

# 50+ Better Together



# OCTOBER 2026

| Sunday                                                                                  | Monday                                                                                                                                                           | Tuesday                                                                                                                                                                | Wednesday                                                                                                                                                                                          | Thursday                                                                                                                                            | Friday                                                                                                                                                                | Saturday                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                         | <b>Congregate Meal Program (M-F)</b><br><b>11:30am-12:30pm</b><br>Free for ages 60+                                                                              |                                                                                                                                                                        |                                                                                                                                                                                                    | 1                                                                                                                                                   | 2<br><b>Yoga at The Center</b><br>11 am – 12 pm<br><b>Feeling Fit: (ZOOM)</b><br>1:30-2:30 pm                                                                         | 3<br><b>HIV/HCV Testing and STI Screenings available Saturdays</b><br>10am-3pm<br><i>(By Appointment Only.)</i>                                                             |
| 4                                                                                       | 5<br><b>Trivia:</b> 10:30-11:30 am<br><b>Feeling Fit:</b> 1:30-2:30pm<br><b>Grief &amp; Loss:</b> 5-6:30pm<br><b>Women's Discussion</b><br>7:30pm – 9 pm (ZOOM)  | 6<br><b><u>FOOD BANK</u></b><br><b>8 AM - 10 AM</b><br><br><b>Game Day:</b> 12-3:30pm<br><b>Tech On the Go:</b><br>3pm-5pm                                             | 7<br><b>Shades of Color:</b> 12pm-1:30pm<br><b>Ageless Art:</b> 1pm-4pm<br><b>Feeling Fit:</b> 1:30-2:30pm<br><b>Men's Discussion:</b> 6pm-7:30pm<br><b>Sashay, You Play!</b> 4:30pm-8pm           | 8<br><b>Free Law Clinic:</b><br>10am-12pm<br><b>Senior HIV+ Discussion Group:</b><br>12:30-1:30pm<br><b>Senior Tech Connect:</b><br>2pm-3pm         | 9<br><b>Lesbian Café</b><br>10:30am-12:00 pm<br><b>Yoga:</b> 11 am – 12 pm<br><b>Feeling Fit:</b><br>1:30pm-2:30pm                                                    | 10<br><b>CENTER CLOSED in observance of Indigenous Peoples Day</b>                                                                                                          |
| 11<br> | 12<br><b>CENTER CLOSED in observance of Indigenous Peoples Day</b><br><i>*All activities and groups canceled due to the holiday schedule.</i>                    | 13<br><b>Game Day:</b><br>12pm-3:30pm<br><b>Tech On the Go:</b><br>3pm-5pm<br><b>Prostate Support (Zoom)</b><br>6:30-8pm                                               | 14<br><b>Ageless Art:</b> 1 pm-4pm<br><b>Feeling Fit:</b> 1:30-2:30pm<br><b>Woman's Book Club</b> 5-6:30pm<br><b>Men's Discussion:</b> 6pm-7:30pm<br><b>Women's Coming Out:</b><br>6-7:30pm (ZOOM) | 15<br><b>Senior Drop-in</b><br>12pm-1:30 pm                                                                                                         | 16<br><b>*Special Legal Clinic*</b><br><b>SDVLP HIV/AIDS Legal Services Clinic:</b><br>9am-12pm<br><b>Yoga:</b> 11 am – 12 pm<br><b>Feeling Fit:</b><br>1:30pm-2:30pm | 17<br><b>SPECIAL EVENT</b><br><b>Ageless Artists Art Show and Fair</b><br>1pm to 4pm<br> |
| 18<br><b>★ Medicare Mondays Begin October 19 through Dec 7 10 AM-12 PM</b>              | 19<br><b>Trivia:</b> 10:30-11:30 am<br><b>Feeling Fit:</b> 1:30-2:30pm<br><b>Grief &amp; Loss:</b> 5-6:30pm<br><b>Women's Discussion</b><br>7:30pm – 9 pm (ZOOM) | 20<br><b>Game Day in the Center Library:</b><br>12pm-3:30pm<br><b>Tech On the Go:</b><br>3pm-5pm                                                                       | 21<br><b>Lunch &amp; Learn:</b> 12pm-1pm<br><b>Shades of Color:</b> 12pm-1:30pm<br><b>Ageless Art:</b> 1 pm-4pm<br><b>Feeling Fit:</b> 1:30-2:30pm<br><b>Men's Discussion:</b> 6pm-7:30pm          | 22<br><b>Senior Drop-in</b><br>12pm-1:30 pm<br><br><b>Senior Tech Connect:</b><br>2pm-3pm                                                           | 23<br><b>Yoga at The Center</b><br>11 am – 12 pm<br><b>Feeling Fit:</b><br>1:30pm-2:30pm<br><b>Lesbian Café</b><br>4:30 pm-6:00 pm                                    | 24<br>                                                                                 |
| 25                                                                                      | 26<br><b>Trivia:</b> 10:30-11:30 am<br><b>Feeling Fit:</b> 1:30-2:30pm<br><b>Grief &amp; Loss:</b> 5-6:30pm<br><b>Women's Discussion</b><br>(In Person) 6-7:30pm | 27<br><b><u>SENIOR FOOD BANK</u></b><br><b>1 PM – 3 PM</b><br><b>Game Day:</b> 12-3:30pm<br><b>Tech On the Go:</b> 3-5pm<br><b>Prostate Support (Zoom)</b><br>6:30-8pm | 28<br><b>Ageless Art:</b> 1pm-4pm<br><b>Feeling Fit:</b> 1:30-2:30pm<br><b>Men's Discussion:</b> 6pm-7:30pm<br><b>Women's Coming Out:</b><br>6-7:30pm (ZOOM)                                       | 29<br><b>Medicare Open Enrollment &amp; Scam Prevention Workshop</b><br>11am-1:00 pm<br><i>(Presentation provided in both Spanish and English.)</i> | 30<br><b>Yoga and Feeling Fit Canceled.</b><br><b>Auditorium Closed for Vote Center Setup.</b>                                                                        | 31<br>                                                                                 |

# October 2026

## **Medicare Mondays: Free Medicare Enrollment Assistance \* Annual Enrollment Assistance Program \***

**Mondays, October 19 through December 7, 2026 - 10:00 AM - 12:00 PM at The Center**

Meet one-on-one with a licensed insurance professional for free Medicare enrollment assistance during Open Enrollment. Review plan options, compare prescription drug coverage, verify provider networks, and receive personalized guidance based on your healthcare needs. Services available in English and Spanish. Please contact Senior Services at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or (619) 692-2077 ext. 147 with any questions.

## **Medicare Open Enrollment & Scam Prevention Workshop \* Special Annual Event \***

**Thursday, October 29, 2026 - 11:00 AM - 1:00 PM at The Center**

Learn how to protect yourself from scams and make informed Medicare decisions during Open Enrollment. This free event includes a Scam & Fraud Prevention presentation, lunch, and a bilingual Medicare education workshop presented in English and Spanish. Connect with trusted community resources and get your Medicare questions answered. Presentations will be available in both English and Spanish.

## **HIV/AIDS Legal Services Clinic**

**Friday, October 16, 2026 - 9:00 a.m. - 12:00 p.m. \* Free Specialty Legal Clinic \***

In partnership with Senior Services at The Center and the San Diego Volunteer Lawyer Program (SDVLP), this free, confidential legal clinic offers one-on-one consultations for San Diego County residents living with HIV/AIDS. Attorneys can provide guidance on public benefits, health insurance disputes, disability discrimination, estate planning, housing, and other HIV-related legal concerns. The clinic is open to eligible adults of all ages. Advance registration is required, and space is limited. Contact Senior Services for more information or to register.

## **Feeling Fit Update**

We are pleased to share that Feeling Fit is expected to return to in-person classes at The Center beginning Monday, October 5, 2026. As with any facility project, timelines remain subject to change. Until then, Feeling Fit will continue via Zoom. Contact Senior Services for details.

## **Senior Lunch and Learn: “Fiduciaries & Estate Planning”**

**Wednesday, October 21, 2026, from 12:00 PM to 1:00 PM \* IN PERSON at The Center! \***



Join us on Wednesday, October 21, 2026, from 12:00 to 1:00 PM for a presentation by K. Brooke Jensen, Attorney at Law, and Richard Scott Stewart of California Estate & Elder Law. Learn how professional fiduciaries can help manage financial, legal, and personal affairs when additional support is needed, and gain practical estate planning information to help protect your wishes and plan for the future. **Lunch will be provided.** *Please note: Program topics and presenters are subject to change.)*

## **Senior Tech Connect Technology Education Series \* NEW PROGRAM \***

**2nd & 4th Thursdays - 2:00 PM - 3:00 PM (October 2026 - April 2027)**

Build your technology skills and stay safe online with this free educational series for older adults. Learn smartphone basics, cybersecurity best practices, scam and fraud prevention, password security, AI-related scams, and other practical tips to help you navigate today's digital world with confidence. No registration fee required. Contact Senior Services for more information at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or (619) 692-2077 ext. 147.

## **Ageless Artists Art Show & Fair 2026**

**Saturday, October 17, 2026 - 1:00 PM - 4:00 PM \* Signature Community Event \***

Celebrate creativity, community, and connection at The Center's annual Ageless Artists Art Show & Fair. This year's special intergenerational exhibition will feature artwork from LGBTQ+ older adults and youth artists, showcasing diverse perspectives, lived experiences, and artistic expression. Admission is free and all are welcome.

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