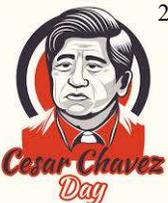


50+ Better Together



MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+	2 Trivia: 10:30-11:30 am TEN: Transgender Elder Network: 11am -12:30pm Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion 7:30pm – 9 pm (ZOOM)	3 FOOD BANK 8 AM - 10 AM Game Day in the Center Library: 12pm-3:30pm	4 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	5 Tech On the Go: 4pm-6pm	6 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	7 San Diego HIV Community Consortium Monthly Meeting 11 am – 12 pm
8	9 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm	10 Game Day in the Center Library: 12pm-3:30pm Prostate Support (Zoom) 6:30-8pm	11 Ageless Art: 1 pm-4pm Feeling Fit: 1:30-2:30pm Woman's Book Club 5-6:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)	12 Free Law Clinic: 10am-12pm Senior HIV+ Discussion Group: 12:30-1:30pm Tech On the Go: 4pm-6pm	13 Lesbian Café 10:30am-12:00 pm Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	14 Center Now Open Saturdays from: 10 am - 4pm
15	16 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm	17 Game Day in the Center Library: 12pm-3:30pm	18 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	19 Senior Drop-in 12pm-1:30 pm Tech On the Go: 4pm-6pm	20 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	21
22	23 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6-7:30pm	24 SENIOR FOOD BANK 1 PM – 3 PM Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	25 Ageless Art: 1pm-4pm <i>Feeling Fit Canceled</i> Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)	26 Senior Drop-in 12pm-1:30 pm Tech On the Go: 4pm-6pm	27 Yoga: 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm Lesbian Café 4:30 pm-6:00 pm	28
29  Cesar Chavez Day	30 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm	31 CENTER CLOSED in observance of Cesar Chavez Day *All activities and groups canceled due to the holiday schedule.				 THE CENTER

March 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.

Lunch & Learn: “San Diego Humane Society”

Wednesday, March 18, 2026, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for our next **Senior Lunch and Learn** on **Wednesday, March 18, 2026, from 12:00 to 1:00 PM**, featuring Darla Chance, Community Initiatives Coordinator with the San Diego Humane Society. The San Diego Humane Society is dedicated to creating a more humane world through community programs that support animal welfare, provide resources for pet families in need, and offer educational opportunities for animal lovers of all ages. During this session, Darla will share insights into the Humane Society’s community-focused work, resources, and ways older adults can engage with and benefit from local animal welfare services. This Lunch and Learn is a great chance to learn, ask questions, and connect with others who care about animals and community wellbeing. **Lunch will be provided.**

Tech On the Go * **Returning Class** *

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

Tech on the Go returns to The Center this March with weekly digital education classes designed to build confidence and everyday tech skills. Sessions will be held on Thursdays and cover helpful topics like Organizing Your Smartphone on March 5, Find My Device on March 12, Smartphone Emergency Essentials on March 19, and Searching and Installing Apps on March 26. Participants are welcome to bring their own device, and individual tech assistance will be available after each class topic for those who would like one-on-one support or help with specific questions.

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!

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.

Women’s Coming Out Group – **Now Meeting Twice a Month!**

2nd and 4th Wednesdays from 6:00–7:30 pm

Starting March 2026, the **Women’s Coming Out Group** will meet **virtually via Zoom on the 2nd and 4th Wednesdays from 5:00–6:30 pm**. This welcoming space supports women—straight, lesbian, bi, trans, or questioning—navigating the coming out or being out process. Connect, share, and build community with others on their journey. **No reservations needed!** Looking for more discussion? Join the **Women’s Discussion Group on Mondays**. For more information, please contact women@thecentersd.org.