

50+ Better Together



MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 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)	4 <u>FOOD BANK</u> 8 AM - 10 AM Game Day in the Center Library: 12pm-3:30pm	5 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	6 Senior Advisory Committee Meeting: 11:30am - 1pm	7 Yoga at The Center: 11 am – 12 pm Feeling Fit Club: 1:30pm-2:30pm	8 Center Now Open Saturdays from: 10 am - 4pm
9	10 Feeling Fit Canceled (March 10th and 14th) Grief & Loss Support Group: 5-6:30pm (ZOOM) Women's Discussion: 6-7:30 pm (In Person)	11 Game Day in the Center Library: 12pm-3:30pm Prostate Cancer Support Group: (ZOOM) 6:30-8pm	12 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)	13 Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm Digital Bridge Program: 3 pm – 5 pm * NEW *	14 Lesbian Café: 10:30am-12:00 pm Yoga at The Center: 11 am – 12 pm Feeling Fit Canceled (March 10th and 14th)	15
16	17 Feeling Fit Club: 1:30-2:30pm Grief & Loss Support Group: 5-6:30pm (ZOOM) Women's Discussion: 7:30pm – 9 pm (ZOOM)	18 Game Day in the Center Library: 12pm-3:30pm	19 Lunch & Learn 10:30am-1pm Shades of Color: 12pm-1:30pm Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	20 Senior Drop-in: 12pm-1:30 pm	21 Yoga at The Center: 11 am – 12 pm Feeling Fit Club: 1:30pm-2:30pm	22
23	24 Feeling Fit: 1:30-2:30pm Grief & Loss Support Group: 5-6:30pm (ZOOM) Women's Discussion: 6-7:30 pm (In Person)	25 <u>SENIOR FOOD BANK 1 PM – 3 PM</u> Game Day: 12-3:30pm Prostate Cancer Support: 6:30-8pm	26 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)	27 Senior Drop-in: 12pm-1:30 pm Digital Bridge Program: 3pm-5pm * NEW *	28 Yoga at The Center: 11 am – 12 pm Feeling Fit Club: 1:30pm-2:30pm Lesbian Café: 4:30 pm-6:00 pm	29 CENTER CLOSED in observance of Cesar Chavez Day <i>*All activities and groups canceled due to the holiday schedule.</i>
30 	31 CENTER CLOSED in observance of Cesar Chavez Day <i>*All activities and groups canceled due to the holiday schedule.</i>		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.)	Trivia with Friends * NEW ACTIVITY * Every Monday Morning 10:30am – 11:30 am (See back of calendar for details.)		

March 2025

Congregate Meal Program

Monday through Friday, from 11:30am-12:30pm (*Meal Reservations are required.*)

Join us for a **free** nutritious meal at The Center, available **Monday to Friday from 11:30 am to 12:30 pm** for adults **60 and older**, thanks to **The County of San Diego, Jewish Family Service, and The Center**. Reservations are required by **3:00 pm the day before** at **(858) 637-3230**. Meals are also available for purchase for those **under 60**. For more information, contact seniors@thecentersd.org.

Lunch & Learn: “Planning for Tomorrow: A Special Senior Lunch & Learn & Resource Event”

Wednesday, March 19, 2025, from 10:30 AM to 1:00 PM * IN PERSON at The Center! *



Join us for a **special expanded Senior Lunch & Learn and Resource Event** hosted by the **50+ and Better Together Senior Services Program** in partnership with the **Caregiver Coalition of San Diego**. This event runs from **10:30 AM to 1:00 PM**, giving you extra time to connect with community resources before lunch. In recognition of **Advance Care Planning Month in March** and leading up to **National Healthcare Decisions Day in April**, the focus will be on **navigating your health care journey, five key documents for advanced care planning, ACP, POLST, and next steps**. Resource tables will feature **San Diego County services, medical and caregiver support, legal advocacy, hospice, and more**. Lunch is provided—don't miss this opportunity to gain valuable insights, ask questions, and connect with experts who can support your health and caregiving needs.

Digital Bridge Program

Thursdays, March 13th and March 27th, from 3 pm to 5 pm at The Center * NEW PROGRAM *

Want to boost your tech skills and stay safe online? Join us for a **free** program covering internet safety, secure home networks, and essential computer skills, plus get one-on-one tech support tailored to your needs! Attendees will be entered into a **drawing for a free laptop**. Bring your smartphone, tablet, or laptop for personalized support. This program is made possible through a partnership with **San Diego Futures Foundation**.

Senior Drop-in * Activity Update*

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

Join us for a **delicious lunch**, where you can **connect with friends, meet new people, and discover valuable 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 our wonderful volunteer, **Luciano**, for a fun and engaging game where you can **test your knowledge, challenge your friends, and enjoy some laughs** before the Congregate Meal Program. Don't miss out on the fun! For more information, please contact seniors@thecentersd.org.

Women's Coming Out Group – Now Meeting Twice a Month!

2nd and 4th Wednesdays from 6:00–7:30 pm

Starting March 2025, the **Women's Coming Out Group** will meet **virtually via Zoom on the 2nd and 4th Wednesdays from 5:00–6:30 pm**. This welcoming space supports women—straight, lesbian, bi, trans, or questioning—navigating the coming out or being out process. Connect, share, and build community with others on their journey. **No reservations needed!** Looking for more discussion? Join the **Women's Discussion Group on Mondays**. For more information, please contact women@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.