

50 & Better Together August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 Feeling Fit Club 1-2pm</p> <p>Art Group 1:30-4:30pm</p> <p>GGG – 6pm</p>	<p>2 Senior Advisory Committee 12pm</p> <p>Gentle Yoga 2:45-3:45pm</p>	<p>3 FOG Rap Group 10-11:30am</p>	<p>4 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.</p>
<p>5 Croquet in Balboa Park 1-3pm</p>	<p>6 Yoga for Everyone 9:15-10:15am (Library)</p> <p>Feeling Fit Club 1-2pm</p>	<p>7 <u>FOOD BANK 9AM</u></p> <p>Canasta 12:30-3:30pm</p>	<p>8 Feeling Fit Club 1-2pm</p> <p>Art Group 1:30-4:30pm</p>	<p>9 Free Legal Clinic 9:30-11:30am</p> <p>HIV Positive Seniors Discussion Group 12-1pm</p> <p>Gentle Yoga 2:45-3:45pm</p>	<p>10 FOG Rap Group 10-11:30am</p>	<p>11 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.</p>
<p>12 Croquet in Balboa Park 1-3pm</p>	<p>13 Yoga for Everyone 9:15-10:15am (Library)</p> <p>Feeling Fit Club 1-2pm</p>	<p>14 Canasta 12:30-3:30pm</p> <p>Gay Men's Prostate Cancer Support Group 6:30-8pm</p>	<p>15 Lunch & Learn <i>"Mental Health Matters"</i> 12-1:30pm (RSVP)</p> <p>Art Group 1:30-4:30pm</p>	<p>16 Gentle Yoga 2:45-3:45pm</p>	<p>17 FOG Rap Group 10-11:30am</p>	<p>18 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.</p>
<p>19 Croquet in Balboa Park 1-3pm</p>	<p>20 Yoga for Everyone 9:15-10:15am (Library)</p> <p>Feeling Fit Club 1-2pm</p>	<p>21 Canasta 12:30-3:30pm</p>	<p>22 Feeling Fit Club 1-2pm</p> <p>Art Group 1:30-4:30pm</p>	<p>23 Free Legal Clinic 9:30-11:30am</p> <p>Gentle Yoga 2:45-3:45pm</p>	<p>24 FOG Rap Group 10-11:30am</p>	<p>25 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.</p>
<p>26 Croquet in Balboa Park 1-3pm</p>	<p>27 Yoga for Everyone 9:15-10:15am (Library)</p> <p>Feeling Fit Club 1-2pm</p>	<p>28 Canasta 12:30-3:30pm</p> <p><u>SENIOR FOOD BANK 1-3PM</u></p> <p>Gay Men's Prostate Cancer Support Group 6:30-8pm</p>	<p>29 Feeling Fit Club 1-2pm</p> <p>Art Group 1:30-4:30pm</p>	<p>30 Gentle Yoga 2:45-3:45pm</p>	<p>31 FOG Rap Group 10-11:30am</p>	

August 2018

Lunch & Learn: “Mental Health Matters!”

Wednesday, August 15 from 12-1:30pm in the Library @ The Center

Mental Health is something that effects people of all demographics, but it’s estimated that 20% of people age 55 years or older experience some type of mental health concern. This is a very real concern that effects many people in our community on a daily basis. Join us for 50 and Better’s August Lunch & Learn, featuring The Center’s Director of Behavioral Health Services, Heather Marino-Kibbee (*pronouns: they, them, theirs*) as they share with us some mental health basics. Heather will also share the signs for when someone close to you needs help and how best to respond; along with some important mental health resources in the community. For more information and/or to RSVP, please contact Kyron Pierce at 619.692.2077 x218 or seniors@thecentersd.org.

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 ext. 205.

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 us at 619.692.2077 x205 or seniors@thecentersd.org.

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 ext. 205.

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 LaRue Fields at seniors@thecentersd.org or 619.692.2077 x205.

Dinner Out – Dinner Out has been cancelled for the month of August. We will be dining out in September together so keep watch for our September calendar!



August Lunch & Learn

Mental Health Matters



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