

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)	Senior HIV+ Discussion Group: 12:30-1:30pm Auditorium Closed September 9-21 <i>(Due to flooring improvements.)</i>	Lesbian Café 10:30am-12:00 pm Yoga in the Park (Morley Field) 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 Auditorium Closed September 9-21 <i>(Due to flooring improvements.)</i>	Yoga in the Park (Morley Field) 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 at The Center 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				

September 2026

Auditorium Flooring Project Notice

The Center's Auditorium will be temporarily closed from **September 9 through September 21, 2026**, while new flooring is installed. During this time, some Senior Services programs may be relocated, modified, or canceled. The Center will remain open, and we are working to minimize disruptions while these important facility improvements are completed. Please review the September calendar carefully for program updates and location changes or contact Senior Services at seniors@thecentersd.org or (619) 692-2077 ext. 147 with any questions.

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.

Senior Lunch and Learn: “Dolly Day at The Center”

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



Due to the temporary closure of the Auditorium for flooring improvements, we invite you to a special **Senior Lunch & Learn Movie Day** on **Wednesday, September 16, 2026, from 12:00 PM to 1:00 PM**. Stop by to pick up a grab-and-go sandwich or stay and enjoy lunch and a screening of the classic comedy **9 to 5**, starring Dolly Parton, in The Center Library. This relaxed gathering is an opportunity to connect with friends, enjoy a fun film, and spend time in community while we temporarily adapt programming during the flooring project. **Lunch will be provided.**
(Please note: Program topics and presenters are subject to change.)

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

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

Tech on the Go returns to The Center with weekly classes designed to build confidence and practical technology skills. This month's **All About Apps** series covers online banking and shopping, utilities and camera apps, social media, and concludes with open office hours for individualized support. Participants are encouraged to bring a smartphone, tablet, or laptop. Presented in partnership with **San Diego Futures Foundation**.

Yoga at The Center *(Temporary Location Change September 11 & 18)*

Join **David Miranda, RYT**, every **Friday from 11:00 AM to 12:00 PM** for **Friday Serenity Yoga**, an inclusive and restorative class for all experience levels. During The Center's Auditorium Flooring Project, classes on **September 11 and September 18** will be held at **Morley Field Park (2221 Morley Field Drive)** in a shaded area near Route 6 Coffee & Smoothies and the Balboa Tennis Club. Participants are welcome to bring their own yoga mat, and mats will also be available. Regular classes at The Center will resume on **September 25**.

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.