

# 50+ Better Together

# FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Trivia with Friends</b>  <b>*NEW ACTIVITY*</b>                      Every Monday Morning                      10:30am – 11:30 am  <i>(See back of calendar for details.)</i></p>		<p><b>Congregate Meal Program</b>                      Monday through Friday                      11:30am – 12:30 pm                      Free for those 60 years of age or older. <i>(See back of calendar for details.)</i></p>			<p>Center Now Open                      Saturdays from:                      10 am - 4pm</p>
2	<p><b>TEN: Transgender Elder Network:</b> 11am -12:30pm  <b>Feeling Fit:</b> 1:30-2:30pm  <b>Grief &amp; Loss:</b> 5-6:30pm  <b>Women’s Discussion:</b> 7:30pm – 9 pm (ZOOM)</p>	<p><b>FOOD BANK</b>  <b>8 AM - 10 AM</b></p> <p><b>Game Day in the Center Library:</b>                      12pm-3:30pm</p>	<p><b>Shades of Color:</b> 12pm-1:30pm  <b>Ageless Art:</b> 1pm-4pm  <b>Feeling Fit:</b> 1:30-2:30pm  <b>Men’s Discussion:</b> 6pm-7:30pm  <b>Women’s Coming Out:</b> 6-7:30pm (ZOOM)</p>	<p><b>Senior Advisory Committee Meeting</b>                      11:30am - 1pm</p>	<p><b>Feeling Fit Club</b>                      1:30pm-2:30pm</p>	
9	<p><b>Grey Matters Movement &amp; Music:</b> 12:30-1:30pm  <b>Feeling Fit:</b> 1:30-2:30pm  <b>Grief &amp; Loss Support Group:</b> 5-6:30pm (ZOOM)  <b>Women’s Disc.:</b> 6-7:30 pm</p>	<p><b>Game Day in the Center Library:</b>                      12pm-3:30pm</p> <p><b>Prostate Cancer Support Group:</b>                      (ZOOM) 6:30-8pm</p>	<p><b>Ageless Art:</b> 1 pm-4pm  <b>Feeling Fit:</b> 1:30-2:30pm  <b>Woman’s Book Club</b> 5-6:30pm  <b>Men’s Discussion:</b> 6pm-7:30pm  <b>Women’s Coming Out:</b> 6-7:30pm (ZOOM)</p>	<p><b>Free Law Clinic:</b>                      10am-12pm  <b>HIV+ Senior Discussion Group:</b> 12:30-1:30pm  <b>Digital Bridge Program</b>                      3 pm – 5 pm * <b>NEW</b> *</p>	<p><b>Lesbian Café</b>                      10:30am-12:00 pm  <b>Feeling Fit Club</b>                      1:30pm-2:30pm  </p>	<p><b>SPECIAL EVENT</b>  <b>Red Hot Dance</b>                      6pm to 9pm</p>
16	 <p><b>CENTER CLOSED</b>                      in observance of  <b>Presidents’ Day</b></p> <p><i>*All activities and groups canceled due to the holiday schedule.</i></p>	<p><b>Game Day in the Center Library:</b>                      12pm-3:30pm</p>	<p><b>Lunch &amp; Learn 12–1pm</b></p> <p><b>Ageless Art:</b> 1 pm-4pm  <b>Feeling Fit:</b> 1:30-2:30pm  <b>Men’s Discussion:</b> 6pm-7:30pm  <b>Women’s Coming Out:</b> 6-7:30pm (ZOOM)</p>	<p><b>Senior Drop-in</b>                      12pm-1:30 pm</p>	<p><b>Feeling Fit Club</b>                      1:30pm-2:30pm</p>	
23	<p><b>Grey Matters Movement &amp; Music:</b> 12:30-1:30pm  <b>Feeling Fit:</b> 1:30-2:30pm  <b>Grief &amp; Loss Support Group:</b> 5-6:30pm (ZOOM)  <b>Women’s Disc.:</b> 6-7:30 pm</p>	<p><b>SENIOR FOOD BANK 1 PM – 3 PM</b></p> <p><b>Game Day:</b> 12-3:30pm  <b>Prostate Cancer Support:</b> 6:30-8pm</p>	<p><b>Shades of Color:</b> 12pm-1:30pm  <b>Ageless Art:</b> 1pm-4pm  <b>Feeling Fit:</b> 1:30-2:30pm  <b>Men’s Discussion:</b> 6pm-7:30pm  <b>Wm’s Coming Out:</b> 6-7:30pm</p>	<p><b>Senior Drop-in</b>                      12pm-1:30 pm  <b>Digital Bridge Program</b>                      3pm-5pm * <b>NEW</b> *</p>	<p><b>Feeling Fit:</b>                      1:30pm-2:30pm  <b>Lesbian Café</b>                      4:30 pm-6:00 pm</p>	

# February 2025

## Congregate Meal Program

**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](mailto:seniors@thecentersd.org).

## Lunch & Learn: “CSU Over 60 Fee Waiver Program”

**Wednesday, February 19, 2025, from 12 PM-1 PM \* IN PERSON at The Center! \***



**Join us for an Informative Lunch and Learn Presentation!** Discover the incredible opportunities offered by the California State University’s Over 60 Fee Waiver Program. This special session will be led by **Robert Yslas**, Administrative Coordinator II, Enrollment Services at SDSU, who will provide in-depth details about accessing this valuable program. The Over 60 Fee Waiver Program is designed to encourage California residents aged 60 and older to pursue undergraduate or post-baccalaureate education at a California State University with dramatically reduced fees—making tuition nearly free. Don’t miss this chance to learn how you or someone you know can benefit from this life-enriching program. **Lunch will be provided.**

## Red Hot Dance – A Celebration for Queer Women \* Special Event \*

**Saturday, February 15, 2025, from 6 pm to 9 pm at The Center**

Join us at The Center for an evening of music, dancing, and community. Featuring **DJ Muezette**, drinks, appetizers, and more. This event is for all queer women. We strive to use the most inclusive language possible. When we say, “queer women,” we mean all women—lesbians, transgender women, cisgender women, nonbinary folks, womxn, womyn, queer women, dykes, bisexual women, pansexual women, or any combination. If you feel you might belong at Red Hot, you do! The dance floor is accessible, and there will be plenty of seating. **Suggested donation: \$10 at the door** (all are welcome regardless of ability to pay). Questions? Contact [women@thecentersd.org](mailto:women@thecentersd.org). RSVP (optional) here: <https://thecentersd.org/red-hot/>. We can’t wait to see you there!

## Senior Drop-in \* Activity Update\*

**Meeting twice this month on the 3<sup>rd</sup> and 4<sup>th</sup> Thursdays from 12:00pm – 1:30pm in The Center Library**

Join us for a delicious lunch provided by The Center. Catch up with friends, meet new people, and explore helpful resources. We can’t wait to see you there!

## Trivia with Friends \*New Activity\*

**Mondays from 10:30am to 11:30 am, In person at The Center**

Join us every Monday morning for a fun and engaging trivia game hosted by our volunteer, Luciano! Bring your friends, test your knowledge, and enjoy a great time before the Congregate Meal Program. For more information, please contact [seniors@thecentersd.org](mailto: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](mailto:trans@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](mailto:seniors@thecentersd.org). (619) 692-2077 x147.