

50+ Better Together



MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion Group: 5pm-6:30pm	2 Senior Advisory Committee Meeting 11:30am - 1pm	3 Chair Yoga at The Center * NEW * 10 am – 11 am Feeling Fit Club 1:30pm- 2:30p	4
5	6 Feeling Fit Club 1:30-2:30pm Grief & Loss (ZOOM) 5pm -6:30pm Women's Discussion (ZOOM) 7:30 pm-9pm	7 FOOD BANK – 8-10 am Game Day in the Center Library: 11:30am-3:30pm	8 Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Woman's Book Club 5pm-6:30pm Men's Discussion Group: 5pm-6:30pm	9 Free Law Clinic 10am-12pm HIV+ Senior Discussion Group: 12-1pm Senior Drop-in 12-1:30 pm	10 Lesbian Café 10:30am-12:00 pm Feeling Fit Club 1:30pm- 2:30pm	11
12	13 Grey Matters Movement & Music: 11:30am - 12:30pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30 pm-9pm	14 Game Day in the Center Library: 11:30am-3:30pm Prostate Cancer Support: 6:30-8pm	15 SPECIAL EVENT LGBTQ+ Health Symposium - 10am to 3pm Ageless Art: 1pm-4pm Feeling Fit: Canceled * Men's Discussion Group: 5pm-6:30pm	16 Senior Drop-in 12-1:30 pm	17 Chair Yoga at The Center * NEW * 10 am – 11 am Feeling Fit Club 1:30pm- 2:30p	18
19	20 Feeling Fit Club 1:30-2:30pm Grief & Loss (ZOOM) 5pm -6:30pm Women's Discussion (ZOOM) 7:30 pm-9pm	21 Game Day in the Center Library: 11:30am-3:30pm	22 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 5-6:30pm	23 Senior Drop-in 12-1:30 pm	24 Feeling Fit Club 1:30-2:30pm Lesbian Café 4:30 pm-6:00 pm	25
26 	27 CENTER CLOSED in observance of Memorial Day <i>*All activities and groups canceled due to the holiday schedule.</i>	28 SENIOR FOOD BANK 1PM – 3 PM Game Day in the Center Library: 11:30am-3:30pm Prostate Cancer Support: 6:30-8pm	29 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion Group: 5pm-6:30pm	30	31 Feeling Fit Club 1:30-2:30pm	1

May 2024

Grey Matters Movement and Music

2nd and 4th Mondays 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.

Special Lunch & Learn Event: LGBTQ+ Health Symposium and Resource Fair

Wednesday, May 15, 2024, from 10 AM - 3 PM * IN PERSON at The Center! *



You are invited to participate in the Senior Services LGBTQ+ Health Symposium and Resource Fair! This is a free event for attendees. Attendees will have the chance to listen to speakers, meet one-on-one with representatives of senior serving agencies throughout San Diego County, and explore care resources. Discussion topics will include health care and unique challenges for LGBTQ+ Older Adults; communicating with doctors and nurses; navigating health care systems, long term care, and staying connected to reduce isolation and loneliness. *Lunch will be provided. **

The Feeling Fit Club: **Canceled Wednesday, May 15th, and Monday, May 27th. See calendar for details**

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! For more information on the group, please contact Senior Services at women@thecentersd.org or (619) 487-9881.

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

This month we will be meeting the 2nd, 3rd, and 4th Thursdays from 12:00pm – 1:30pm

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.