

50+ Better Together



JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Feeling Fit Club 1:30-2:30pm</p> <p>Grief & Loss: 5-6:30pm</p> <p>Women's Discussion (ZOOM) 7:30 pm-9pm</p>	<p>2</p> <p><u>FOOD BANK</u> 8 AM - 10 AM</p> <p>Game Day in the Center Library: 11:30am-3:30pm</p>	<p>3</p> <p>Ageless Art: 1pm-4pm</p> <p>Feeling Fit: 1:30-2:30pm</p> <p>Men's Discussion Group: 5pm-6:30pm</p>	<p>4</p> <p>CENTER CLOSED in observance of Independence Day</p> <p><i>*All activities and groups canceled due to the holiday.</i></p>	<p>5</p> <p>Chair Yoga at The Center * NEW * 10:30-11:30 am</p> <p>Feeling Fit Club 1:30pm- 2:30pm</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Grey Matters Movement & Music: 11:30am -12:30pm</p> <p>Feeling Fit: 1:30-2:30pm</p> <p>Grief & Loss: 5-6:30pm</p> <p>Women's Discussion (ZOOM) 7:30 pm-9pm</p>	<p>9</p> <p>Game Day in the Center Library: 11:30am-3:30pm</p> <p>Prostate Cancer Support Group: (ZOOM) 6:30-8pm</p>	<p>10</p> <p>Ageless Art: 1 pm-4pm</p> <p>Feeling Fit: 1:30-2:30pm</p> <p>Woman's Book Club 5pm-6:30pm</p> <p>Men's Discussion Group: 5pm-6:30pm</p>	<p>11</p> <p>Free Law Clinic: 10am-12pm</p> <p>Around the Table With Elders * NEW * 10 am – 11:30 am</p> <p>HIV+ Senior Discussion Group: 12-1pm</p> <p>Senior Drop-in 12-1:30 pm</p>	<p>12</p> <p>Lesbian Café 10:30am-12:00 pm</p> <p>Feeling Fit Club 1:30pm- 2:30pm</p> <p>Nonbinary People's Day Pride Flag Raising 2:00pm – 3:00pm <i>(At the Hillcrest Flagpole)</i></p>	 <p>13</p>
<p>14</p>	<p>15</p> <p>Feeling Fit Club 1:30-2:30pm</p> <p>Grief & Loss: 5-6:30pm</p> <p>Women's Discussion (ZOOM) 7:30 pm-9pm</p>	<p>16</p> <p>Game Day in the Center Library: 11:30am-3:30pm</p>	<p>17</p> <p><u>Lunch & Learn 12-1pm</u></p> <p>Ageless Art: 1 pm-4pm</p> <p>Feeling Fit: 1:30-2:30pm</p> <p>Men's Discussion Group: 5pm-6:30pm</p>	<p>18</p> <p>Around the Table With Elders * NEW * 10 am – 11:30 am</p> <p>Senior Drop-in 12-1:30 pm</p>	<p>19</p> <p>Chair Yoga at The Center * NEW * 10:30-11:30 am</p> <p>Feeling Fit Canceled (Auditorium Unavailable due to San Diego Pride.)</p>	<p>20</p> <p>San Diego Pride Parade <i>Parade Starts Promptly at 10AM</i></p> <p>Pride Festival 11am-10pm</p>
<p>21</p> <p>Pride Festival 11am-9pm</p>	<p>22</p> <p>Grey Matters Movement & Music: 11:30am -12:30pm</p> <p>Feeling Fit: 1:30-2:30pm</p> <p>Grief & Loss: 5-6:30pm</p> <p>Women's Discussion (ZOOM) 7:30 pm-9pm</p>	<p>23</p> <p><u>SENIOR FOOD BANK</u> 1 PM – 3 PM</p> <p>Game Day: 11:30am-3:30pm</p> <p>Prostate Cancer Support: 6:30-8pm</p>	<p>24</p> <p>Ageless Art: 1pm-4pm</p> <p>Feeling Fit: 1:30-2:30pm</p> <p>Men's Discussion Group: 5pm-6:30pm</p>	<p>25</p> <p>Senior Drop-in 12-1:30 pm</p>	<p>26</p> <p>Feeling Fit Club 1:30-2:30pm</p> <p>Lesbian Café 4:30 pm-6:00 pm</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Feeling Fit: 1:30-2:30pm</p> <p>Grief & Loss: 5-6:30pm</p> <p>Women's Discussion (ZOOM) 7:30 pm-9pm</p>	<p>30</p> <p>Game Day in the Center Library: 11:30am-3:30pm</p>	<p>31</p> <p>Ageless Art: 1pm-4pm</p> <p>Feeling Fit: 1:30-2:30pm</p> <p>Men's Discussion Group: 5pm-6:30pm</p>	<p>August 1</p> <p>Senior Advisory Committee Meeting 11:30am - 1pm</p>	<p>2</p> <p>Chair Yoga at The Center * NEW * 10:30-11:30 am</p> <p>Feeling Fit Club 1:30pm- 2:30pm</p>	<p>3</p> 

July 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.

Lunch & Learn: “Celebration of Love and Pride with best-selling author, Joanie Lindenmeyer”!

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



Please join us for a very special Lunch and Learn as we welcome the dynamic Joanie Lindenmeyer, author of the best-selling memoir, *Nun Better: An AMAZING Love Story*. “NUN BETTER: An AMAZING Love Story by Joanie Lindenmeyer with Carol Tierheimer chronicles the courageous love and lifetimes of two women who as teenagers heard the call from God to serve as Catholic nuns. They met in the convent, fell passionately in love, and knew they ultimately had to make a decision: break the Church’s rules against same-sex relationships and pioneer an uncharted path toward a joyous, adventurous life—during the HIV/AIDS era of the 1980s when LGBTQ people could be killed for being gay and same-sex marriage seemed an impossible dream. With Joanie’s high-energy writing style and exuberant outlook even during devastating experiences, the book aims to show readers of all backgrounds how beautiful, blissful, and blessed life can be with a soul mate—regardless of gender.” (Source: <https://twosisterswriting.com/book/nun-better/>) Come meet the author and hear her incredible story. **Lunch will be provided.** *

The Feeling Fit Club

Mondays, Wednesdays, and Fridays from 1:30pm-2:30pm *Canceled Friday, July 19, 2024. 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! *

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 – 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.

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