

50+ Better Together



SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Congregate Meal Program (M–F) 11:30am–12:30pm Free for ages 60+	FOOD BANK 8 AM - 10 AM Game Day: 12–3:30pm Tech On the Go: 3pm–5pm	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: (Zoom) 1:30-2:30 pm	CENTER CLOSED in observance of Labor Day
	CENTER CLOSED in observance of Labor Day <i>*All activities and groups canceled due to the holiday schedule.</i>	Game Day: 12pm-3:30pm Tech On the Go: 3pm–5pm 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: (Zoom) 1:30-2:30 pm	HIV/HCV Testing and STI Screenings available Saturdays 10am-3pm <i>(By Appointment Only.)</i>
	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 Tech On the Go: 3pm–5pm	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 at The Center 11 am – 12 pm Feeling Fit: (Zoom) 1:30-2:30 pm	
	No Congregate Meal or Trivia (Yom Kippur) Feeling Fit: 1:30-2:30 pm (Zoom) Grief & Loss: 5-6:30pm Women’s Discussion (Zoom) 7:30–9pm	SENIOR FOOD BANK 1 PM – 3 PM Game Day: 12–3:30pm Tech On the Go: 3-5pm 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) Community Wall of Honor Induction Ceremony: 6-8pm	Senior Drop-in 12pm-1:30 pm	Yoga: 11 am – 12 pm Feeling Fit: (Zoom) 1:30-2:30 pm Lesbian Café 4 :30 pm-6 :00 pm	
	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 Tech On the Go: 3pm–5pm	Shades of Color: 12pm-1:30pm Ageless Art: 1pm-4pm Feeling Fit: 1:30pm (Zoom) Men’s Discussion: 6pm-7:30pm			

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

September 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 us every **Friday from 11:00 AM to 12:00 PM** for **Friday Serenity Yoga**, an inclusive and restorative class designed to support wellness, balance, and relaxation. We are excited to welcome **David Miranda, RYT**, as our new instructor. David is a San Diego yoga instructor with experience in vinyasa, yin, restorative yoga, breathwork, sound healing, and Reiki. Known for his welcoming and community-centered approach, David creates classes that blend movement, mindfulness, and connection while making yoga accessible to all experience levels. Yoga mats, belts, and blankets are provided. Come move, breathe, and connect with community at The Center.

Senior Lunch and Learn: “Health, Wellness & Substance Use Prevention”

Wednesday, September 16, 2026, from 12:00 PM to 1:00 PM * IN PERSON at The Center! *



Join us for our Senior Lunch and Learn, featuring Noah Mixon, Leadership Academy Coordinator at The San Diego LGBT Community Center, and a representative from A New PATH. This informative and engaging presentation will explore substance use prevention within LGBTQIA2S+ communities, with a focus on understanding current trends, reducing stigma, promoting healthy aging, and accessing supportive resources. Participants will learn practical strategies for maintaining health and wellness, recognize the importance of community connection and harm reduction, and discover local resources available to support individuals, families, and caregivers. This is an opportunity to learn, ask questions, and engage in an important conversation that impacts the wellbeing of our community. **Lunch will be provided.**

(Please note: Program topics and presenters are subject to change.)

Tech On the Go * **Returning Class** *

Tuesdays from 3 PM to 5 PM * IN PERSON at The Center! *

Tech on the Go returns to The Center this September with weekly digital education classes designed to build confidence and practical technology skills. This month's series, All About Apps, will help participants learn how to get more out of the apps they use every day. Sessions include App I: All About Apps on **September 1**, App II: Online Banking & Shopping on **September 8**, App III: Utilities & the Camera App on **September 15**, App IV: Social Media on **September 22**, and Open Office Hours on **September 29**. Participants are encouraged to bring their own smartphone, tablet, or laptop, and individual tech assistance will be available after each class topic for those who would like one-on-one support or help with specific questions. This free program is presented in partnership with San Diego Futures Foundation as part of our ongoing efforts to bridge the digital divide and increase access to technology education in our community.

💬 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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