


50+ Better Together



June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+	2 TEN: Transgender Elder Network: 11am -12:30pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 6-7:30pm	3 <u>FOOD BANK</u> <u>8 AM - 10 AM</u> Game Day in the Center Library: 12pm-3:30pm	4 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	5	6 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	7 Center Now Open Saturdays from: 10 am - 4pm
8 Trivia with Friends *NEW ACTIVITY* Every Monday Morning 10:30am – 11:30 am	9 Senior Planet Tech Class: 12:30-1:30 pm Feeling Fit: 1:30-2:30pm Grief & Loss: (ZOOM) 5-6:30pm Women's Discussion (In Person) 6-7:30pm	10 Game Day: 12-3:30pm Tai Chi: 10-11am Prostate Support (Zoom) 6:30-8pm	11 Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Women's Book Club 5-6:30pm Sashay, You Play! 5:30-7:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out (Zoom) 6-7:30pm	12 Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group Picnic: 12-1pm Community Ofrenda Nine Year Anniversary of the Pulse Massacre: 4:30-5:30pm	13 Lesbian Café 10:30am-12:00 pm Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	14 
15 	16 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 6-7:30pm	17 Game Day: 12-3:30pm Tai Chi: 10-11am	18 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	19 CENTER CLOSED in observance of the Juneteenth Holiday <i>*All activities and groups canceled due to the holiday schedule.</i>	20 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	21
22	23 Senior Planet Tech Class: 12:30-1:30 pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm	24 <u>SENIOR FOOD BANK 1 PM – 3 PM</u> Game Day: 12-3:30pm Tai Chi: 10-11am Prostate Support (Zoom) 6:30-8pm	25 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 (Zoom) 6-7:30pm	26 Senior Drop-in 12pm-1:30 pm Volunteer Appreciation Party: 6-9:00pm at BFD San Diego (RSVP Required)	27 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm Lesbian Café 4:30 pm-6:00 pm	28 
29	30 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: (ZOOM) 5-6:30pm					

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

June 2025

Sashay, You Play – LGBTQ+ Game Night at The Center

Wednesday, June 11, 2025, from 5:30 pm to 7:30 pm

Come one, come all to Sashay, You Play—a lively and welcoming game night for our LGBTQ+ community! Join us on Wednesday, June 11th from 5:30 to 7:30 PM in The Center's Auditorium for an evening of connection, laughter, and friendly competition. We'll have a variety of board games and card games ready to go, plus complimentary pizza and soft drinks to keep the fun going. All are welcome! **RSVP at <https://www.thecentersd.org/sashay-you-play>**. For more information, contact Jesus Sanchez, Volunteer Services Manager at jsanchez@thecentersd.org.

Lunch & Learn: “Emergency Preparedness for Seniors with Jo Cole from Sharp HealthCare”

Wednesday, June 18, 2025, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for an engaging and informative Lunch & Learn with Jo Cole, Program Manager for Sharp's Emergency Preparedness Program. With over 35 years of experience at Sharp HealthCare and a professional background in nursing support, logistics, and emergency response, Jo brings deep expertise and practical knowledge to this important topic. This session is designed specifically for older adults and will cover how to create a personalized emergency plan, build a well-equipped emergency kit, stay connected with loved ones during a crisis, and access reliable community resources. Whether preparing for natural disasters or medical emergencies, you'll leave with practical tools to help you stay safe, informed, and ready. **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.

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!

Tai Chi for Arthritis and Fall Prevention * New Activity *

Every Tuesday, starting June 10, 2025, from 10:00 am to 11 am at The Center!

This free, 24-week class helps improve strength, balance, and flexibility, and is open to older adults of all ability levels. Offered in partnership with Aging & Independence Services (AIS), a department of the County of San Diego Health and Human Services Agency, this program is funded by USDA SNAP and the California Department of Aging. For more information, email seniors@thecentersd.org or call (619) 692-2077 Ext. 147.

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 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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