

50+ Better Together



May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	2 San Diego HIV Community Consortium Monthly Meeting 11 am – 12 pm
3	4 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion 7:30pm – 9 pm (ZOOM)	5 FOOD BANK 8 AM - 10 AM Game Day in the Center Library: 12pm-3:30pm	6 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	7 Tech On the Go: 4pm-6pm	8 Lesbian Café 10:30am-12:00 pm Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	9 Center Now Open Saturdays from: 10 am - 4pm
10	11 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	12 SPECIAL EVENT Senior Services Workshop & Resource Fair: 11am to 2pm Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	13 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)	14 Free Law Clinic: 10am-12pm Senior HIV+ Discussion Group: 12:30-1:30pm Tech On the Go: 4pm-6pm	15 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm	16
17 	18 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30-9pm	19 Game Day in the Center Library: 12pm-3:30pm	20 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	21 Senior Drop-in 12pm-1:30 pm Tech On the Go: 4pm-6pm	22 Yoga: 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm Lesbian Café 4:30 pm-6:00 pm	23 CENTER CLOSED in observance of Memorial Day
24 31	25 CENTER CLOSED in observance of Memorial Day <i>*All activities and groups canceled due to the holiday schedule.</i>	26 SENIOR FOOD BANK 1 PM – 3 PM Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm	27 Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)	28 Senior Drop-in 12pm-1:30 pm Tech On the Go: 4pm-6pm	29 Yoga and Feeling Fit Canceled. <i>*The auditorium will be closed due to the 2026 Primary Election. The Center will be serving as a Vote Center.</i>	30

May 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: “City of San Diego Parks and Recreation AgeWell Services”

Wednesday, May 20, 2026, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for our Senior Lunch and Learn on Wednesday, May 20, 2026, from 12:00 to 1:00 PM, featuring Skyler Lemire, Aging Recreation Specialist with the City of San Diego Parks and Recreation Department’s AgeWell Services. Skyler will share information about City programs and services for older adults, including AgeWell recreational and wellness offerings, senior centers, and lounges, free or low-cost lunch programs, community partner organizations, and opportunities to stay engaged through volunteering or paid training placements via the Senior Community Service Employment Program (SCSEP). This session is a great opportunity to learn about local resources, ask questions, and connect with others interested in staying active, supported, and involved in the community. **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.

Advanced Health Care Directive Workshop & Resource Fair

Tuesday, May 12, 2026, from 11:00 am to 2:00 pm * Special Event at The Center! *



Join us for a free Advanced Health Care Directive Workshop & Resource Fair on Tuesday, May 12, 2026, from 11:00 am to 2:00 pm at The San Diego LGBT Community Center. This senior-focused event will include a guided presentation led by Rebecca Secord, Estate Planning Attorney, and owner of *Your Home Legal*, who will walk participants step by step through California’s Advance Health Care Directive and explain how to make important health care decisions known. Before and after the workshop, attendees can visit resource tables featuring trusted organizations offering support with Medicare, hospice and palliative care, dementia care, food assistance, home care, aging services, and legal advocacy. Assistance will be available to help participants get started on their documents, ask questions, and connect with services that support health, independence, and peace of mind. For more information, contact seniors@thecentersd.org. **Lunch will be provided.**

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.