



# 50 & Better Together May, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>Feeling Fit Club</b> 1-2pm <b>Art Group</b> 1:30-4:30pm <b>GGG – 6pm</b>	2 <b>Senior Advisory Committee</b> 12pm <b>Gentle Yoga</b> 2:45-3:45pm <b>Dine Out for Life</b>	3 <b>FOG Rap Group</b> 10-11:30am	4 <b>FOG Coffee Social</b> 10am Lestat's Hillcrest 1041 University Ave.
5 <b>Croquet in Balboa Park</b> 1-3pm	6 <b>Yoga for Everyone</b> 9:15-10:15am <b>Feeling Fit Club</b> 1-2pm <b>Grief &amp; Loss Discussion Group</b> 5:30-7pm	7 <b><u>FOOD BANK 9AM</u></b> <b>Canasta</b> 12:30-3:30pm	8 <b>Feeling Fit Club</b> 1-2pm <b>Art Group</b> 1:30-4:30pm	9 <b>Free Legal Clinic</b> 9:30-11:30am <b>HIV Positive Seniors Discussion Group</b> 12-1pm <b>Gentle Yoga</b> 2:45-3:45pm	10 <b>FOG Rap Group</b> 10-11:30am	11 <b>FOG Coffee Social</b> 10am Lestat's Hillcrest 1041 University Ave.
12 <b>Croquet in Balboa Park</b> 1-3pm	13 <b>Yoga for Everyone</b> 9:15-10:15am <b>Feeling Fit Club</b> 1-2pm <b>Grief &amp; Loss Discussion Group</b> 5:30-7pm	14 <b>Canasta</b> 12:30-3:30pm <b>Gay Men's Prostate Cancer Support Group</b> 6:30-8pm	15 <b>Lunch &amp; Learn: "World Café: Cross-generational Conversations on Topics that Touch Us All"</b> 12-1:30pm <b>Feeling Fit Club</b> 1:30-2:30pm <b>Art Group</b> 1:30-4:30pm	16 <b>Gentle Yoga</b> 2:45-3:45pm	17 <b>Harvey Milk Diversity Breakfast - Hilton San Diego Bayfront</b> 7am  <b>FOG Rap Group</b> 10-11:30am	18 <b>THE 13<sup>TH</sup> ANNUAL SENIOR RESOURCE FAIR</b> 10am -1pm
19 <b>Croquet in Balboa Park</b> 1-3pm	20 <b>Yoga for Everyone</b> 9:15-10:15am <b>Feeling Fit Club</b> 1-2pm <b>Grief &amp; Loss Discussion Group</b> 5:30-7pm	21 <b>Canasta</b> 12:30-3:30pm	22 <b>Feeling Fit Club</b> 1-2pm <b>Art Group</b> 1:30-4:30pm	23 <b>Free Legal Clinic</b> 9:30-11:30am <b>Gentle Yoga</b> 2:45-3:45pm	24 <b>FOG Rap Group</b> 10-11:30am	25 <b>The Center is Closed for Memorial Day</b> 
26 <b>Croquet in Balboa Park</b> 1-3pm	27 <b>The Center is Closed for Memorial Day</b> 	28 <b>Canasta</b> 12:30-3:30pm <b><u>SENIOR FOOD BANK 1-3PM</u></b> <b>Gay Men's Prostate Cancer Support Group</b> 6:30-8pm <b>Grief &amp; Loss Discussion Group</b> 5:30-7pm	29 <b>Feeling Fit Club</b> 1-2pm <b>Art Group</b> 1:30-4:30pm	30 <b>Gentle Yoga</b> 2:45-3:45pm	31 <b>FOG Rap Group</b> 10-11:30am	

MAY 2019

**The Center will be closed on Monday, May 27<sup>th</sup> for Memorial Day!**

### *13<sup>th</sup> Annual Senior Resource Fair*

**Saturday, May 18<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. Please join us for this wonderful event!!!**

### **Lunch & Learn: “World Café: Cross-Generational Conversations on Topics that Touch Us All”**

**Wednesday, May 15<sup>th</sup> from 12-1:30pm in the Auditorium**

Come join the UCSD Life Course Scholars Students for an intergenerational conversation and dialogue on various topics and how they have affect our lives. We will talk about music, the arts, common social boundaries and barriers (e.g. race/ethnicity, class, gender identity, sexual orientation, religion, disability). Please join us as we share information and learn from each other. For more information or to RSVP, please contact LaRue Fields at 619.692.2077 ext. 205 or [seniors@thecentersd.org](mailto:seniors@thecentersd.org)

### **HIV Positive Seniors Discussion Group**

**Thursday, May 9<sup>th</sup> 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](mailto:seniors@thecentersd.org)

### **The Feeling Fit Club**

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

**\*The Feeling Fit Club will meet on the 3<sup>rd</sup> Wednesdays of the month at 1:30pm instead of 1pm.\***

**\*The Feeling Fit Club will not meet on Monday, May 27<sup>th</sup> because The Center will be closed for Memorial Day.\***

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](mailto:seniors@thecentersd.org)

### **Grief & Loss Discussion Group**

**The 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Mondays of the month from 5:30-7:00pm – site varies so please check with front desk**

**\*The Grief & Loss Discussion Group will not meet on Monday, May 27<sup>th</sup> because The Center will be closed for Memorial Day. The Group will meet on Tuesday, May 28<sup>th</sup> instead.\***

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](mailto:seniors@thecentersd.org)

### **Yoga for Everyone**

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

**\*There will be no Yoga for Everyone on Monday, May 27<sup>th</sup> because The Center will be closed for Memorial Day.\***

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](mailto:seniors@thecentersd.org)