

50+ Better Together



APRIL 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+</p>			<p>1 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm</p>	<p>2 Note: No Congregate Meal Program Today Due to Passover Tech On the Go: 4pm-6pm</p>	<p>3 Note: No Congregate Meal Program Today Yoga: 11 am – 12 pm Feeling Fit: 1:30-2:30 pm Trans Day of Empowerment: 5-7 pm</p>	<p>4 San Diego HIV Community Consortium Monthly Meeting 11 am – 12 pm</p>
5	6 <p>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)</p>	7 <p>FOOD BANK 8 AM - 10 AM Game Day in the Center Library: 12pm-3:30pm</p>	8 <p>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)</p>	9 <p>Free Law Clinic: 10am-12pm Senior HIV+ Discussion Group: 12:30-1:30pm Tech On the Go: 4pm-6pm</p>	10 <p>Lesbian Café 10:30am-12:00 pm Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm</p>	11 <p>Center Now Open Saturdays from: 10 am - 4pm</p>
12	13 <p>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</p>	14 <p>Game Day in the Center Library: 12pm-3:30pm Prostate Support (Zoom) 6:30-8pm</p>	15 <p>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</p>	16 <p>Senior Drop-in 12pm-1:30 pm Tech On the Go: 4pm-6pm</p>	17 <p>Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm</p>	18
19 	20 <p>Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm</p>	21 <p>Game Day in the Center Library: 12pm-3:30pm</p>	22 <p>Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)</p>	23 <p>Senior Drop-in 12pm-1:30 pm Tech On the Go: 4-6pm DINING OUT FOR LIFE® SAN DIEGO!</p>	24 <p>Yoga: 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm Lesbian Café 4:30 pm-6:00 pm</p>	25
26	27 <p>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</p>	28 <p>SENIOR FOOD BANK 1 PM – 3 PM Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm</p>	29 <p>Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm</p>	30 <p>Tech On the Go: 4pm-6pm</p>		 THE CENTER <small>SAN DIEGO LGBT COMMUNITY</small>

April 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 a partnership of the County of San Diego, Jewish Family Service, and The Center. Please note: there will be **no congregare meals on Thursday, April 2, or Friday, April 3** due to Passover. **Meal service will resume on Monday, April 6.** 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: “Estate Planning for LGBTQ+ Seniors”

Wednesday, April 15, 2026, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for a **Senior Lunch and Learn** with **Eric Bottolfsen**, Co-Founder of **Allwealth Planning**, an inclusive financial planning firm focused on supporting LGBTQ+ older adults and families. Eric will discuss the importance of proper estate planning in today’s world, with practical tips for managing retirement income, preparing for unexpected expenses, and ensuring your estate reflects your wishes. He will also draw from his experience helping those navigating chronic illnesses, providing insights you can apply to your own planning. This session is designed to give LGBTQ+ seniors clear, actionable guidance to feel more confident and secure about their financial future. **Lunch will be provided.**

Tech On the Go * Continuing Class *

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

Tech on the Go continues at The Center **every Thursday** this spring with weekly digital education classes designed to build confidence and practical tech skills. Participants are welcome to bring their own devices, and **individual tech assistance** will be available after each session for one-on-one support or help with specific questions. Classes are free and open to all.

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!

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 Discussion Group *Now Meeting on Zoom and In Person*

1st and 3rd Mondays on Zoom from 7:30pm to 9pm and 2nd and 4th 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 wonderful place to build friendships and community! Email women@thecentersd.org for more information.

Share Your Thoughts with Us!

The San Diego LGBT Community Center has launched a new email for seniors: seniorsfeedback@thecentersd.org. This is your space to share questions, ideas, and feedback about programs and services. Messages are reviewed by the Senior Services team and members of The Center’s Leadership Team, and feedback is shared with the Senior Services Community Advisory Committee to help guide programming and ensure your voice is heard. Throughout the year, input sessions will also be offered for seniors to come together in community and hear updates on how feedback is shaping programs and services.

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