

# 50+ Better Together

# JANUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>HAPPY!</b> <b>NEW YEAR</b> <b>2024</b>	<b>CENTER CLOSED</b> in observance of the New Year's Holiday	<b>CENTER CLOSED</b> in observance of the New Year's Holiday	<b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion Group:</b> 5pm-6:30pm	<b>Senior Advisory Committee Meeting</b> 11:30am - 1pm	<b>Feeling Fit Club</b> 1:30-2:30pm	
7	8 <b>Feeling Fit Club</b> 1:30-2:30pm <b>Grief &amp; Loss</b> 5pm -6:30pm <b>Women's Discussion (ZOOM)</b> 7:30 pm-9pm	9 <b>FOOD BANK – 8-10 am</b> <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Prostate Cancer Support:</b> 6:30-8pm	10 <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Woman's Book Club</b> 5pm-6:30pm <b>*NEW*</b> <b>Men's Discussion Group:</b> 5pm-6:30pm	11 <b>Free Law Clinic</b> 10am-12pm <b>HIV+ Senior Discussion Group</b> 12-1pm <b>Senior Drop-in</b> 12-2pm	12 <b>Lesbian Café</b> 10:30am-12:00 pm <b>Feeling Fit Club</b> 1:30-2:30pm	13
14 	15 <b>CENTER CLOSED</b> in observance of <b>Martin Luther King Jr. Day</b> <i>*All activities and groups canceled due to the holiday schedule.</i>	16 <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Yoga/ Meditation</b> 5-6pm <i>(1<sup>st</sup> and 3 Tuesdays each month.)</i>	17 <b>Lunch &amp; Learn 12-1pm</b> <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion:</b> 5-6:30pm	18 <b>Senior Drop-in</b> 12-2pm <b>Sashay, You Play!</b> 5:30-7:30pm <b>*NEW*</b>	19 <b>Feeling Fit Club</b> 1:30-2:30pm	20
21	22 <b>Feeling Fit Club</b> 1:30-2:30pm <b>Grief &amp; Loss</b> 5pm -6:30pm <b>Women's Discussion (ZOOM)</b> 7:30 pm-9pm	23 <b>SENIOR FOOD BANK 1PM – 3 PM</b> <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Prostate Cancer Support:</b> 6:30-8pm	24 <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion:</b> 5-6:30pm	25 <b>Senior Drop-in</b> 12-2pm	26 <b>Feeling Fit Club</b> 1:30-2:30pm <b>Lesbian Café</b> 4:30 pm-6:00 pm	27
28	29 <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss</b> 5pm -6:30pm <b>Women's Discussion (ZOOM)</b> 7:30 pm-9pm	30 <b>Game Day in the Center Library:</b> 11:30am-3:30pm	31 <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion Group:</b> 5pm-6:30pm	1	2 <b>Feeling Fit Club</b> 1:30-2:30pm	3

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

# January 2024

## 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: “Creating an Aging Life Care Plan”

**Wednesday, January 17, 2024, from 12 PM-1 PM \* IN PERSON at The Center! \***



Please join us as we welcome Windward Life Care® to share valuable information regarding “Creating an Aging Life Care Plan.” The presentation will include information related to financial/tax and estate planning in addition to health and wellness planning. Locally owned and operated, Windward Life Care has served San Diego County’s older and disabled adults since 2004. Windward Life Care also proudly obtains SAGECare Certification annually. This ongoing LGBTQ+ aging cultural competency staff training enhances Windward’s ability to support the needs of the country’s aging LGBT community.

*Lunch will be provided. \**

## The Feeling Fit Club

**Mondays, Wednesdays, and Fridays from 1:30pm-2:30pm \*Canceled on January 1<sup>st</sup> and 15<sup>th</sup> due to the holiday schedule.\***

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 **in person at The Center** on the 2<sup>nd</sup> Friday at 10 am or the 4<sup>th</sup> 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](mailto:women@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 12:00pm – 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

**2<sup>nd</sup> 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](mailto: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.*