



50+ Better Together



OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+	Medicare Mondays *SPECIAL ACTIVITY* Every Monday Starting October 20, 2025, during Open Enrollment 10:00 am – 12:00 pm		¹ Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	²	³ Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	⁴ Center Now Open Saturdays from: 10 am - 4pm
⁵	⁶ 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	⁷ <u>FOOD BANK</u> <u>8 AM - 10 AM</u> Tai Chi: 10-11am Game Day: 12-3:30pm	⁸ 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	⁹ Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm	¹⁰ Lesbian Café 10:30am-12:00 pm Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	¹¹
¹² 	¹³ CENTER CLOSED in observance of Indigenous Peoples Day <i>*All activities and groups canceled due to the holiday schedule.</i>	¹⁴ Tai Chi: 10-11am Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	¹⁵ 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	¹⁶ Senior Drop-in 12pm-1:30 pm	¹⁷ Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	¹⁸
¹⁹	²⁰ Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Tech On the Go: 4-6pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm	²¹ Tai Chi: 10-11am Game Day: 12-3:30pm	²² 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)	²³ Senior Drop-in 12pm-1:30 pm	²⁴ Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm Lesbian Café 4:30 pm-6:00 pm	²⁵
²⁶	²⁷ Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Tech On the Go: 4-6pm Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm	²⁸ <u>SENIOR FOOD BANK</u> <u>1 PM – 3 PM</u> Tai Chi: 10-11am Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	²⁹ Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	³⁰ Spanish-Language Medicare Workshop 5pm-6:30 pm 	³¹ Yoga and Feeling Fit Canceled <i>(Auditorium unavailable due to County Registrar of Voters Set-Up.)</i>	

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

October 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. **Please note: the Congregate Meal Program will be closed on Thursday, October 2, 2025, in observance of Yom Kippur.** 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 free, hands-on digital skills class offered in partnership with the San Diego Futures Foundation and sponsored by the City of San Diego. Classes take place Mondays from 4–6 PM in The Center’s Library, with guided lessons followed by open Q&A. For October, the series will focus on File Management, covering topics such as *Open and Save Files* (Oct. 6), *Transfer Files* (Oct. 20), and *File Organization* (Oct. 27). Please note there will be no class on Oct. 13 in observance of Indigenous Peoples Day. Participants are encouraged to bring their own devices, and those who attend all sessions in October will be entered into an opportunity drawing to win a free laptop. For more information, please contact seniors@thecentersd.org.

Lunch & Learn: “Medicare 101: Understanding Your Medicare Options”

Wednesday, October 15, 2025, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Don’t miss our upcoming Senior Lunch and Learn with guest presenter Ariel Elliott Real, Independent Insurance Broker (CA License #0157060), who will lead an informative session on *Medicare 101: Understanding Your Medicare Options*. Ariel will break down the essentials of Medicare, including eligibility, enrollment periods, Original Medicare Parts A and B, Part B costs, and late enrollment penalties. He’ll also review Medicare Supplement plans, Part D drug coverage, Part C Medicare Advantage Plans, and what to consider when evaluating drug costs. This presentation is designed to give you the knowledge and tools you need to navigate your Medicare options with confidence. **Lunch will be provided.**

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.

Medicare: Educational Presentation (Spanish) and Medicare Mondays: Drop-In Consultation * Special Events *

This fall, Senior Services is partnering with local insurance experts from Jar Insurance to offer important resources for seniors during Medicare Open Enrollment. Join us on **Thursday, October 30, 2025, at 5:00 pm** for a **Spanish-language educational presentation** in collaboration with Latinx Services, where you’ll learn about 2026 Medicare plan updates, prescription costs, and tips to ensure you can continue seeing your preferred doctors. Additionally, stop by **Medicare Mondays** on **October 20, October 27, November 3, November 10, November 17, and December 1 from 10:00 am – 12:00 pm** for free, one-on-one drop-in consultations to review your plan, ask questions, and get guidance. With many medical providers changing their contracts this year, it’s especially important to review your coverage during Open Enrollment. No appointment is needed—just drop in and get the support you need.

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. 619-692-2077 x147