

50 & Better Together March, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FOG Rap Group 10-11:30am	2 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
3 Croquet in Balboa Park 1-3pm	4 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	5 <u>FOOD BANK</u> 9AM Canasta 12:30-3:30pm	6 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – 6pm	7 Senior Advisory Committee Meeting 12-1pm Gentle Yoga 2:45-3:45pm	8 FOG Rap Group 10-11:30am	9 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
10 Daylight Saving Time – Move your clock forward 1 hour! Croquet in Balboa Park 1-3pm	11 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	12 Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	13 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	14 Free Legal Clinic for Everyone - 9:30-11:30am HIV Positive Seniors Discussion Group 12-1pm Gentle Yoga 2:45-3:45pm	15 FOG Rap Group 10-11:30am	16 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
17 Croquet in Balboa Park 1-3pm	18 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	19 Canasta 12:30-3:30pm	20 Lunch & Learn – Alzheimer's - Know the 10 Signs: Early Detection Matters" 12-1:30pm (RSVP) Feeling Fit Club 1:30-2:30pm Art Group 1:30-4:30pm	21 Gentle Yoga 2:45-3:45pm	22 FOG Rap Group 10-11:30am	23 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
24 Croquet in Balboa Park 1-3pm	25 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	26 Canasta 12:30-3:30pm <u>SENIOR FOOD BANK</u> 1-3PM Gay Men's Prostate Cancer Support Group 6:30-8pm LGBT COMMUNITY FORUM – ALZHEIMER'S DISEASE, DEMENTIA AND MEMORY LOSS 5:30-7:30pm RSVP	27 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	28 Free Legal Clinic for Everyone - 9:30-11:30am PROFESSIONAL DEVELOPMENT FAIR 1-4pm Grief & Loss Discussion Group 5:30-7pm	29 FOG Rap Group 10-11:30am	30 The Center Closed for Cesar Chavez Day
31 →						→

March, 2019

Daylight Saving Time – Move your clocks forward 1 hour!
Sunday, March 10th at 2am

Lunch & Learn – “Alzheimer’s - Know the 10 Signs: Early Detection Matters”
Wednesday, March 20th from 12-1:30pm in the Auditorium

The warning signs of Alzheimer’s disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this training to learn the 10 Warning Signs of Alzheimer’s disease. We’ll separate myth from reality and address commonly-held fears about Alzheimer’s in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others. For more information and to RSVP, please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

LGBT COMMUNITY FORUM – ALZHEIMER’S DISEASE, DEMENTIA AND MEMORY LOSS
Tuesday, March 26th from 5:30-7:30pm in the Auditorium

The Alzheimer’s Association appreciates our San Diego LGBT community and wants to help! Join us for an interactive forum to explore how the Alzheimer’s Association can best support you. Bring a family member, friend or someone you know who has been affected by Alzheimer’s or another dementia and learn about brain health and changes as we age. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

THE SAN DIEGO LGBT COMMUNITY CENTER’S PROFESSIONAL DEVELOPMENT FAIR
Thursday, March 28th from 1-4pm in the Auditorium

If you are looking for employment then this is the place for you!! The Fair features a tabling space for employers and recruiters, mock interviews, professional development workshops and networking. For more information please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

HIV Positive Seniors Discussion Group
Thursday, March 14th 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 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

***This group will also meet on Thursday, March 28th in the Library.**

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, March 28th because of a conflict with the Professional Development Fair.**

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 on Saturday, March 30th for the Cesar Chavez Holiday.