

# 50 & Better Together May, 2018

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|--|---|---|---|---|
|   |  | <b>1</b><br><b><u>FOOD BANK</u></b><br><b><u>9AM</u></b><br><br><b>Canasta 12:30-3:30pm</b>  | <b>2</b><br><b>Feeling Fit Club</b><br>1-2pm<br><b>Art Group</b><br>1:30-4:30pm<br><b>GGG – (Guys, Games &amp; Grub) – 6pm</b>  | <b>3</b><br><b>Senior Advisory Committee 12pm</b><br><br><b>Gentle Yoga</b><br>2:45-3:45pm  | <b>4</b><br><b>FOG (Fellowship of Older Gays)</b><br>10-11:30am<br><br><b>Opportunities of Aging</b><br>6pm | <b>5</b><br><b>FOG Coffee Social</b><br>10am Panera Bread<br>1270 Cleveland Ave.<br>92103   |
| <b>6</b><br><b>Croquet in Balboa Park</b><br>1-3pm  | <b>7</b><br><b>Yoga for Everyone 9:15-10:15am</b><br><b>Feeling Fit Club</b><br>1-2pm      | <b>8</b><br><b>Canasta</b><br>12:30-3:30pm<br><br><b>Gay Men’s Prostate Cancer Support Group 6:30-8pm</b>  | <b>9</b><br><b>Feeling Fit Club</b><br>1-2pm<br><br><b>Art Group</b><br>1:30-4:30pm   | <b>10</b><br><b>Free Legal Clinic for Everyone - 9:30-11:30am</b><br><b>HIV Positive Seniors Discussion Group</b><br>12-1pm<br><b>Gentle Yoga</b><br>2:45-3:45pm                                  | <b>11</b><br><b>FOG (Fellowship of Older Gays)</b><br><b>FOG Rap Group</b><br>10-11:30am                    | <b>12</b> <b>FOG Coffee Social</b><br>10am Panera Bread<br>1270 Cleveland Ave.<br>92103   |
| <b>13</b><br><b>Croquet in Balboa Park</b><br>1-3pm | <b>14</b><br><b>Yoga for Everyone 9:15-10:15am</b><br><b>Feeling Fit Club</b><br>1-2pm     | <b>15</b><br><b>Canasta</b><br>12:30-3:30pm  | <b>16</b><br><b>Lunch &amp; Learn - What Would a Vibrant, Equitable, All-Ages-Friendly City Look Like?</b><br>12 - 1:30pm (RSVP)<br>*CANCELLED – FEELING FIT CLUB<br><b>Art Group</b> | <b>17</b><br><br><b>Gentle Yoga</b><br>2:45-3:45pm  | <b>18</b><br><b>FOG (Fellowship of Older Gays)</b><br><b>FOG Rap Group</b><br>10-11:30am                    | <b>19</b><br><br><b>12<sup>th</sup> Annual Senior Resource Fair</b><br><b>10am-1pm</b>  |
| <b>20</b><br><b>Croquet in Balboa Park</b><br>1-3pm | <b>21</b><br><b>Yoga for Everyone 9:15-10:15am</b><br><br><b>Feeling Fit Club</b><br>1-2pm | <b>22</b><br><b>Canasta</b><br>12:30-3:30pm<br><br><b><u>SENIOR FOOD BANK 1-3PM</u></b><br><br><b>Gay Men’s Prostate Cancer Support Group 6:30-8pm</b> | <b>23</b><br><b>Feeling Fit Club</b><br>1-2pm<br><br><b>Art Group</b><br>1:30-4:30pm  | <b>24</b><br><b>Free Legal Clinic for Everyone - 9:30-11:30am</b><br><b>Gentle Yoga</b><br>2:45-3:45pm<br><b>Dinner Out - Chop Suey Peking Restaurant – 2877 University Ave. – 92104 5pm RSVP</b> | <b>25</b><br><b>FOG (Fellowship of Older Gays)</b><br><b>Rap Group</b><br>10-11:30am                        | <b>26</b><br><b>FOG Coffee Social</b><br>10am Panera Bread<br>1270 Cleveland Ave.<br>92103<br><br><b>The Center Closed for Memorial Day</b> |
| <b>27</b><br><b>Croquet in Balboa Park</b><br>1-3pm | <b>28</b><br><b>The Center Closed for Memorial Day</b>                                     | <b>29</b><br><b>Canasta</b><br>12:30-3:30pm  | <b>30</b><br><b>Feeling Fit Club</b><br>1-2pm<br><br><b>Art Group</b><br>1:30-4:30pm  | <b>31</b><br><b>Gentle Yoga</b><br>2:45-3:45pm  |   |   |

**May 2018**

**12<sup>th</sup> Annual Senior Resource Fair  
Saturday, May 19<sup>th</sup> from 10am – 1pm**

This event should be educational, informative and fun! At least 25 diverse vendors will be there with an array of information and free giveaways. You will receive a free bag and a Free Lunch and the lunch will be served at 11:15am.

**The Opportunities of Aging  
Friday, May 4, 6pm**

Opportunity and aging are words rarely used in the same sentence. Learn how an awareness that our days are limited can give us a sense of urgency to enjoy rather than merely measure our time. Discover how successful aging involves replacing the expensive stuff in our lives with high quality relationships.

Join us on Friday, May 4<sup>th</sup> as Loren A. Olsen, MD, author of *Finally Out: Letting Go of Living Straight* shares about the “Opportunities of Aging.” Loren A. Olson, MD, is a well-respected, Iowa-based, board-certified psychiatrist. He is also a gay man who came out at age 40 and a nationally recognized expert on mature gay men. He has appeared on ABC-TV’s “Good Morning America,” has spoken to groups across the country, and has given numerous national, local, and regional television, radio, and print interviews.

Event held in The San Diego LGBT Community Center Auditorium at 6pm. Light refreshments served. For more information, contact Sarah Merk-Benitez at [smerkbenitez@thecentersd.org](mailto:smerkbenitez@thecentersd.org) or (619) 692-2077 x214.

**Lunch & Learn: Planning A Community That Is Inclusive For All:  
What Would a Vibrant, Equitable, All-Ages-Friendly City Look Like?  
Wednesday, May 16<sup>th</sup> from 12-1:00pm in the Auditorium**

Our physical and social environments are key determinants of whether people can remain healthy, independent and autonomous throughout their lives and long into their older years. The World Health Organization (WHO) has a global initiative that encourages cities and communities to adapt their structures and services to the needs of all people, across the life course, as our global population ages. In short, it is an effort to encourage aging-friendly environments and attitudes across eight domains: the built environment, transport, housing, social participation, respect and social inclusion, civic participation and employment, communication, and community support and health services. Come join the UCSD Life Course Scholars Students for a conversation and collaborative working session in which to envision, capture, and share ideas for building a more age-friendly community and city. For more information and/or to RSVP, please contact LaRue Fields at 619.692.2077 x205 or [seniors@thecentersd.org](mailto:seniors@thecentersd.org).

**HIV Positive Seniors Discussion Group  
Thursday, May 10<sup>th</sup>, 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](mailto:seniors@thecentersd.org) or 619.692.2077 x205.

### **The Feeling Fit Club**

**Mondays and Wednesdays from 1-2pm in the Auditorium**

**\*THERE WILL BE NO FEELING FIT CLASS ON WEDNESDAY, MAY 16<sup>TH</sup>.**

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](mailto:seniors@thecentersd.org).

### **Yoga for Everyone**

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

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](mailto:seniors@thecentersd.org) or 619.692.2077 ext. 205.

**Dinner Out – Chop Suey Peking Restaurant- 2877 University Ave. - 92104**

**Thursday, May 24<sup>th</sup>, at 5pm**

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](mailto:seniors@thecentersd.org).

**The Center is closed on Saturday, May 26<sup>th</sup> and Monday, May 28<sup>th</sup> for Memorial Day.**