



# 50+ Better Together



# APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>CENTER CLOSED</b> <b>in observance of</b> <b>Cesar Chavez Day</b> <i>*All activities and groups canceled due to the holiday schedule.</i>	1 <b>CENTER CLOSED</b> <b>in observance of</b> <b>Cesar Chavez Day</b> <i>*All activities and groups canceled due to the holiday schedule.</i>	2 <u><b>FOOD BANK – 8-10 am</b></u> <b>Game Day in the Center Library:</b> 11:30am-3:30pm	3 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men’s Discussion Group: 5pm-6:30pm	4 <b>Senior Advisory Committee Meeting</b> 11:30am - 1pm	5 <b>Feeling Fit Club</b> 1:30pm- 2:30pm <b>Trans Day of Empowerment</b> <b>6 pm at The Center</b>	6 <b>South Bay Youth Center’s 5<sup>th</sup> Anniversary Celebration</b> 10am – 12 pm <i>(At SBYC in Chula Vista)</i>
7	8 <b>Grey Matters Movement &amp; Music:</b> 11:30am - 12:30pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women’s Discussion (ZOOM)</b> 7:30 pm-9pm	9 <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Prostate Cancer Support:</b> 6:30-8pm	10 Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm <b>Woman’s Book Club</b> 5pm-6:30pm <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> 1:30pm- 2:30pm	13
14	15 <b>Feeling Fit Club</b> 1:30-2:30pm <b>Grief &amp; Loss (ZOOM)</b> 5pm -6:30pm <b>Women’s Discussion (ZOOM)</b> 7:30 pm-9pm	16 <b>Game Day in the Center Library:</b> 11:30am-3:30pm	17 <u><b>Lunch &amp; Learn 12-1pm</b></u> Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm <b>Men’s Discussion:</b> 5-6:30pm	18 <b>Senior Drop-in</b> 12-2pm	19 <b>Feeling Fit Club</b> 1:30pm- 2:30pm	20
21	22 <b>Grey Matters Movement &amp; Music:</b> 11:30am - 12:30pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women’s Discussion (ZOOM)</b> 7:30 pm-9pm	23 <u><b>SENIOR FOOD BANK 1PM – 3 PM</b></u> <b>Game Day in the Center Library:</b> 11:30am-3:30pm <b>Prostate Cancer Support:</b> 6:30-8pm	24 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm <b>Men’s Discussion:</b> 5-6:30pm	25 <b>Senior Drop-in</b> 12-2pm <b>DINING OUT FOR LIFE® SAN DIEGO!</b> <b>Don’t Miss the Center’s 18<sup>th</sup> Annual Event.</b>	26 <b>Feeling Fit Club</b> 1:30-2:30pm <b>Lesbian Café</b> 4:30 pm-6:00 pm	27 <b>SPECIAL EVENT</b> <b>Ageless Artists Art Show and Fair</b> 1pm to 4pm <i>(Admission is FREE Must be 21+ to attend.)</i>
28	29 <b>Feeling Fit Club</b> 1:30-2:30pm <b>Grief &amp; Loss (ZOOM)</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	1 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm <b>Men’s Discussion Group:</b> 5pm-6:30pm	2 <b>Senior Advisory Committee Meeting</b> 11:30am - 1pm	3 <b>Feeling Fit Club</b> 1:30-2:30pm	4  <b>THE CENTER</b>

# April 2024

## Grey Matters Movement and Music

**April 8<sup>th</sup> and April 22<sup>nd</sup>, from 11:30 am to 12:30 pm at The Center \*NEW CLASS\***

Grey Matters Movement and Music is a pioneering program dedicated to enhancing the well-being of the aging population, with a strong focus on cognitive, socio-emotional, and physical benefits. Please join instructor Mitchum Todd, So. California Coordinator for a dynamic and engaging movement class, which achieves success by providing a comprehensive and tailored approach to well-being through meticulously researched and personalized movement programs. For more information on the group, please contact Jason Cuneo, Senior Services Program Manager at [jcuneo@thecentersd.org](mailto:jcuneo@thecentersd.org).

## Lunch & Learn: “ElderHelp Programs and Services”

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



You are invited to join us as we welcome Carrie McClellan, the Outreach Manager for ElderHelp, a local nonprofit organization that supports seniors in San Diego. Carrie will share about the programs and services available to help seniors maintain their independence in their own homes such as shared housing, transportation, grocery shopping assistance, minor home repairs, and more. In addition, she will provide information about how to stay active and involved through volunteer opportunities. *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! \*

**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) 487-9881.

## 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.*