

50+ Better Together



AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30 pm (ZOOM) Grief & Loss: 5-6:30pm Women's Discussion 7:30pm – 9 pm (ZOOM)	<u>FOOD BANK</u> <u>8 AM - 10 AM</u> Game Day in the Center Library: 12pm-3:30pm	Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30pm (ZOOM) Men's Discussion: 6pm-7:30pm		Yoga at The Center 11 am – 12 pm Feeling Fit: 1:30-2:30 pm (ZOOM)	1 8
9	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30 pm (ZOOM) Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6–7:30pm	Game Day in the Center Library: 12pm-3:30pm Prostate Support (Zoom) 6:30–8pm	Ageless Art: 1 pm-4pm Feeling Fit: 1:30pm (ZOOM) Woman's Book Club 5-6:30pm Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)	Free Law Clinic: 10am-12pm Senior HIV+ Discussion Group: 12:30-1:30pm	Lesbian Café 10:30am-12:00 pm Yoga; 11 am – 12 pm Feeling Fit: 1:30-2:30 pm (ZOOM)	HIV/HCV Testing and STI Screenings available Saturdays 10am-3pm <i>(By Appointment)</i>
	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30 pm (ZOOM) Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30–9pm	Game Day in the Center Library: 12pm-3:30pm	Lunch & Learn 12pm–1pm Shades of Color: 12pm-1:30pm Ageless Art: 1 pm-4pm Feeling Fit: 1:30pm (ZOOM) Men's Discussion: 6pm-7:30pm	Senior Drop-in 12pm-1:30 pm	Yoga Canceled <i>(Auditorium Unavailable.)</i> Feeling Fit: 1:30-2:30 pm (ZOOM)	Red Hot Dance "A Queer Women's Dance" 6pm to 9pm <i>(Must be 21+ to attend.)</i>
23	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30 pm (ZOOM) Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6–7:30pm	<u>SENIOR FOOD BANK 1 PM – 3 PM</u> Game Day: 12–3:30pm Prostate Support (Zoom) 6:30–8pm	Ageless Art: 1pm-4pm Feeling Fit: 1:30pm (ZOOM) Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)	Senior Drop-in 12pm-1:30 pm	Yoga: 11 am – 12 pm Feeling Fit: 1:30-2:30 pm (ZOOM) Lesbian Café 4 :30 pm-6 :00 pm	 THE CENTER
30	Trivia: 10:30-11:30 am Feeling Fit: 1:30-2:30 pm (ZOOM) Grief & Loss: 5-6:30pm					

August 2026

✦ Feeling Fit Update

Feeling Fit participants are advised that **in-person classes are temporarily unavailable**, and the program is currently being offered **via Zoom only**. Classes continue Mondays, Wednesdays, and Fridays from 1:30 to 2:30 PM. Participants can join online at <https://us02web.zoom.us/j/929664538> using Meeting ID: 929 664 538. We encourage participants to continue enjoying the benefits of Feeling Fit from home while temporary arrangements are in place. Thank you for your patience and understanding as we work with the County of San Diego Aging & Independence Services (AIS) to support continued program access. For questions, please contact seniors@thecentersd.org or call (619) 692-2077 ext. 147.

🧘 Yoga at The Center

Join instructor **Nathan Serrato** every **Friday from 11:00 AM to 12:00 PM** for an inclusive and restorative yoga class designed to support wellness, balance, and relaxation. All experience levels are welcome, and yoga mats, belts, and blankets are available. Come move, breathe, and connect with community in a welcoming environment at The Center. **Please note: Yoga will not be held on Friday, August 21, due to a special event in the Auditorium.**

★ Lunch & Learn: “Caregiving, Community, and Aging.”

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



Join us on **Wednesday, August 19, 2026, from 12:00 to 1:00 PM** for our Senior Lunch and Learn featuring the **Southern Caregiver Resource Center (SCRC)**. This informative presentation will explore the aging process and the changes that often accompany it, while highlighting the programs, services, and support available through SCRC for older adults, caregivers, and families. Participants will gain valuable information about healthy aging, caregiving resources, and strategies for maintaining independence and quality of life. This is a great opportunity to learn, ask questions, and connect with helpful community resources. **Lunch will be provided.**

🌈 Red Hot Dance – A Celebration for Queer Women – **Special Event**

Join us on **Saturday, August 22, 2026, from 6:00 to 9:00 PM at The Center** for an evening of music, dancing, and community featuring **DJ Laura Jane**, refreshments, and plenty of opportunities to connect. Red Hot is a welcoming event for all queer women, including lesbians, transgender women, cisgender women, bisexual women, pansexual women, nonbinary people, and anyone who feels at home in this space. The dance floor is accessible, and ample seating will be available. **Suggested donation: \$10 at the door** (all are welcome regardless of ability to pay). RSVP (optional) at thecentersd.org/red-hot. For more information, contact women@thecentersd.org. We look forward to celebrating with you!

✦ 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 great 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.