

# 50+ Better Together



# FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+</b>	2 <b>Trivia: 10:30-11:30 am TEN: Transgender Elder Network: 11am -12:30pm Feeling Fit: 1:30-2:30pm Grief &amp; Loss: 5-6:30pm Women's Discussion 7:30pm – 9 pm (ZOOM)</b>	3 <b><u>FOOD BANK 8 AM - 10 AM</u></b> <b>Game Day in the Center Library: 12pm-3:30pm</b>	4 <b>Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm</b>	5	6 <b><i>Serenity Yoga and Feeling Fit Canceled. (Auditorium Unavailable.)</i></b>	7 <b><i>SPECIAL EVENT Red Hot Dance 6pm to 9pm</i></b>
8	9 <b>Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief &amp; Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm</b>	10 <b>Game Day in the Center Library: 12pm-3:30pm Prostate Support (Zoom) 6:30-8pm</b>	11 <b>Ageless Art: 1 pm-4pm <i>Feeling Fit Canceled</i> Woman's Book Club 5-6:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)</b>	12 <b>Free Law Clinic: 10am-12pm HIV+ Senior Discussion Group: 12:30-1:30pm</b>	13 <b>Lesbian Café 10:30am-12:00 pm <i>Serenity Yoga and Feeling Fit Canceled. (Auditorium Unavailable.)</i></b>	14 <b><i>CENTER CLOSED in observance of Presidents' Day</i></b> <i>*All activities and groups canceled due to the holiday schedule.</i>
15 	16 <b><i>CENTER CLOSED in observance of Presidents' Day</i></b> <i>*All activities and groups canceled due to the holiday schedule.</i>	17 <b>Game Day in the Center Library: 12pm-3:30pm</b>	18 <b>Lunch &amp; Learn 11:30am-1pm Shades of Color: 12pm-1:30pm Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm</b>	19 <b>Senior Drop-in 12pm-1:30 pm</b>	20 <b>Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm</b>	21 <b>Center Now Open Saturdays from: 10 am - 4pm</b>
22	23 <b>Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm <i>*Special Legal Clinic*</i> SDVLP HIV/AIDS Legal Services Clinic: 2-4pm Grief &amp; Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm</b>	24 <b><u>SENIOR FOOD BANK 1 PM - 3 PM</u></b> <b>Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm</b>	25 <b>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)</b>	26 <b>Senior Drop-in 12pm-1:30 pm</b>	27 <b>Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm Lesbian Café 4:30 pm-6:00 pm</b>	28  <b>THE CENTER</b> <small>SAN DIEGO LGBT COMMUNITY UNITY</small>

# February 2026

## 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. For more information, contact [seniors@thecentersd.org](mailto:seniors@thecentersd.org).

## Lunch & Learn: “DTours at The Center - A Special Live Theatre Senior Lunch and Learn with Diversionary Theatre”

**Wednesday, February 18, 2026, from 11:30 AM-1 PM \* IN PERSON at The Center! \***



You are invited to a special theatrical edition of our Senior Lunch & Learn, featuring a **live performance by Diversionary Theatre's DTours program**. This February program will begin earlier than usual, with doors opening at 11:00 AM and the **performance starting promptly at 11:30 AM**. *Full Contact*, performed by artist Ariel Estrada, uses movement, storytelling, and moments of satire to explore themes of belonging, devotion, and resilience, weaving together personal stories of immigration, friendship, and survival within marginalized communities. The performance will be followed by a Q&A with the artist. **Lunch will be provided.**

## Red Hot Dance – A Celebration for Queer Women \* Special Event \*

**Saturday, February 7, 2026, from 6 pm to 9 pm at The Center**

Join us at The Center for an evening of music, dancing, and community. Featuring **DJ Laura Jane**, drinks, appetizers, and more. This event is for all queer women. We strive to use the most inclusive language possible. When we say, “queer women,” we mean all women—lesbians, transgender women, cisgender women, nonbinary folks, womxn, womyn, queer women, dykes, bisexual women, pansexual women, or any combination. If you feel you might belong at Red Hot, you do! The dance floor is accessible, and there will be plenty of seating. **Suggested donation: \$10 at the door** (all are welcome regardless of ability to pay). Questions? Contact [women@thecentersd.org](mailto:women@thecentersd.org). RSVP (optional) here: <https://thecentersd.org/red-hot/>. We can't wait to see you there!

## Shades of Color Discussion Group

**In Person Every Wednesday, from 12 pm to 1:30 pm**

Shades of Color is a peer-led empowerment group for Black queer men (MSM). Please join us as we gather in a supportive space to discuss issues both personal and topical. Topics may include HIV, normalization about sex, community mobilizing, dating, healthy relationships, spiritual awareness, self-healing, and more.

*\*\*This group is intended for people who identify as Black GBT men. We want to center those voices in this space and discuss topics relevant to this community.*

## 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 space to connect older individuals in the transgender and nonbinary community and strengthen the bond between transgender and cisgender older adults. Care partners, friends, and LGB allies are welcome. For more information on the group, please contact [trans@thecentersd.org](mailto:trans@thecentersd.org).

## Women's Discussion Group \*Now Meeting on Zoom and In Person\*

**1<sup>st</sup> and 3<sup>rd</sup> Mondays on Zoom from 7:30pm to 9pm and 2<sup>nd</sup> and 4<sup>th</sup> Mondays, In Person from 6:00pm to 7:30 pm.**

Join us in an open discussion group for LBT+ women to talk about a variety of subjects, including relationships, school, work, family, friends, and any other topics of interest. This is a great place to build friendships and community! Email [women@thecentersd.org](mailto:women@thecentersd.org) for more information.