



# 50+ Better Together



# MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Feeling Fit Canceled</b> <i>(Auditorium Unavailable due to Special Election.)</i>	2
3 	4 <b>Feeling Fit Canceled</b> <i>(Auditorium Unavailable due to Special Election.)</i> <b>Grief &amp; Loss</b> 5pm -6:30pm <b>Women's Discussion (ZOOM)</b> 7:30 pm-9pm	5 <b>The Center is open as a Vote Center for the Special Election 7am to 8pm</b> <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Yoga Class Canceled</b> <i>(Auditorium Unavailable)</i>	6 <b>Feeling Fit Canceled</b> <i>(Auditorium Unavailable due to Special Election.)</i> <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion Group:</b> 5pm-6:30pm	7 <b>Senior Advisory Committee Meeting</b> 11:30am - 1pm	8 <b>Lesbian Café</b> 10:30am-12:00 pm <b>Feeling Fit Club</b> 1:30pm- 2:30pm	9
10	11 <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	12 <b>* DATE CHANGE *</b> <b><u>FOOD BANK – 8-10 am</u></b> <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Prostate Cancer Support Group:</b> 6:30-8pm	13 <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Woman's Book Club</b> 5pm-6:30pm <b>Men's Discussion Group:</b> 5pm-6:30pm	14 <b>Free Law Clinic</b> 10am-12pm <b>HIV+ Senior Discussion Group:</b> 12-1pm <b>Senior Drop-in</b> 12-2pm	15 <b>Feeling Fit Club</b> 1:30pm- 2:30pm	16
17	18 <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	19 <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Yoga/ Meditation</b> 5-6pm <i>(1<sup>st</sup> &amp; 3<sup>rd</sup> Tues each month.)</i>	20 <b><u>Lunch &amp; Learn</u></b> <b><u>12-1pm</u></b> <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion:</b> 5-6:30pm	21 <b>Senior Drop-in</b> 12-2pm	22 <b>Feeling Fit Club</b> 1:30-2:30pm <b>Lesbian Café</b> 4:30 pm-6:00 pm	23
24 31	25 <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	26 <b><u>SENIOR FOOD BANK</u></b> <b><u>1PM – 3 PM</u></b> <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Prostate Cancer Support:</b> 6:30-8pm	27 <b>Ageless Art:</b> 1pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion Group:</b> 5pm-6:30pm	28 <b>Senior Drop-in</b> 12-2pm	29 <b>Feeling Fit Club</b> 1:30-2:30pm	30  <b>THE CENTER</b>

# March 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: “Fraud and Scam Prevention”

**Wednesday, March 20, 2024, from 12 PM-1 PM \* IN PERSON at The Center! \***



Please join us as we welcome Scott Pirrello, Deputy District Attorney, for an informative presentation about Fraud and Scam Prevention. The presentation will include valuable information about current frauds that are targeting older adults, and helpful tips to avoid becoming a victim. In addition, we will learn about elder abuse and the importance of reporting concerns regarding your loved ones and community members. DDA Pirrello created a tangible vision for elder justice and developed a task force capable of tracking down and holding accountable those responsible for scamming our elders out of billions of dollars. In 2021, the innovative Elder Justice Task Force (EJTF) officially launched in San Diego County to combat financial fraud. EJTF is a collaborative effort that includes the San Diego County District Attorney’s Office, FBI, Department of Justice, US Attorney’s Office, San Diego Police Department, San Diego County Sheriff’s Department, and many other local law enforcement agencies. ***Lunch will be provided.*** \*

## The Feeling Fit Club

**Mondays, Wednesdays, and Fridays from 1:30pm-2:30pm \*Canceled March 1<sup>st</sup>, 4<sup>th</sup>, and 6<sup>th</sup>. See calendar for details\***

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! 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.***