

50+ Better Together

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Congregate Meal Program Monday through Friday 11:30am – 12:30 pm Free for those 60 years of age or older. (See back of calendar for details.)</p>				<p>1 Feeling Fit Club 1:30pm-2:30pm</p> 	<p>2 The Center is open as a Vote Center for the Presidential General Election 8am to 5pm</p>
<p>3 The Center is open as a Vote Center for the Presidential General Election 8am to 5pm</p>	<p>4 Vote Center: 8am to 5pm Transgender Elder Network: 11am -12:30pm Grief & Loss: 5-6:30pm Women’s Discussion: 7:30pm – 9 pm (ZOOM) Feeling Fit Canceled</p>	<p>5 Last Day to Vote! Vote Center Open: 7am-8pm Game Day: 12-3:30pm Medicare & Insurance Enrollment Assistance: 10am-12pm</p>	<p>6 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Men’s Discussion: 6pm-7:30pm Women’s Coming Out: 6pm - 7:30pm (ZOOM) Feeling Fit Canceled</p>	<p>7 Senior Advisory Committee Meeting: 11:30am - 1pm LGBT Veterans Wall of Honor 2024 Induction Ceremony: 6pm - 8pm</p>	<p>8 Lesbian Café: 10:30am-12:00 pm Feeling Fit Club: 1:30pm-2:30pm</p>	<p>9</p>
 <p>10</p>	<p>11 CENTER CLOSED in observance of Veterans Day <i>*All activities and groups canceled due to the holiday schedule.</i></p>	<p>12 FOOD BANK: 8-10AM Insurance Enrollment Assistance: 10am-12pm Game Day: 12-3:30pm Prostate Cancer Support: 6:30-8pm</p>	<p>13 Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Woman’s Book Club: 5-6:30pm Men’s Discussion: 6pm-7:30pm Women’s Coming Out: 6-7:30pm</p>	<p>14 Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm Senior Drop-In: 12pm-1:30 pm</p>	<p>15 Feeling Fit Club: 1:30pm-2:30pm</p>	<p>16</p>
<p>17</p>	<p>18 Feeling Fit: 1:30-2:30pm Medicare and Prescription Drug Educational Seminar: 2:30pm-3:30pm Grief & Loss: 5-6:30pm Women’s Disc.: 6-7:30 pm</p>	<p>19 Medicare & Insurance Enrollment Assistance: 10am-12pm Game Day: 12-3:30pm</p>	<p>20 <u>Lunch & Learn 12–1pm</u> Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Men’s Discussion: 6pm-7:30pm Women’s Coming Out: 6-7:30pm</p>	<p>21 Senior Drop-In: 12pm-1:30 pm</p>	<p>22 Feeling Fit: 1:30pm-2:30pm Lesbian Café: 4:30 pm-6:00 pm</p>	<p>23</p>
<p>24</p>	<p>25 Grey Matters Movement & Music: 12:30-1:30pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women’s Disc.: 6-7:30 pm</p>	<p>26 <u>SENIOR FOOD BANK 1 PM – 3 PM</u> Insurance Enrollment Assistance: 10am-12pm Game Day: 12-3:30pm Prostate Cancer Support: 6:30-8pm</p>	<p>27 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men’s Discussion: 6pm-7:30pm Women’s Coming Out: 6-7:30pm</p>	<p>28 CENTER CLOSED * THANKSGIVING * Scott Carlson & Dan Ferbal Thanksgiving Community Dinner at The Center <i>Doors open at 11am</i></p>	<p>29 CENTER CLOSED in observance of the Thanksgiving Holiday</p>	<p>30  THE CENTER</p>

November 2024

Grey Matters Movement and Music

2nd and 4th Mondays of each month from 12:30 pm to 1:30 pm at The Center *(New Start Time)*

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: “Rethink Your Drink”

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



You are invited to join us for a special “Rethink Your Drink” presentation. Did you know that almost half of all sugar consumed in the U.S. comes from sugary drinks? What you drink is as important as what you eat. Learn helpful tips and strategies so you can get refreshed the healthy way! Special guest, Lina Nasr, MPH, Older Adult Nutrition and Community Improvement Specialist with Aging & Independence Services, County of San Diego Health and Human Services Agency will be here to share this valuable presentation.

*Lunch will be provided. **

Congregate Meal Program * **New Activity** *

Monday through Friday, from 11:30am-12:00pm (Meal Reservations are Required by 3:00 pm the previous day.)

Enjoy a meal with us! The County of San Diego, Jewish Family Service, and The Center are pleased to offer free meals to individuals aged 60 and above at The Center from Monday to Friday, between 11:30 am and 12:30 pm. Reservations must be made by 3:00 pm the day before by calling (858) 637-3230. Meals can be purchased by individuals under 59 years or younger. For more information, please contact seniors@thecentersd.org.

TEN: Transgender Elder Network * **New Group** *

First Monday of each month from 11:00 am to 12:30 pm at The Center

Join us in a space to connect older individuals in the transgender and nonbinary community and strengthen the bond between transgender and cisgender older adults. Care partners, friends, and LGB allies are welcome. For more information on the group, please contact trans@thecentersd.org.

Senior Drop-in * **Scheduled Twice in November!** *

This month we will be meeting Thursday, November 14th and 21st, 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.

Women’s Discussion Group ***Now Meeting on Zoom and In Person***

1st and 3rd Mondays on Zoom from 7:30pm to 9pm and 2nd and 4th Mondays, In Person from 6:00pm to 7:30 pm.

Join us in an open discussion group for LBT+ women to talk about a variety of subjects, including relationships, school, work, family, friends, and any other topics of interest. This is a great place to build friendships and community!

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.