

# 50 & Better Together June, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FOG Rap Group 10-11:30am	2 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
3	4 Yoga for Everyone 9:15-10:15am  Feeling Fit Club 1-2pm	5 Canasta 12:30-3:30pm	6 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – 6pm	7 <u>*FOOD BANK</u> <u>9AM</u>  Gentle Yoga 2:45-3:45pm	8 FOG Rap Group 10-11:30am	9 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
10	11 Yoga for Everyone 9:15-10:15am  Feeling Fit Club 1-2pm	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 Panera Bread 1270 Cleveland Ave. 92103
17	18 Yoga for Everyone 9:15-10:15am  Feeling Fit Club 1-2pm	19 Canasta 12:30-3:30pm	20 Lunch & Learn – “Mindfulness, Stress and How to Optimize LIFE” 12-1:30pm (RSVP) Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	21 Gentle Yoga 2:45-3:45pm Dinner Out - Bangkok Spices Thai Restaurant - 3627 30th St, - 92104 5pm RSVP	22 FOG Rap Group 10-11:30am  The Center closes at 3pm.  All are welcome to Dr. Delores Jacob's Community Celebration at The Center 6-9pm.	23 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
24	25 Yoga for Everyone 9:15-10:15am  Feeling Fit Club 1-2pm	26 Canasta 12:30-3:30pm <u>SENIOR FOOD</u> <u>BANK 1-3PM</u> Gay Men's Prostate Cancer Support Group 6:30-8pm	27 Feeling Fit Club 1-2pm  Art Group 1:30-4:30pm	28 Aging Summit 2018 “Age Well in Action” Free Legal Clinic for Everyone - 9:30-11:30am Gentle Yoga 2:45-3:45pm	29 FOG Rap Group 10-11:30am	30 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103

**June 2018**

**\*\*\*FOOD BANK DATE CHANGE DUE TO PRIMARY ELECTION!!**

The Food Bank for the month of June will be held on Thursday, June 7<sup>th</sup> at the regular time of 9am.

**Election Day!**

Tuesday, June 5<sup>th</sup> – polls open from 7am – 8pm

**PLEASE VOTE!!!!!!**

**Lunch & Learn: “Mindfulness, Stress and How to Optimize LIFE”**

**Wednesday, May 16<sup>th</sup> from 12-1:00pm in the Library**

Dr. Katie Schlein D.C. is a Family Chiropractor who will share with us a few things on how to optimize one's life. Dr. Katie, as she likes to be called, is passionate about serving her fellow LGBT community and is excited to come speak to our group of seniors. She will be sharing insight and education on health immune boosting tips, mindfulness and meditation activities, as well as leading a group exercise. In addition she will share some of the keys to fulfilling one's potential. For more information and/or to RSVP, please contact LaRue Fields at 619.692.2077 x205 or [seniors@thecentersd.org](mailto:seniors@thecentersd.org).

**San Diego County Aging Summit 2018 – “Age Well in Action” – Town & Country Convention Center – 500 Hotel Circle North - 92108**

Thursday, June 28<sup>th</sup> from 9am – 3pm

**Senior Advisory Committee Meeting**

**\*\*\*There will be no Senior Advisory Committee Meeting this month.**

**Dinner Out – Bangkok Spices Thai Restaurant – 3627 30<sup>th</sup> St. - 92104**

**Thursday, June 21<sup>st</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).

**HIV Positive Seniors Discussion Group**

**Thursday, June 14<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**

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 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. For more information, contact LaRue Fields at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or 619.692.2077 ext. 205.