

50 & Better Together November, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm	2 FOG Rap Group 10-11:30am	3 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
4 Croquet in Balboa Park 1-3pm	5 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	6 Election Day Please vote!	7 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – (Guys, Games & Grub) – 6pm	8 *** Date change due to Election *** <u>FOOD BANK 9AM</u> Free Legal Clinic 9:30-11:30am HIV Positive Seniors Discussion Group 12-1pm	9 FOG Rap Group 10-11:30am	10 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University The Center CLOSED →
11 Croquet in Balboa Park 1-3pm The Center CLOSED →	12 The Center Closed Veterans Day	13 Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm	14 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	15 Gentle Yoga 2:45-3:45pm	16 FOG Rap Group 10-11:30am	17 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
18 Croquet in Balboa Park 1-3pm	19 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	20 Canasta 12:30-3:30pm	21 Lunch & Learn – "Music and Stories by Mike Chamberlin- The TV Singing Guy" 12 - 1:30pm (RSVP) Art Group 1:30-4:30pm	22 The Scott Carlson Thanksgiving Dinner 11:30am-1:30pm The Center Closed Thanksgiving Holiday →	23 The Center Closed Thanksgiving Holiday →	24 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University The Center Closed Thanksgiving Holiday →
25 Croquet in Balboa Park 1-3pm The Center Closed Thanksgiving Holiday →	26 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	27 Canasta 12:30-3:30pm <u>SENIOR FOOD BANK 1-3PM</u> Gay Men's Prostate Cancer Support Group 6:30-8pm	28 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	29 Gentle Yoga 2:45-3:45pm	30 FOG Rap Group 10-11:30am	

November 2018

*****DUE TO CONSTRUCTION IN THE LIBRARY ALL PROGRAM ACTIVITIES THAT WERE NORMALLY HELD IN THE LIBRARY WILL BE HELD IN OTHER ROOMS***
PLEASE SEE FRONT DESK AND/OR LARUE FOR SPECIFIC ROOM CHANGES**

Election Day! Please Vote!

Tuesday, November 6 - Polls open from 7am-8pm

Lunch & Learn – Music by Mike Chamberlin – “The TV Singing Guy”

“Music and Behind the Scenes Stories of the Wizard of Oz and its 80th Anniversary”

Wednesday, November 21 from 12-1:30pm in the Auditorium

At an early age, Mike Chamberlin was influenced by his musical parents to start singing, but his career ended up taking a different route – broadcast journalism. After he retired he decided to pursue his first love of music. He started singing at senior centers, mobile home parks and RV resorts to take any opportunity he could get. Just over six years later, Mike Chamberlin has played in over 2,000 concerts. “Now in retirement, I’m doing what I should have my whole life...music,” he explains. “To see the smiles of my audiences is heartwarming to hear them sing with me is uplifting.” Come to this Lunch & Learn and be entertained by Mike and his wonderful music. For more information and to RSVP, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org

The Scott Carlson 30th Annual Thanksgiving Dinner

Thursday, November 22 from 11:30am-1:30pm in the Auditorium

This event is in its 30th year and is sponsored by the Imperial Court of San Diego. Everyone is welcome and everything is FREE!!! Please come and join us as we celebrate and give thanks to and for our community!

Yoga for Everyone

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

***There will be no Yoga class on Monday, November 12**

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 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 November 12 or Wednesday, November 21**

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

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

HIV Positive Seniors Discussion Group

Thursday, November 8, 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 x205 or seniors@thecentersd.org

Gentle Yoga

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

***There will be no Yoga class on Thursday, November 22 for Thanksgiving.**

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, November 10 and Monday, November 11 for Veterans Day.

The Center will also be closed on Thursday, November 22, Friday, November 23 and Saturday, November 24 for Thanksgiving.