


50+ Better Together



June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The Center is open as a Vote Center: 8am to 5pm</p> 	<p>1 Trivia: 10:30-11:30 am Grief & Loss: 5-6:30pm Women's Discussion 7:30pm – 9 pm (ZOOM) Feeling Fit Canceled. <i>(Auditorium closed due to the 2026 Primary Election.)</i></p>	<p>2 FOOD BANK 8 AM - 10 AM Game Day: 12–3:30pm Last Day to Vote! Vote Center Open: 7am-8pm</p>	<p>3 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Men's Discussion: 6pm-7:30pm Feeling Fit Canceled. <i>(Auditorium remains closed due to the 2026 Primary Election.)</i></p>	<p>4</p>	<p>5 Yoga at The Center 11 am – 12 pm Feeling Fit Club 1:30pm-2:30pm Community Movie Night: 5 pm – 8 pm</p>	<p>6 Center Now Open Saturdays from: 10 am - 4pm</p>
<p>7 Congregate Meal Program (M-F) 11:30am–12:30pm Free for ages 60+</p>	<p>8 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>9 Game Day in the Center Library: 12pm-3:30pm Prostate Support (Zoom) 6:30–8pm</p>	<p>10 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>11 Free Law Clinic: 10am-12pm Senior HIV+ Discussion Group: 12:30-1:30pm</p>	<p>12 Lesbian Café 10:30am-12:00 pm Yoga; 11 am – 12 pm Feeling Fit: 1:30-2:30pm Pulse Community Ofrenda: 4:30pm-5:30pm</p>	
<p>14 </p>	<p>15 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>16 Game Day in the Center Library: 12pm-3:30pm</p>	<p>17 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>18 Senior Drop-in 12pm-1:30 pm Sashay, You Play! 4:30pm-8pm</p>	<p>19 CENTER CLOSED in observance of the Juneteenth Holiday <i>*All activities and groups canceled due to the holiday schedule.</i></p>	<p>20 </p>
<p>21</p>	<p>22 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>23 SENIOR FOOD BANK 1 PM – 3 PM Game Day: 12–3:30pm Prostate Support (Zoom) 6:30–8pm</p>	<p>24 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>25 Senior Drop-in 12pm-1:30 pm</p>	<p>26 Yoga: 11 am – 12 pm Feeling Fit Club 1 :30pm-2 :30pm Lesbian Café 4:30 pm- 6:00 pm</p>	
<p>28</p>	<p>29 Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30pm Grief & Loss: 5-6:30pm</p>	<p>30 SPECIAL EVENT Senior Services Workshop & Resource Fair: 10am to 2pm Game Day: 12–3:30pm</p>				<p> THE CENTER</p>

June 2026

Community Movie Night: Documentary Screening and Discussion

Friday, June 5, 2026 – Doors open at 5:00 PM, and the film begins at 5:30 PM

Join us at The Center for an evening of film and conversation hosted by Black Services in collaboration with Behavioral Health Services. Doors open at 5:00 PM, and the film begins at 5:30 PM, featuring *Crack: Cocaine, Corruption & Conspiracy*, a powerful documentary exploring how racism, politics, and misinformation shaped the war on drugs and its lasting impact on marginalized communities. Following the screening, stay for a facilitated discussion to reflect, share perspectives, and connect with others. **RSVP: <https://bit.ly/JUNE5-MOVIE>**. *Content warning: This film includes depictions and discussions of drug use.*

Lunch & Learn: “Understanding Brain Health: Prevention and Memory Screening with Sharp Neurocognitive Research Center”

Wednesday, June 17, 2026, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for our **Senior Lunch and Learn on Wednesday, June 17, 2026, from 12:00 to 1:00 PM**, featuring a presentation by the **Sharp Neurocognitive Research Center** focused on brain health, prevention, and early detection. This session will highlight the importance of proactive memory screenings and offer practical tools and information to help you take charge of your cognitive wellness. Following the presentation, attendees will have the opportunity to participate in **free, confidential memory screenings**, with a private space available to ensure comfort and privacy. This is a valuable opportunity to learn, ask questions, and take a proactive step toward maintaining brain health. **Lunch will be provided.**

Sashay, You Play – LGBTQ+ Game Night at The Center

Thursday, June 18, 2026, from 4:30 pm to 8 pm

Join us in The Center Auditorium for a fun and welcoming game night for our LGBTQ+ community. Enjoy an evening of board games, card games, and friendly competition in a relaxed social space, with **pizza and soft drinks provided**. All are welcome—come play, connect, and have fun! **RSVP: bit.ly/sashay-you-play**. For more information, contact jsanchez@thecentersd.org.

Senior Services at The Center Presents: Caregiver Coalition Conference – Protecting Older Adults from Abuse, Scams, and Fraud

Tuesday, June 30, 2026, from 10:00 am to 2:00 pm * Special Event at The Center! *



Join Senior Services at The Center for a free **Caregiver Coalition Conference and Resource Fair** focused on protecting older adults from abuse, scams, and fraud. This community event will bring together trusted local organizations and experts to provide practical information, fraud prevention strategies, and one-on-one access to supportive resources for older adults and caregivers. Attendees will also enjoy lunch, learn from engaging presentations, and participate in an opportunity drawing featuring gift cards and other prizes (must be present to win). Registration is encouraged but not required—all are welcome to attend. For more information or to register, contact seniors@thecentersd.org or call **(619) 692-2077 ext. 147**. **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.