



50+ Better Together



AUGUST 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+	Trivia with Friends *NEW ACTIVITY* Every Monday Morning 10:30am – 11:30 am				¹ Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	²
³	⁴ TEN: Transgender Elder Network: 11am -12:30pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm Tech On the Go: 4-6pm	⁵ <u>FOOD BANK</u> 8 AM - 10 AM Tai Chi: 10-11am Game Day: 12-3:30pm	⁶ Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	⁷	⁸ Lesbian Café 10:30am-12:00 pm Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	⁹
¹⁰ 	¹¹ Feeling Fit: 1:30-2:30pm Grief & Loss: (ZOOM) 5-6:30pm Women's Discussion (In Person) 6-7:30pm Tech On the Go: 4-6pm	¹² Tai Chi: 10-11am Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	¹³ Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Women's Book Club 5-6:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out (Zoom) 6-7:30pm	¹⁴ Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm	¹⁵ Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	¹⁶
¹⁷	¹⁸ Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm Tech On the Go: 4-6pm	¹⁹ Tai Chi: 10-11am Game Day: 12-3:30pm	²⁰ 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	²¹ Senior Drop-in 12pm-1:30 pm	²² Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm Lesbian Café <i>Canceled Due to Red Hot Dance Set Up</i>	²³ Red Hot Dance "A Queer Women's Dance" 6pm to 9pm <i>(Must be 21+ to attend.)</i>
²⁴ ³¹	²⁵ Feeling Fit Canceled (Auditorium Unavailable) Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm Tech On the Go: 4-6pm	²⁶ <u>SENIOR FOOD BANK</u> 1 PM – 3 PM Tai Chi: 10-11am Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	²⁷ 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)	²⁸ Senior Drop-in 12pm-1:30 pm	²⁹ Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	³⁰ 

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

August 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.

Tech On the Go * **New Class** *

Mondays from 4 pm to 6 pm * IN PERSON at The Center! *

Tech On the Go is a new, free digital skills class designed to help community members build confidence with everyday technology. Offered in partnership with the San Diego Futures Foundation and sponsored by the City of San Diego, this hands-on program takes place Mondays from 4–6 PM in The Center’s Library. For August 2025, the focus will be on Smartphone Basics—covering both iPhone and Android devices—with weekly topics including Navigating Phone Settings (Aug. 4), Contacting & Blocking People (Aug. 11), Taking Photos (Aug. 18), and Using Apps (Aug. 25). The first hour (4–5 PM) will feature a guided lesson, followed by an open Q&A from 5–6 PM to support individual tech questions. Participants are encouraged to bring their own devices, and loaner laptops will be available. Those who attend all four sessions in a monthly series will be entered into an opportunity drawing to win a free laptop. For more information, please contact seniors@thecentersd.org.

Lunch & Learn: “Understanding Dementia: A Guide to Symptoms, Risks, and Resources with Alzheimer’s San Diego”

Wednesday, August 20, 2025, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for our next Senior Lunch & Learn on Wednesday, August 20, from 12 PM to 1 PM at The San Diego LGBT Community Center, featuring a special presentation by Alzheimer’s San Diego. This informative session will provide an overview of what dementia is, including common symptoms, risk factors, and ways to support those affected. Attendees will also learn how to access free local resources and support services through Alzheimer’s San Diego. The presentation will include time for questions and discussion. **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 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, USDA SNAP, and the California Department of Aging fund this program. 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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