



# 50+ Better Together



# APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<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>	<b>FOOD BANK</b> <b>8 AM - 10 AM</b>  <b>Game Day in the Center Library:</b> 12pm-3:30pm	<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>Senior Advisory Committee Meeting</b> 11:30am - 1pm	<b>Yoga at The Center</b> 11 am – 12 pm  <b>Feeling Fit Club</b> 1:30pm-2:30pm	<b>Center Now Open Saturdays from:</b> 10 am - 4pm
<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>	<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)	<b>Game Day in the Center Library:</b> 12pm-3:30pm  <b>Prostate Cancer Support Group:</b> (ZOOM) 6:30-8pm	<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)	<b>Free Law Clinic:</b> 10am-12pm <b>HIV+ Senior Discussion Group:</b> 12:30-1:30pm	<b>Lesbian Café</b> 10:30am-12:00 pm <b>Yoga at The Center</b> 11 am – 12 pm <b>Feeling Fit Club</b> 1:30pm-2:30pm	<b>SPECIAL EVENT</b> <b>Ageless Artists Art Show and Fair</b> 1pm to 4pm <i>(Admission is FREE Must be 21+ to attend.)</i>
	<b>Senior Planet Tech Class:</b> 12:30-1:30 pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women's Discussion:</b> 6-7:30 pm (In Person)	<b>Game Day in the Center Library:</b> 12pm-3:30pm	<b>Lunch &amp; Learn</b> 12pm–1pm <b>Shades of Color:</b> 12pm-1:30pm <b>Ageless Art:</b> 1 pm-4pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Men's Discussion:</b> 6pm-7:30pm	<b>Senior Drop-in</b> 12pm-1:30 pm	<b>Yoga at The Center</b> 11 am – 12 pm  <b>Feeling Fit Club</b> 1:30pm-2:30pm	
 Earth Day April 22	<b>Trivia:</b> 10:30-11:30 am <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss Support Group:</b> 5-6:30pm (ZOOM) <b>Women's Discussion:</b> 7:30pm – 9 pm (ZOOM)	<b>SENIOR FOOD BANK 1 PM – 3 PM</b>  <b>Game Day:</b> 12-3:30pm <b>Prostate Cancer Support:</b> 6:30-8pm	<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)	<b>Senior Drop-in</b> 12pm-1:30 pm  <b>DINING OUT FOR LIFE® SAN DIEGO!</b> Do not Miss the Center's 19 <sup>th</sup> Annual Event.	<b>Yoga at The Center</b> 11 am – 12 pm <b>Feeling Fit Club</b> 1:30pm-2:30pm <b>Lesbian Café</b> 4:30 pm-6:00 pm	
	<b>Senior Planet Tech Class:</b> 12:30-1:30 pm <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women's Discussion:</b> 6-7:30 pm (In Person)	<b>Game Day in the Center Library:</b> 12pm-3:30pm	<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			 THE CENTER

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.

# April 2025

## Grief and Loss Support Group

**Every Monday, from 5:00 pm - 6:30pm** (*This group meets on Zoom only.*)

The Grief and Loss Support Group is a compassionate space to connect with others who have experienced personal loss. Led by volunteer facilitators, this group offers support, understanding, and shared healing in a nonjudgmental environment. Meetings are held virtually on **Zoom** every Monday from 5:00 to 6:30 PM. For more information or to receive the Zoom link, email [seniors@thecentersd.org](mailto:seniors@thecentersd.org).

## Lunch & Learn: “Meals on Wheels Overview and Nutrients of Concern as We Age.”

**Wednesday, April 16, 2025, from 12:00 PM to 1:00 PM \* IN PERSON at The Center! \***



Join us for the next **Senior Lunch & Learn** on **Wednesday, April 16, 2025, from 12:00 – 1:00 p.m.** at The San Diego LGBT Community Center. This month, **Meals on Wheels San Diego County** will present “Meals on Wheels Overview and Nutrients of Concern as We Age.” Since the 1960s, Meals on Wheels has been delivering nutritious meals and providing safety checks for seniors and veterans with disabilities across San Diego County. Attendees will learn about the meal delivery program, volunteer opportunities, and key nutrients essential for maintaining health as we age. Whether you are interested in receiving meals or supporting this vital service, this session will offer valuable insights. **Lunch is provided**, and all are welcome!

## 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 welcoming space to connect transgender and nonbinary older adults while fostering stronger bonds with cisgender peers. Care partners, friends, and LGB allies are also welcome. For more information on the group, please contact [trans@thecentersd.org](mailto:trans@thecentersd.org).

## 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, where you can connect with friends, meet new people, and discover valuable resources. We can't wait to see you there!

## Enjoy a Night at the Theatre – For Free! \* **New Opportunity** \*

Experience the magic of live theatre—for free! The Old Globe Theatre has partnered with the **50+ and Better Together Senior Services Program** at The Center to provide complimentary tickets to select performances. This exciting opportunity is open to older adults who love the arts but may face financial or social barriers to attending. Evening showtimes, limited seating, and accessibility accommodations are available. Sign up today to be added to the interest list and be the first to know when tickets become available! For more information, contact **Lois Tsang, Events and Outreach Coordinator** at [Itsang@thecentersd.org](mailto:Itsang@thecentersd.org).

## Senior Planet from AARP – Tech Education Classes – \* **New Activity** \*

**2nd and 4th Mondays of each month from 12:30 to 1:30 PM**

In partnership with **Jewish Family Services**, The Center is offering free, in-person tech classes through **Senior Planet from AARP**, designed to help older adults navigate today's digital world. Held on the **2nd and 4th Mondays of each month from 12:30 to 1:30 PM**, these sessions are led by a specialized instructor from Jewish Family Services. Upcoming topics include **Digital Coupon Tools on April 14<sup>th</sup>** and **Intro to A.I. on April 28<sup>th</sup>**, with more to come. For more information, email [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or call (619) 692-2077 Ext. 147.

*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.*

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