

50 & Better Together September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 The Center is CLOSED for LABOR DAY
2 The Center is CLOSED for LABOR DAY	3 The Center is CLOSED for LABOR DAY	4 <u>FOOD BANK 9AM</u> Canasta 12:30-3:30pm	5 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – 6pm	6 Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm	7 FOG Rap Group 10-11:30am	8 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
9 Croquet in Balboa Park 1-3pm	10 Yoga for Everyone 9:15-10:15am (Library) Feeling Fit Club 1-2pm	11 Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	12 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	13 Free Legal Clinic 9:30-11:30am HIV Positive Seniors Discussion Grp 12-1pm Gentle Yoga 2:45-3:45pm Dinner Out! RSVP El Comal @ 5pm	14 FOG Rap Group 10-11:30am	15 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
16 Croquet in Balboa Park 1-3pm	17 Yoga for Everyone 9:15-10:15am (Library) Feeling Fit Club 1-2pm	18 Canasta 12:30-3:30pm	19 Lunch & Learn "Historias de Nuestra Comunidad" 12-1:30pm (RSVP) Eng & Span Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	20 Gentle Yoga 2:45-3:45pm	21 FOG Rap Group 10-11:30am	22 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave. 50 & Better Art Show & Faire 12-3pm
23 Croquet in Balboa Park 1-3pm 1-3pm Croquet in Balboa Park 30	24 Yoga for Everyone 9:15-10:15am (Library) Feeling Fit Club 1-2pm	25 Canasta 12:30-3:30pm <u>SENIOR FOOD BANK 1-3PM</u> Gay Men's Prostate Cancer Support Group 6:30-8pm	26 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	27 Free Legal Clinic 9:30-11:30am Gentle Yoga 2:45-3:45pm HIV Positive Seniors Discussion Group 12-1pm	28 FOG Rap Group 10-11:30am	29 SAN DIEGO AIDS WALK & RUN 2018 Join The Center's AIDS Walk Team!

September 2018

Lunch & Learn: “Historias de Nuestra Comunidad”

Wednesday, September 19 from 12-1:30pm in the Library @ The Center

At the cross-section of being Latino/a and LGBT there is a very unique story to be told. It can often be an incredible challenge to feel at home in both of those communities simultaneously. Created in 2004, the mission of Latin@ Services is to provide a safe, welcoming and culturally and linguistically appropriate space that allows the Latin@ community to accept and embrace every aspect of their identities, including their culture, traditions, language, spirituality and sexual and gender identities. Those who come to Latin@ Services often become second family. Join us on Wednesday, September 19 @ 12pm to hear “*Historias de Nuestra Comunidad*” or “*Stories from Our Community.*” We’ll share the history of Latin@ Services, as well as stories from the cross-section of being Latin@, LGBT and/or living with HIV. For more information and/or to RSVP, please contact Kyrn Pierce at 619.692.2077 x218 or seniors@thecentersd.org.

50 & Better Art Show & Faire

Please join our Ageless Artist group for the Annual 50 & Better Art Show & Faire on Saturday, September 22, 2018 from 12-3pm in The San Diego LGBT Community Center Auditorium. Enjoy art, wine, snacks and a chance to win a masterpiece to take home! Art will also be available for purchase! FREE Admission. All attendees must be 21+ years old. For more information contact us at seniors@thecentersd.org or 619.692.2077 x218.

San Diego AIDS Walk & Run 2018

Each year, more than 8,000 individuals, teams, social clubs, local businesses, schools and universities, faith organizations will come together for AIDS Walk & Run to remember those who have been lost to the disease and raise funds to support the more than 18,000 San Diegans living with HIV/AIDS. Please join us for San Diego’s largest HIV/AIDS fundraising event and be part of this incredible experience. Join The Center’s team by walking with us or donating to the team!

Yoga for Everyone

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

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, contact us at seniors@thecentersd.org or 619.692.2077 x218.

Art Group: Drawing and Painting

Wednesdays from 1:30-4:30pm in Group Room 2

Artists and emerging artists of all skill levels gather to enjoy the warm camaraderie of other like-minded artist. This is not a class, we all learn from each other. Bring the medium of your choice. Give us a try, you are welcome here!!! For more information on the group please contact us at seniors@thecentersd.org or 619.692.2077 x218.

HIV Positive Seniors Discussion Group

Thursday, August 9, 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 us at seniors@thecentersd.org or 619.692.2077 x218.

Dinner Out – Dinner Out is at El Comal (3946 Illinois Street) on Thursday, September 13 @ 5pm in North Park. To reserve a spot, please contact us at seniors@thecentersd.org or 619.692.2077 x218.