



50+ Better Together

SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CENTER CLOSED in observance of Labor Day <i>*All activities and groups canceled due to the holiday schedule.</i>	FOOD BANK 8 AM - 10 AM Tai Chi: 10–11am Game Day: 12–3:30pm	Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm		Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	Center Now Open Saturdays from: 10 am - 4pm
7	8	9	10	11	12	13
Feeling Fit: 1:30-2:30pm Tech On the Go: 4–6pm Grief & Loss: (ZOOM) 5-6:30pm Women's Discussion (In Person) 6–7:30pm	Tai Chi: 10–11am Game Day: 12–3:30pm Prostate Support (Zoom) 6:30–8pm	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	Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm	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	17	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	Tai Chi: 10–11am Game Day: 12–3:30pm	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	Senior Drop-in 12pm-1:30 pm	Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	Out & Connected: Empowering Professional Development Fair at The Center 10am – 1 pm	
21	22	23	24	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	SENIOR FOOD BANK 1 PM – 3 PM Tai Chi: 10–11am Game Day: 12–3:30pm Prostate Support (Zoom) 6:30–8pm	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)	Senior Drop-in 12pm-1:30 pm	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 Tech On the Go: 4–6pm Grief & Loss: 5-6:30pm	Tai Chi: 10–11am Game Day: 12–3:30pm			Congregate Meal Program (M–F) 11:30am–12:30pm Free for ages 60+		 THE CENTER <small>SAN DIEGO LGBT COMMUNITY</small>

September 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 Tuesday, September 23, and Wednesday, September 24 in observance of Rosh Hashana.** 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 September, the series will focus on computer basics, covering topics such as Computer Hardware and Software (Sept. 8), Mouse and Keyboard (Sept. 15), Internet Search & URL Overview (Sept. 22), and Types of Malware, URL Review & Hypertext (Sept. 29). Participants are encouraged to bring their own devices, and those who attend all four sessions will be entered into an opportunity drawing to win a free laptop. For more information, please contact seniors@thecentersd.org.

Lunch & Learn: “Planning Ahead with Peace of Mind”

Wednesday, September 17, 2025, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for an informative and approachable conversation with Brian Casey, Pre-Planning Advisor with Dignity Memorial, the largest provider of funeral, cremation, and memorial park services in San Diego. Brian will share how pre-planning final arrangements can help protect against inflation, keep costs manageable, and relieve emotional stress for loved ones. He will also outline today’s options, answer questions, and help take the mystery out of the process. This casual, informative session is designed to provide peace of mind and practical tools for making thoughtful, informed decisions in advance. **Lunch will be provided.**

Senior Drop-in

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.

Neighborhood Law Clinic

2nd 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.

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