

50+ Better Together



JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Congregate Meal Program (M-F) 11:30am-12:30pm Free for ages 60+			1 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30-2:30pm Men's Discussion: 6pm-7:30pm	2 Special Pride Yoga Session at The Center: 11 am – 12 pm	3 CENTER CLOSED in observance of Independence Day <i>*All activities and groups canceled due to the holiday.</i>	4
5	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)	7 FOOD BANK 8 AM - 10 AM Game Day in the Center Library: 12pm-3:30pm	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)	9 Free Law Clinic: 10am-12pm Senior HIV+ Discussion Group: 12:30-1:30pm	10 Lesbian Café: 10:30am-12:00 pm Yoga: 11 am – 12 pm Feeling Fit Canceled SPECIAL EVENT Pride Health and Wellness Fair: 4 – 7 pm	11 San Diego HIV Community Consortium Monthly Meeting 11 am – 12 pm
12 	13 Trivia: 10:30-11:30 am Feeling Fit: 1:30pm (ZOOM) Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6–7:30pm	14 Game Day in the Center Library: 12pm-3:30pm Prostate Support (Zoom) 6:30–8pm	15 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	16 Senior Drop-in 12pm-1:30 pm	17 Yoga and Feeling Fit Canceled <i>(Auditorium Unavailable due to 2026 Pride 5K Pre-Race Bib Pick Up.)</i>	18 San Diego Pride Parade <i>Parade Starts Promptly at 10AM</i> Pride Festival 12pm-10pm
19 Pride Festival 12pm-9pm	20 Trivia: 10:30-11:30 am Feeling Fit: 1:30pm (ZOOM) Grief & Loss: 5-6:30pm Women's Discussion (ZOOM) 7:30–9pm	21 Game Day in the Center Library: 12pm-3:30pm	22 Ageless Art: 1pm-4pm Feeling Fit: 1:30pm (ZOOM) Men's Discussion: 6pm-7:30pm Women's Coming Out: 6-7:30pm (ZOOM)	23 Senior Drop-in 12pm-1:30 pm	24 Yoga: 11 am – 12 pm Feeling Fit: 1:30pm (ZOOM) Lesbian Café: 4 :30 pm- 6 :00 pm	25
26	27 Trivia: 10:30-11:30 am Feeling Fit: 1:30pm (ZOOM) Grief & Loss: 5-6:30pm Women's Discussion (In Person) 6–7:30pm	28 SENIOR FOOD BANK 1 PM – 3 PM Game Day: 12–3:30pm Prostate Support (Zoom) 6:30–8pm	29 Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30pm (ZOOM) Men's Discussion: 6pm-7:30pm	30 Special Pride Yoga Session at The Center: 11 am – 12 pm	31 Yoga and Feeling Fit Canceled <i>(Auditorium Unavailable due to a Pride Community Event.)</i>	

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

July 2026

🌟🌈 Feeling Fit Update

Feeling Fit participants are advised that **in-person classes are temporarily unavailable**, and the program is currently being offered **virtually 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.

🌈 Senior Pride Parade Accessibility Seating Area – **Reservations Closed**

Reservations for the **Senior Pride Accessibility Seating Area** at the **San Diego Pride Parade on Saturday, July 18, 2026**, are now **closed**, as the reserved section has reached full capacity. The parade begins promptly at **10:00 AM**, and all available seats have been reserved. Due to overwhelming interest, we are unable to accommodate additional reservations or walk-up attendees within the reserved seating area. We are grateful for the community's enthusiastic response and look forward to celebrating Pride together. For questions regarding an existing reservation, please contact seniors@thecentersd.org or call (619) 692-2077 ext. 147.

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

Celebrate Pride with movement, connection, and wellness at The Center. Join instructor **Nathan Serrato** for inclusive, restorative yoga classes designed for all experience levels. July classes will be offered on **Thursday, July 2, Friday, July 10, Thursday, July 30, and Friday, July 24**, all from **11:00 AM to 12:00 PM**. Yoga mats, belts, and blankets are provided—just bring yourself and enjoy an hour of relaxation and community.

★ 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**

Honor the legacy of local LGBTQ+ leaders, advocates, and allies by submitting a nomination for The Center's **2026 Community Wall of Honor**. Nominations are open through **July 31, 2026**. Submit a nomination at 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.

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