

# 50+ Better Together



# JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Congregate Meal Program (M-F)</b> <b>11:30am-12:30pm</b> Free for ages 60+	<b>Trivia with Friends</b> <b>*NEW ACTIVITY*</b> Every Monday Morning 10:30am – 11:30 am	<b>FOOD BANK</b> <b>8 AM - 10 AM</b>  <b>Tai Chi:</b> 10-11am <b>Game Day:</b> 12-3:30pm	<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>CENTER CLOSED</b> <b>in observance of Independence Day</b> <i>*All activities and groups canceled due to the holiday.</i>	
6	7	8	9	10	11	12
	<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 (ZOOM)</b> 6-7:30pm	<b>Tai Chi:</b> 10-11am <b>Game Day:</b> 12-3:30pm <b>Prostate Support (Zoom)</b> 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 (Zoom)</b> 6-7:30pm	<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	
13	14	15	16	17	18	19
	<b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> (ZOOM) 5-6:30pm <b>Women's Discussion (In Person)</b> 6-7:30pm	<b>Tai Chi:</b> 10-11am <b>Game Day:</b> 12-3:30pm	<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 and Feeling Fit Canceled</b> <i>(Auditorium Unavailable due to 2025 Pride 5K Pre-Race Bib Pick Up.)</i>	<b>San Diego Pride Parade</b> <i>Parade Starts Promptly at 10AM</i> <b>Pride Festival</b> 11am-10pm
20	21	22	23	24	25	26
<b>Pride Festival</b> 11am-9pm	<b>Trivia:</b> 10:30-11:30 am <b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women's Discussion (ZOOM)</b> 6-7:30pm	<b>SENIOR FOOD BANK 1 PM – 3 PM</b> <b>Tai Chi:</b> 10-11am <b>Game Day:</b> 12-3:30pm <b>Prostate Support (Zoom)</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>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	
27	28	29	30	31		
	<b>Feeling Fit:</b> 1:30-2:30pm <b>Grief &amp; Loss:</b> 5-6:30pm <b>Women's Discussion (In Person)</b> 6-7:30pm	<b>Tai Chi:</b> 10-11am <b>Game Day:</b> 12-3:30pm	<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			

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.

# July 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](mailto:seniors@thecentersd.org).

## Trivia with Friends

**Mondays from 10:30am to 11:30 am, In person at The Center**

Join our team of enthusiastic volunteer co-facilitators for a fun and engaging trivia game where you can test your knowledge, challenge your friends, and enjoy some laughs before the Congregate Meal Program. It's a great way to connect and kick off your day with some lighthearted fun! For more information, please contact [seniors@thecentersd.org](mailto:seniors@thecentersd.org).

## Lunch & Learn: "Senior Pride at San Diego Pride 2025: What to Expect"

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



Join us this month, where we'll welcome a representative from San Diego Pride to share updates about this year's 2025 Pride events. Learn more about the Senior Pride Parade Accessibility Seating area, the Festival, the Senior Pride Breakfast, and how older adults can access free entry to the celebration on Sunday. This is a terrific opportunity to hear directly from Pride organizers, ask questions, and connect with other community members. **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 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, this program is funded by USDA SNAP and the California Department of Aging. For more information, email [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or call (619) 692-2077 Ext. 147.

## Neighborhood Law Clinic

**2<sup>nd</sup> Thursday of each month from 10:00 am to 12:00 pm in The Center's Auditorium**

Join us for a Free Legal Clinic with licensed attorneys who will provide free consultations monthly on a wide range of legal matters in a safe and affirming space. For more information, please email [onduty@thecentersd.org](mailto:onduty@thecentersd.org).

*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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