

50 & Better Together – January, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 The Center Closed for New Year's	2 Canasta 12:30-3:30pm	3 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – (Guys, Games & Grub) – 6pm	4 Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm	5 FOG Rap Group 10-11:30am	6 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
7 Croquet in Balboa Park 1-3pm	8 Yoga for Everyone 9-10am Feeling Fit Club 1-2pm	9 FOOD BANK 9AM Free Legal Clinic for Everyone - 9:30-11:30am Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	10 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	11 HIV Positive Seniors Discussion Group 12-1pm Gentle Yoga 2:45-3:45pm	12 FOG Rap Group 10-11:30am	13 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
14 Croquet in Balboa Park 1-3pm	15 The Center Closed for Martin Luther King Jr. Holiday	16 Canasta 12:30-3:30pm	17 Lunch & Learn –Social Security 101: Everything You Wanted To Know 12 - 1:30pm (RSVP) Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	18 Gentle Yoga 2:45-3:45pm	19 FOG Rap Group 10-11:30am	20 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
21 Croquet in Balboa Park 1-3pm	22 Yoga for Everyone 9-10am Feeling Fit Club 1-2pm	23 Free Legal Clinic for Everyone - 9:30-11:30am Canasta 12:30-3:30pm SENIOR FOOD BANK 1-3PM Gay Men's Prostate Cancer Support Group 6:30-8pm	24 Lunch Out – Tribute Pizza – 3077 North Park Way 92104 12pm RSVP Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	25 Gentle Yoga 2:45-3:45pm	26 FOG Rap Group 10-11:30am	27 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103
28 Croquet in Balboa Park 1-3pm	29 Yoga for Everyone 9-10am Feeling Fit Club 1-2pm	30 Canasta 12:30-3:30pm	31 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm			

January 2018

Food Bank – DATE CHANGE

Tuesday, January 9th from 9am in The Center parking lot

The San Diego LGBT Community Center hosts a distribution site once a month for the Community Cares Project of the San Diego Food Bank. On the first Tuesday of every month, 9-10:30am, visit The Center's parking lot for emergency food. For more information, visit the San Diego Food Bank website at www.sandiegofoodbank.org or contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

HIV Positive Seniors Discussion Group

Thursday, January 11th, 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.

Lunch & Learn: Social Security 101: Everything You Wanted To Know

Wednesday, January 17th from 12-1:30pm in the Library

A free workshop from Social Security where you will find the answers to the following questions: When are you eligible to receive retirement benefits? How does early retirement affect your benefits? Do you qualify for disability, survivors, and spouse benefits? How do you get the most from your benefits? What is the future of Social Security? When should you file for Medicare? The presenter is Yolanda York, the San Diego Public Affairs Specialist for the Social Security Administration. For more information and/or to RSVP, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

Lunch Out – Tribute Pizza – 3077 North Park Way – 92104

Wednesday, January 24th at 12pm

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.

Yoga for Everyone

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

There will be no Yoga for Everyone class on Monday, January 1st or Monday, January 15th.

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. We welcome David to The LGBT Center and we hope to see all of our regulars to this class come back and support him as he puts his heart, soul and skills into his own system of exercises for mental and physical health. For more information, contact LaRue Fields at seniors@thecentersd.org or 619.692.2077 ext. 205.

Gentle Yoga

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

The mission of this yoga class 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 Feeling Fit Club

Mondays and Wednesdays from 1-2pm in the Auditorium

There will be no Feeling Fit class on Monday, January 1st or Monday, January 15th.

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. To sign up just attend class. For more information, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

The Center will be closed January 1st for the New Year's Holiday and January 15th for the Martin Luther King Jr. Holiday.