

50 & Better Together April, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 The Center Closed for Cesar Chavez Day →	2 FOOD BANK 9AM Canasta 12:30-3:30pm Grief & Loss Discussion Group 5:30-7pm	3 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – 6pm	4 Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm	5 FOG Rap Group 10-11:30am	6 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
7 Croquet in Balboa Park 1-3pm	8 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	9 Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	10 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	11 Free Legal Clinic 9:30-11:30am HIV Positive Seniors Discussion Group 12-1pm	12 FOG Rap Group 10-11:30am	13 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
14 Croquet in Balboa Park 1-3pm	15 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	16 Canasta 12:30-3:30pm	17 Lunch & Learn "How do we plan for healthcare directives for our future needs in our life?" 12-1:30pm (RSVP) Feeling Fit Club 1:30-2:30pm Art Group 1:30-4:30pm	18 Gentle Yoga 2:45-3:45pm Grief & Loss Discussion Group 5:30-7pm	19 FOG Rap Group 10-11:30am	20 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
21 Croquet in Balboa Park 1-3pm	22 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	23 Canasta 12:30-3:30pm SENIOR FOOD BANK 1-3PM Gay Men's Prostate Cancer Support Group 6:30-8pm	24 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	25 Free Legal Clinic 9:30-11:30am Gentle Yoga 2:45-3:45pm	26 FOG Rap Group 10-11:30am	27 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
28 Croquet in Balboa Park 1-3pm	29 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	30 Canasta 12:30-3:30pm				

April 2019

****The Center will be closed on Monday, April 1st for the Cesar Chavez Holiday****

Lunch & Learn “How Do We Plan For Healthcare Directives For Our Future Needs In Our Life?”

Wednesday, April 17th from 12-1:30pm in the Auditorium

We will hear from Susanna Concha-Garcia who is a member of San Diego County Coalition for Improving End of Life Care as she talks about how to prepare ourselves for the future. What if I become temporarily or permanently disabled, what decisions should I prepare in advance? Who can I speak with to make these decisions? Who is the most capable of carrying out my wishes? Is there paperwork involved to document my decisions? Can I make changes as my health changes? These and other questions are answered at this presentation so please join us in learning more about Advanced Directives. For more information and to RSVP, please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

HIV Positive Seniors Discussion Group

Thursday, April 11th from 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 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

The Feeling Fit Club will not meet on Monday, April 1st because The Center will be closed.

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

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

There will be no Grief & Loss Discussion Group on Monday, April 1st because The Center is closed. The Group will meet on Tuesday, April 2nd instead.

The group will not meet for the 2nd week of the month but will meet on Thursday, April 18th.

The Grief & Loss Discussion Group is for those handling a loss or dealing with grief of a loved one or someone close who has passed or no longer a part of ones' life. This group is facilitated by Maureen Scahill Cantrella and welcomes all experiencing grief, loss or sadness. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

Gentle Yoga

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

There will be no Gentle Yoga on Thursday, April 11th.

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. We have a new instructor by the name of Stephanie Dunbar and she is experienced in the Hatha style yoga and will working with the group on old and new techniques. Please join them as they explore the world of yoga for seniors. For more information, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

Canasta Group

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

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.

Yoga for Everyone

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

There will be no Yoga for Everyone on Monday, April 1st because The Center will be closed.

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