

50+ Better Together



JULY 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 Special Pride Yoga Session at The Center: 11 am – 12 pm</p>	<p>3 CENTER CLOSED in observance of Independence Day *All activities and groups canceled due to the holiday.</p>	<p>4 </p>
5	<p>6 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)</p>	<p>7 FOOD BANK 8 AM - 10 AM Game Day in the Center Library: 12pm-3:30pm</p>	<p>8 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>	<p>9 Free Law Clinic: 10am-12pm Senior HIV+ Discussion Group: 12:30-1:30pm</p>	<p>10 Lesbian Café: 10:30am-12:00 pm Yoga: 11 am – 12 pm Feeling Fit: 1:30-2:30pm SPECIAL EVENT Pride Health and Wellness Fair: 4 – 7 pm</p>	11
<p>12 </p>	<p>13 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>	<p>14 Game Day in the Center Library: 12pm-3:30pm Prostate Support (Zoom) 6:30-8pm</p>	<p>15 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>	<p>16 Senior Drop-in 12pm-1:30 pm</p>	<p>17 Yoga and Feeling Fit Canceled (Auditorium Unavailable due to 2026 Pride 5K Pre-Race Bib Pick Up.)</p>	<p>18 San Diego Pride Parade Parade Starts Promptly at 10AM Pride Festival 11am-10pm</p>
<p>19 Pride Festival 11am-9pm</p>	<p>20 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>	<p>21 Game Day in the Center Library: 12pm-3:30pm</p>	<p>22 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>	<p>23 Senior Drop-in 12pm-1:30 pm</p>	<p>24 Yoga: 11 am – 12 pm Feeling Fit Club 1 :30pm-2 :30pm Lesbian Café: 4 :30 pm- 6 :00 pm</p>	25
26	<p>27 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>	<p>28 SENIOR FOOD BANK 1 PM – 3 PM Game Day: 12-3:30pm Prostate Support (Zoom) 6:30-8pm</p>	<p>29 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm</p>	<p>30 Special Pride Yoga Session at The Center: 11 am – 12 pm</p>	<p>31 Yoga and Feeling Fit Canceled (Auditorium Unavailable due to a Pride Community Event.)</p>	<p> THE CENTER</p>

July 2026

🌟🌈 Senior Pride Parade Accessibility Seating – Reservations Required

Senior Services is now accepting reservations for the **Senior Pride Accessibility Seating Area** during the **San Diego Pride Parade on Saturday, July 18, 2026**. The parade **begins promptly at 10:00 AM**, and the reserved seating area will be located at the southeast corner of University Avenue and Vermont Street. This accessible space includes shade, wheelchair-accessible seating, water and snacks, live parade announcements, and ASL interpretation; however, seating is **first-come, first-served within the reserved section**, and fills to capacity each year, so reservations are required and walk-ups cannot be accommodated. Due to large crowds, construction, and limited parking in Hillcrest, attendees are encouraged to plan ahead and allow extra travel time. To reserve your space, contact seniors@thecentersd.org or call (619) 692-2077 ext. 147.

🧘 Yoga at The Center: **Special Pride Hours**

Join us for **Yoga at The Center: Special Pride Hours** this July! In addition to our regular Friday classes on **July 10 and July 24 from 11:00 AM to 12:00 PM**, we are offering two special Pride Yoga sessions on **Thursday, July 2 and Thursday, July 30 from 11:00 AM to 12:00 PM**. Led by instructor Nathan Serrato, these inclusive, restorative classes invite participants to move, breathe, and find balance in a welcoming community space—no experience needed, and yoga mats, belts, and blankets are available. Please note that classes will be canceled on **July 3 (Independence Day closure), July 17 (Pride Run), and July 31 (PRIDE Community Event)**. Join us to celebrate Pride month with movement, connection, and wellness.

🌟 Lunch & Learn: “Taking Transit 101 – Getting on Board with MTS.”

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



Join us for our **Senior Lunch and Learn on Wednesday, July 15, 2026, from 12:00 to 1:00 PM**, featuring **Taking Transit 101 – Getting on Board with MTS**. This informative session will help you feel confident navigating public transportation for the first time, with step-by-step guidance on planning your trip, purchasing passes, and getting on board. Participants will also receive helpful tips and practical advice to make using transit safe, simple, and accessible. Whether you are new to MTS or looking to build confidence, this is a great opportunity to learn, ask questions, and explore new ways to stay connected and independent. **Lunch will be provided.**

🌈 Community Wall of Honor – **2026 Nominations Now Open**

The San Diego LGBT Community Center invites community members to submit nominations for the **2026 Community Wall of Honor**, open **June 1 through July 31, 2026**. Established in 2004, this unique and meaningful installation recognizes and celebrates local LGBTQ+ leaders, advocates, and allies whose contributions have made a lasting impact on the San Diego community. The Wall of Honor serves as a powerful tribute to those who have helped shape our history, preserve our stories, and strengthen our community. Submit a nomination and help ensure these legacies continue to be remembered and honored at <https://thecentersd.org/community-wall-of-honor/>.

💬 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.