

50 & Better Together January, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 The Center Closed for the New Year's Holiday →	1 The Center Closed for the New Year's Holiday →	2 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – (Guys, Games & Grub) – 6pm	3 *** Date change due to Holidays <u>FOOD BANK 9AM</u> Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm	4 FOG Rap Group 10-11:30am	5 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
6 Croquet in Balboa Park 1-3pm	7 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	8 Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	9 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	10 Free Legal Clinic for Everyone - 9:30-11:30am HIV Positive Seniors Discussion Group 12-1pm Gentle Yoga 2:45-3:45pm	11 FOG Rap Group 10-11:30am	12 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University Ave. 92103
13 Croquet in Balboa Park 1-3pm	14 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	15 Canasta 12:30-3:30pm	16 Lunch & Learn – San Diego Opera: Opera Exposed! 12 - 1:30pm (RSVP) Feeling Fit Club 1:30-2:30pm Art Group 1:30-4:30pm	17 Gentle Yoga 2:45-3:45pm	18 FOG Rap Group 10-11:30am	19 The Center Closed for the Martin Luther King Jr. Holiday →
20 Croquet in Balboa Park 1-3pm	21 The Center Closed for the Martin Luther King Jr. Holiday →	22 Canasta 12:30-3:30pm <u>SENIOR FOOD BANK 1-3PM</u> Gay Men's Prostate Cancer Support Group 6:30-8pm	23 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	24 Free Legal Clinic for Everyone - 9:30-11:30am Gentle Yoga 2:45-3:45pm	25 FOG Rap Group 10-11:30am	26 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
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January, 2019

Lunch & Learn – San Diego Opera: *Opera Exposed!*

Wednesday, January 16th from 12-1:30pm in the Auditorium

Opera Exposed! is San Diego Opera's community engagement concert series featuring young professional singers from SDO's Young Artist Training Program. The concert will include staged arias and scenes from old and new operatic works. Join us in this exciting and engaging world of opera! For more information and to RSVP, please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

FOOD BANK – **DATE CHANGE**

Thursday, January 3rd at 9am in The Center parking lot

Because The Center will be closed on January 1st for the New Year's Holiday, the Food Bank Distribution has been moved to Thursday, January 3rd. For more information, please contact LaRue Fields at seniors@thecentersd.org or 619.692.2077 ext. 205.

Grief & Loss Discussion Group

The 1st, 2nd, 3rd & 4th Mondays of the month from 5:30-7:00pm – site varies so please check with front desk

***This group will not meet on Monday, January 21st because of the Martin Luther King Jr. Holiday.**

Maureen Scahill Cantrella is the facilitator for the group. Come join the group if you are experiencing grief, loss or sadness. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

Yoga for Everyone

Mondays from 9:15-10:15am in the Auditorium

***There will be no Yoga for Everyone on Monday, January 21st because of the Martin Luther King Jr. Holiday.**

This yoga class is open to all! Please join us for an accessible yoga class in our carpeted library with a certified yoga instructor, David Miranda. David will lead this very popular class that is growing weekly. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

The Feeling Fit Club

Mondays and Wednesdays from 1-2pm in the Auditorium

***There will be no Feeling Fit on Monday, January 21st because of the Martin Luther King Jr. Holiday.**

***The Feeling Fit Club will meet on the 3rd Wednesdays of the month at 1:30pm instead of 1pm.**

This class for older adults helps to improve balance, strength, flexibility and maintain independence. It's suitable for all levels - exercises can be done sitting or standing. Come join the group as they get themselves a workout that's fun and productive. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

Canasta Group

Tuesdays from 12:30-3:30pm in the Library

***There will be no Canasta Group on Tuesday, January 1st because of the New Year's Holiday.**

Canasta is a card game in the rummy family of games; it's also a lot of fun to play! This group is anxious to teach beginners and welcomes players of all levels. Come to the Canasta group and try your hand at an exciting game with lively conversation. Meet a good group of people and have a lot of fun!!! For more information, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

Gentle Yoga

Thursdays from 2:45-3:45pm in the Auditorium

***There will be no Senior Yoga on Thursday, December 27th because of the change of dates for Senior Food Bank.**

This is a Yoga class for seniors where the mission is to improve the health and overall well-being of all seniors, regardless of age, physical ability or financial status. For more information, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

The Center will be closed Tuesday, January 1st for the New Year's Holiday.

The Center will also be closed on Saturday, January 19th and Monday, January 21st for the Martin Luther King Jr. Holiday.