

50 & Better Together March, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Senior Advisory Committee Meeting 12-1pm Gentle Yoga	2 FOG Rap Group 10-11:30am	3 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
4 Croquet in Balboa Park 1-3pm	5 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	6 <u>FOOD BANK</u> <u>9AM</u> Canasta 12:30-3:30pm	7 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – (Guys, Games & Grub) – 6pm	8 HIV Positive Seniors Discussion Group 12-1pm Gentle Yoga 2:45-3:45pm	9 FOG Rap Group 10-11:30am	10 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
11 Croquet in Balboa Park 1-3pm	12 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	13 Free Legal Clinic for Everyone - 9:30-11:30am Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	14 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	15 Lunch Out – Alexi's Greek Café – 3863 5th Ave. – 92103 12pm Gentle Yoga 2:45-3:45pm	16 FOG Rap Group 10-11:30am	17 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
18 Croquet in Balboa Park 1-3pm	19 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	20 Canasta 12:30-3:30pm	21 Lunch & Learn – Sexuality in Later Life: From Barriers to Barrier Methods 12 - 1:30pm (RSVP) Feeling Fit Club 1-2pm Art Group	22 Gentle Yoga 2:45-3:45pm	23 FOG Rap Group 10-11:30am	24 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
25 Croquet in Balboa Park 1-3pm	26 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	27 Free Legal Clinic for Everyone - 9:30-11:30am Canasta 12:30-3:30pm <u>SENIOR FOOD BANK 1-3PM</u> Gay Men's Prostate Cancer Support Group 6:30-8pm	28 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	29 Gentle Yoga 2:45-3:45pm	30 The Center Closed for Cesar Chavez Day	31 The Center Closed for Cesar Chavez Day

March 2018

Lunch & Learn: Sexuality in Later Life: From Barriers to Barrier Methods

Wednesday, March 21 from 12-1:00pm in the Library

Sex requires creativity, no matter your age or limitations. Join us for a discussion on the joys and strategies behind sex and aging, where we will explore how to accommodate for changing bodies, abilities and libidos. Facilitated by sex shop veteran turned public health consultant Sarah Kellman, this workshop will respond to a range of topics, including the incredible role of lube and condoms (pro tip: super important!), positions and aides for greater comfort (and of course, pleasure), and communication tips for disclosures (for when your partner isn't a mind reader). Come for the tips and stay for the treats, courtesy of your neighborhood adult shop. For more information and/or to RSVP, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

HIV Positive Seniors Discussion Group

Thursday, March 8th, 12-1pm in the Library

If you are 50 years or better and living with HIV, then this discussion group is just for you! Discuss the topics that interest you most. Discover how to feel your best. Socialize with others who can relate. Join us for this lively discussion group to connect, to learn, and to have fun. For more information on the group please contact LaRue Fields at seniors@thecentersd.org or 619.692.2077 x205.

Yoga for Everyone

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

There will be no Yoga for Everyone class on Monday, February 19th.

This yoga class is open to all but be advertised on the senior calendar and recorded under senior programs. We have a new instructor by the name of David Miranda and he is a certified yoga instructor. David will lead this very popular class that is growing weekly. We welcome David to The LGBT Center and we hope to see all of our regulars to this class come back and support him as he puts his heart, soul and skills into his own system of exercises for mental and physical health. For more information, contact LaRue Fields at seniors@thecentersd.org or 619.692.2077 ext. 205.

The Feeling Fit Club

Mondays and Wednesdays from 1-2pm in the Auditorium

There will be no Feeling Fit class on Monday, February 19th.

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. To sign up just attend class. For more information, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

Lunch Out – Alexi's Greek Café – 3863 5th Ave. – 92103

Thursday, March 15 at 12pm

Please RSVP to Al Kalian at 619.296.0833. For even more information, you may also contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org.

Gentle Yoga

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

The mission of this yoga class 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 Friday, March 30 – Saturday, March 31 for Cesar Chavez Day