit Club 1:30-2:30pm	16
17	18 Feeling Fit Club 1:30-2:30pm Grief & Loss 5pm -6:30pm Women's Discussion (ZOOM) 7:30 pm-9pm	19 DATE CHANGE SENIOR FOOD BANK 1-3pm <i>(One week early due to the holidays.)</i> Game Day in the Center Library: 12-3:30pm Yoga/ Meditation 5-6pm	20 Lunch & Learn 12-1pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 5-6:30pm	21 Senior Drop-in 12-2pm	22 Feeling Fit Club 1:30-2:30pm Lesbian Café 4:30 pm-6:00 pm	23 
24 31	25 CENTER CLOSED in observance of the Christmas Holiday	26 CENTER CLOSED in observance of the Christmas Holiday	27 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion Group: 5pm-6:30pm	28 Senior Drop-in 12-2pm	29 Feeling Fit Club 1:30-2:30pm	30 Please note The Center will also be CLOSED Monday, Jan. 1st-2nd for the New Year's Holiday!

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

December 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: “Internet Safety and Community Resources with San Diego Futures Foundation”

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



Please join us as we welcome the San Diego Futures Foundation to share information about their valuable resources and their mission to improve lives in San Diego County by making information technology available to underserved populations by providing technology equipment, training, support, IT outsourcing, and digital media services to low-income households, people with disabilities, and seniors. San Diego Futures Foundation will also present important internet safety tips.

*Lunch will be provided. **

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 10:30am – 12:00pm and 4th Friday of each month from 4:30 pm to 6:00 pm.

Please join us **in person at The Center** on the 2nd Friday at 10 am or the 4th Friday at 4:30 pm, for a welcoming, inclusive, and joyful group tailored for women of all ages! We need YOU to make this activity thrive. For more information on the group, please contact Senior Services at women@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.

Neighborhood Law Clinic

2nd Thursday of each month from 10:00 am to 12:00 pm in The Center’s Auditorium

Join us for a Free Legal Clinic with licensed attorneys who will provide free consultations monthly on a wide range of legal matters in a safe and affirming space. For more information, please email onduty@thecentersd.org.

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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