

50 & Better Together December, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
2 Croquet in Balboa Park 1-3pm	3 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	4 <u>FOOD BANK</u> 9AM Canasta 12:30-3:30pm	5 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – (Guys, Games & Grub) – 6pm	6 Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm	7 FOG Rap Group 10-11:30am	8 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
9 Croquet in Balboa Park 1-3pm	10 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	11 Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	12 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	13 Free Legal Clinic for Everyone - 9:30-11:30am HIV Positive Seniors Discussion Group 12-1pm	14 FOG Rap Group 10-11:30am	15 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
16 Croquet in Balboa Park 1-3pm	17 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	18 Canasta 12:30-3:30pm	19 Lunch & Learn – “Our Community: Then & Now” 12-1:30pm (RSVP) Art Group 1:30-4:30pm	20 Gentle Yoga 2:45-3:45pm	21 FOG Rap Group 10-11:30am	22 The Center CLOSED for the Christmas Holidays 
23 Croquet in Balboa Park 1-3pm	24 The Center CLOSED for the Christmas Holidays 	25 The Center CLOSED for the Christmas Holidays 	26 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	27 Free Legal Clinic for Everyone - 9:30-11:30am *** Date change due to Holidays * <u>SENIOR FOOD BANK</u> 1-3PM	28 FOG Rap Group 10-11:30am	29 The Center CLOSED for the Christmas Holidays

December 2018

Lunch & Learn – “Our Community: Now & Then”

Wednesday, December 19th from 12-1:30pm in the Auditorium

It's happening again!!! December's Lunch and learn is all about bridging the gap and learning about our community throughout the ages. This intergenerational luncheon will allow members of the LGBT community to come together and discuss a wide range of topics with each other. Whether you're curious about LGBT History or the new movements making waves in today's political climate, this will be a wonderful opportunity to learn about the great strides being made every day in our community. We look forward to seeing you as you fellowship with future friends here at The Center. For more information and to RSVP, please contact LaRue Fields at 619.692.2077 ext. 205 or seniors@thecentersd.org

Senior Food Bank – **DATE CHANGE**

Thursday, December 27th from 1-3pm in the Auditorium

Because The Center will be closed on December 25th for the Christmas Holiday, the Senior Food Bank Distribution has been moved to Thursday, December 27th. For more information, please contact LaRue Fields at seniors@thecentersd.org or 619.692.2077 ext. 205.

Yoga for Everyone

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

***There will be no Yoga for Everyone on Monday, December 24th because of the Christmas Holidays.**

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

The Feeling Fit Club

Mondays and Wednesdays from 1-2pm in the Auditorium

***There will be no Feeling Fit on Wednesday, December 19th and Monday, December 24th.**

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

Canasta Group

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

***There will be no Canasta Group on Tuesday, December 25th because of the Christmas Holidays.**

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.

HIV Positive Seniors Discussion Group

Thursday, December 13th, 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

Gentle Yoga

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

***There will be no Senior Yoga on Thursday, December 27th because of the change of dates for Senior Food Bank.**

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, December 22nd, Monday, December 24th and Tuesday, December 25th for the Christmas Holidays.

The Center will also be closed on Saturday, December 29th, Monday, December 31st and Tuesday, January 1st for the New Year's Holiday.