

# 50+ Better Together



# May 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.			1	2	3
4	5	6	7	8	9	10
<b>Trivia with Friends</b> <b>*NEW ACTIVITY*</b> Every Monday Morning 10:30am – 11:30 am	<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>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>Free Law Clinic:</b> 10am-12pm <b>HIV+ Senior Discussion Group:</b> 12:30-1:30pm	<b>Yoga at The Center</b> 11 am – 12 pm <b>Feeling Fit Club</b> 1:30pm-2:30pm  <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>Center Now Open Saturdays from:</b> 10 am - 4pm
11	12	13	14	15	16	17
	<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:</b> 12pm-3:30pm <b>DTours 2025 – Live Performance:</b> 3-4 pm <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>Women'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>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	
18	19	20	21	22	23	24
	<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>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 <b>Lesbian Café</b> 4:30 pm-6:00 pm	<b>CENTER CLOSED</b> in observance of Memorial Day
25	26	27	28	29	30	31
	<b>CENTER CLOSED</b> in observance of Memorial Day <i>*All activities and groups canceled due to the holiday schedule.</i>	<b>SENIOR FOOD BANK 1 PM – 3 PM</b> <b>Game Day:</b> 12pm-3:30pm <b>Prostate Cancer Support Group:</b> (ZOOM) 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>Yoga at The Center</b> 11 am – 12 pm <b>Feeling Fit Club</b> 1:30pm-2:30pm	

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.

# May 2025

## **DTours 2025 – Live Performance at The Center \* Special Event \***

**Tuesday, May 13, 2025, from 3:00 pm to 4:00 pm in The Center's Auditorium**

Join us for a special performance from **Diversionary Theatre's DTours 2025**, a free touring production that brings LGBTQIA+ stories to life through live theatre. Featuring a one-person show followed by a post-show discussion, this powerful program explores identity, connection, and community. Open to all – no RSVP required! For more information, email [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or call (619) 692-2077 Ext. 147.

## **Lunch & Learn: "San Diego Scam Jam Tour"**

**Wednesday, May 21, 2025, from 12:00 PM to 1:00 PM \* IN PERSON at The Center! \***



Join us for the **San Diego Scam Jam Tour** on **Wednesday, May 21, 2025, from 12:00 to 1:00 PM** at The San Diego LGBT Community Center. Presented by AARP Fraud Fighters, this engaging and informative session will highlight the top scams currently affecting San Diego, provide tips on how to recognize common tactics used by scammers, and empower you with the tools to protect yourself and others. Attendees will have the opportunity to practice spotting red flags, ask questions, and receive free fraud prevention resources to take home. This is a great chance to stay informed and stay safe—because if you can spot a scam, you can stop a scam! **Lunch will be 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 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 [ltsang@thecentersd.org](mailto:ltsang@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. 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.*

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.