

50+ Better Together



DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 World AIDS Day DECEMBER 1	TEN: Transgender Elder Network: 11am -12:30pm The 36th Annual Dr. A. Brad Truax Awards 3-5pm Grief & Loss: 5-6:30pm Feeling Fit Canceled	FOOD BANK 8 AM - 10 AM Tai Chi Canceled Game Day: 12-3:30pm	Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Aging Well With HIV: 6:00pm-7:00pm Men's Discussion: 6pm-7:30pm		Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	San Diego HIV Community Consortium Monthly Meeting 11 am – 12 pm
Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm	Additional December Food Bank: 8-10AM Tai Chi: 10-11am Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	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)	Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm	Lesbian Café 10:30am-12:00 pm Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	Center Now Open Saturdays from: 10 am - 4pm
	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm	Tai Chi: 10-11am Game Day: 12-3:30pm	Lunch & Learn 12pm-1pm Shades of Color: 12pm-1:30pm Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	Senior Drop-In 12pm-1:30 pm	Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	Come Home for the Holidays 4 pm to 6 pm at The Center 
	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm	SENIOR FOOD BANK 1 PM – 3 PM Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	CENTER CLOSED in observance of the Winter Holidays <i>*All activities and groups canceled due to the winter holiday schedule.</i>	CENTER CLOSED in observance of the Winter Holidays <i>*All activities and groups canceled due to the winter holiday schedule.</i>	Feeling Fit Club 1:30pm-2:30pm Lesbian Café and Serenity Yoga Canceled.	
	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm	Game Day in the Center Library: 12pm-3:30pm	CENTER CLOSED in observance of the Winter Holidays <i>*All activities and groups canceled due to the winter holiday schedule.</i>	CENTER CLOSED in observance of the Winter Holidays <i>*All activities and groups canceled due to the winter holiday schedule.</i>		 THE CENTER SAN DIEGO LGBT COMMUNITY CENTER

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

December 2025

Congregate Meal Program

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

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

Dr. A. Brad Truax Awards Celebration * **Special Event** *

Monday, December 1, 2025, from 3:00 to 5:30 PM at The Center

Join the **San Diego HIV Planning Group** on **World AIDS Day** for a special celebration recognizing the outstanding individuals and organizations making a difference in the fight against HIV/AIDS. The **Dr. A. Brad Truax Award** honors the legacy of Dr. Truax, whose tireless commitment to HIV prevention, treatment, and advocacy helped shape San Diego's compassionate response to the epidemic. Come together with community leaders, advocates, and allies as we celebrate those who continue his mission of care, equity, and resilience. **RSVP today at <https://tinyurl.com/Truax2025>.**

Lunch & Learn: "Stroke Prevention with Sharp Healthcare"

Wednesday, December 17, 2025, from 12:00 PM to 1:00 PM * **IN PERSON at The Center! ***



Join us for an essential **Senior Lunch & Learn** focused on **stroke prevention**. Representatives from **Sharp Healthcare** will share practical tips for recognizing the early signs of stroke, reducing risk factors, and supporting brain health as we age. With three Sharp hospitals certified as **Primary Stroke Centers** and **Sharp Grossmont Hospital** recognized as a **Comprehensive Stroke Center**, Sharp is a leader in providing high-quality stroke care. Don't miss this opportunity to learn how small lifestyle changes can make a big difference in protecting your health and well-being. **Lunch provided.**

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.

Come Home for the Holidays at The Center * **Special Event** *

Saturday, December 20, 2025, from 4 pm to 6 pm

Join us for this cherished annual event was created to offer warmth, connection, and community for those who may not have a safe or welcoming space during the holiday season. The evening brings together LGBTQ+ community members, neighbors, and local organizations for a joyful celebration featuring food, community resources, and tangible support for the holidays. All are welcome to share in this meaningful tradition of togetherness and care. **RSVP details will be shared soon** — visit <https://thecentersd.org/> for updates.

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 for an open and welcoming discussion group for LBT+ women to connect, share, and engage in meaningful conversations on topics such as relationships, work, school, family, friendships, and more. It's a wonderful opportunity to build friendships, foster community, and find support among peers.

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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