

50+ Better Together

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 CENTER CLOSED in observance of Labor Day <i>*All activities and groups canceled due to the holiday schedule.</i>	3 <u>FOOD BANK</u> 8 AM - 10 AM Game Day in the Center Library: 11:30am-3:30pm	4 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion Group: 5pm-6:30pm Women's Coming Out 6 pm - 7:30 pm (ZOOM)	5 Senior Advisory Committee Meeting 11:30am - 1pm Healing Our Spiritual Selves (Intake Required) 6 pm – 7:30 pm	6 Feeling Fit Club 1:30pm-2:30pm	7 * Special Event * Financial Wellness and Retirement Seminar 9:30am-12:30pm
8	9 Grey Matters Movement & Music: 11:30am -12:30pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion 6pm-7:30 pm (IN PERSON)	10 Game Day in the Center Library: 11:30am-3:30pm Prostate Cancer Support Group: (ZOOM) 6:30-8pm	11 Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Woman's Book Club 5-6:30pm Men's Discussion: 5-6:30pm Women's Coming Out 6 pm - 7:30 pm (ZOOM)	12 Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12-1pm Senior Drop-in 12-1:30 pm Healing Our Spiritual Selves: 6 pm – 7:30 pm	13 Lesbian Café 10:30am-12:00 pm Feeling Fit Club 1:30pm-2:30pm	14
15	16 Feeling Fit Club 1:30-2:30pm Grief & Loss: 5-6:30pm (ZOOM) Women's Discussion 7:30pm – 9 pm (ZOOM)	17 Game Day in the Center Library: 11:30am-3:30pm	18 <u>Lunch & Learn 12-1pm</u> Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 5-6:30pm Women's Coming Out 6 pm - 7:30 pm (ZOOM)	19 Senior Drop-in 12-1:30 pm Healing Our Spiritual Selves (Intake Required) 6 pm – 7:30 pm	20 Feeling Fit Club 1:30pm-2:30pm Rise Above the Stigma 6 pm - 8 pm	21
22	23 Grey Matters Movement & Music: 11:30am -12:30pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion 6pm-7:30 pm (IN PERSON)	24 <u>SENIOR FOOD BANK</u> 1 PM – 3 PM Game Day: 11:30am-3:30pm Prostate Cancer Support: 6:30-8pm	25 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion Group: 5pm-6:30pm Women's Coming Out 6 pm - 7:30 pm (ZOOM)	26 Senior Drop-in 12-1:30 pm Healing Our Spiritual Selves (Intake Required) 6 pm – 7:30 pm	27 Feeling Fit Club 1:30pm-2:30pm Lesbian Café 4:30 pm-6:00 pm	28
29	30 Feeling Fit Club 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion 7:30pm – 9 pm (ZOOM)					

September 2024

Grey Matters Movement and Music

September 9th and September 23rd, from 11:30 am to 12:30 pm at The Center

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: “Emergency Preparedness”

Wednesday, September 18, 2024, from 12 PM-1 PM * **IN PERSON at The Center!** *



You are invited for a special presentation provided by representatives from St. Paul’s Senior Services. We will be learning about some of the things we can do to prepare for an emergency, such as creating an emergency supply kit, making an emergency plan and the importance of keeping medical information ready for emergency personnel to reference during an emergency at home and other practical preparedness tips for any type of emergency. Prepare for the unexpected and join us in taking steps towards making an emergency plan today. *Lunch will be provided.* *

Rise Above the Stigma * **Special Event** *

Friday, September 20, 2024, from 6pm-8pm

Please join us during National Suicide Prevention Month at Rise Above the Stigma on September 20th from 6 to 8 pm at The Center. This event is focused on learning coping skills, providing community support, and sharing ways to reduce suicide. This event is hosted by The Center’s Behavioral Health Services Department, Urban Restoration Counseling Center, and other community partners.

Healing Our Spiritual Selves * **New Group** *

Thursdays from 6pm-7:30pm at The Center

In partnership with The San Diego LGBT Community Center, Urban Restoration Counseling Center presents “Healing Our Spiritual Selves,” a dedicated in-person group designed to support LGBTQ+ community members in recognizing and addressing the impact of religious trauma. The mission is to create a safe space where members can build resilience to religious trauma while inspiring peace and acceptance through new connections with the self and spirit. Join us on this journey of healing and spiritual growth. *A brief phone screening and intake are required to attend this group. Please contact Urban Restoration Counseling Center by email at, info@urbanrestorationcounseling.org or call at (619) 648-1158 if interested in participating.*

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.