

50+ Better Together

DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	<p>2</p> <p>TEN: Transgender Elder Network: 11am -12:30pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion: 7:30pm – 9 pm (ZOOM)</p>	<p>3</p> <p>FOOD BANK 8-10 AM (All Ages) SENIOR FOOD BANK 1-3 PM (Date Change due to the holidays.) Game Day: 12-3:30pm</p>	<p>4</p> <p>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 (ZOOM)</p>	<p>5</p>	<p>6</p> <p>Feeling Fit Canceled The 35th Annual Dr. A. Brad Truax Awards at The Center 3-5pm</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>Grey Matters Movement & Music: 12:30-1:30pm Feeling Fit: 1:30-2:30pm Grief & Loss Support Group: 5-6:30pm (ZOOM) Women's Disc.: 6-7:30 pm</p>	<p>10</p> <p>Game Day in the Center Library: 12pm-3:30pm Prostate Cancer Support Group: (ZOOM) 6:30-8pm</p>	<p>11</p> <p>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 (ZOOM)</p>	<p>12</p> <p>Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm Senior Drop-in 12pm-1:30 pm</p>	<p>13</p> <p>Lesbian Café 10:30am-12:00 pm Feeling Fit Club 1:30pm-2:30pm</p>	<p>14</p> <p>Come Home For The Holidays 4 pm to 6 pm at The Center </p>
<p>15</p>	<p>16</p> <p>Feeling Fit Club 1:30-2:30pm Grief & Loss Support Group: 5-6:30pm (ZOOM) Women's Discussion 7:30pm – 9 pm (ZOOM)</p>	<p>17</p> <p>Game Day in the Center Library: 12pm-3:30pm</p>	<p>18</p> <p>Lunch & Learn 12-1pm Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)</p>	<p>19</p> <p>Senior Drop-In 12pm-1:30 pm</p>	<p>20</p> <p>Feeling Fit Club 1:30pm-2:30pm</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>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>24</p> <p>CENTER CLOSED in observance of the Winter Holidays <i>*All activities and groups canceled due to the winter holiday schedule.</i></p>	<p>25</p> <p>CENTER CLOSED in observance of the Winter Holidays <i>*All activities and groups canceled due to the winter holiday schedule.</i></p>	<p>26</p> <p>Senior Drop-In 12pm-1:30 pm</p>	<p>27</p> <p>Feeling Fit: 1:30pm-2:30pm Lesbian Café 4:30 pm-6:00 pm</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Feeling Fit Club 1:30-2:30pm Grief & Loss Support Group: 5-6:30pm (ZOOM) Women's Discussion 7:30pm – 9 pm (ZOOM)</p>	<p>31</p> <p>CENTER CLOSED in observance of the New Year's Holiday <i>*All activities and groups canceled due to the winter holiday schedule.</i></p>	<p>January 1, 2025</p> <p>CENTER CLOSED in observance of the New Year's Holiday <i>*All activities and groups canceled due to the winter holiday schedule.</i></p>		<p>Congregate Meal Program Monday through Friday 11:30am – 12:30 pm Free for those 60 years of age or older. (See back for details.)</p>	

December 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: "San Diego Public Library Trivia"

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



You are invited to join us for a special San Diego Public Library Trivia presentation! How well do you think you know the San Diego Public Library? Do you know how many branches there are or what your library card gives you access to? Come test your knowledge and learn about the San Diego Public Library in a fun quizzical way. There will be prizes!
*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.

Shades of Color Discussion Group

In Person Every Wednesday, from 12 pm to 1:30 pm

Shades of Color is a peer-led empowerment group for Black queer men (MSM). Please join us as we gather in a supportive space to discuss issues both personal and topical. Topics may include HIV, normalization about sex, community mobilizing, dating, healthy relationships, spiritual awareness, self-healing, and much more. ***This group is intended for people who identify as Black GBT men. We want to center those voices in this space and discuss topics relevant to this 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.

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