

50 & Better Together February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BLACK HISTORY MONTH				1 FOG Rap Group 10-11:30am	2 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
3 Croquet in Balboa Park 1-3pm	4 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	5 <u>FOOD BANK</u> 9AM Canasta 12:30-3:30pm	6 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – 6pm	7 Gentle Yoga 2:45-3:45pm	8 FOG Rap Group 10-11:30am	9 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
10 Croquet in Balboa Park 1-3pm	11 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	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 The Center is Closed for Presidents Day →
17 Croquet in Balboa Park 1-3pm	18 The Center is Closed for Presidents Day →	19 Canasta 12:30-3:30pm	20 Lunch & Learn – Professor Chuck Ambers, Curator of the Casa del Rey Moro! 12-1:30pm (RSVP) Feeling Fit Club 1:30-2:30pm Art Group 1:30-4:30pm Grief & Loss Discussion Group 5:30-7pm	21 Gentle Yoga 2:45-3:45pm	22 FOG Rap Group 10-11:30am	23 FOG Coffee Social 10am Lestat's Hillcrest – 1041 University
24 Croquet in Balboa Park 1-3pm	25 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm Grief & Loss Discussion Group 5:30-7pm	26 Canasta 12:30-3:30pm <u>SENIOR FOOD BANK</u> 1-3PM Gay Men's Prostate Cancer Support Group 6:30-8pm	27 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	28 Free Legal Clinic for Everyone - 9:30-11:30am Gentle Yoga 2:45-3:45pm		

February 2019

Lunch & Learn – Professor Chuck Ambers, Curator of the Casa del Rey Moro!

Wednesday, February 20 from 12-1:30pm in the Auditorium

Chuck Ambers, a native of Detroit, is the founder and executive educational curator of the African Museum Casa del Rey Moro, located in Old Town. The museum features the contributions of people of African descent to the entire world. We are proud to host Professor Ambers here at The Center for Black History Month and we look forward to hearing about the rich history and impact of African-Mexican peoples in San Diego and California. For more information and to RSVP, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

Grief & Loss Discussion Group

The 1st, 2nd, 3rd & 4th Mondays of the month from 5:30-7:00pm – site varies so please check with front desk

***This group will not meet on Monday, February 18 in observance of Presidents Day but will be rescheduled on Wednesday, February 20**

The Grief & Loss Discussion Group is for those handling a loss or dealing with grief of a loved one or someone close who has passed or no longer a part of one's life. This group is facilitated by Maureen Scahill Cantrella and welcomes all experiencing grief, loss or sadness. For more information please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

Yoga for Everyone

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

***There will be no Yoga for Everyone on Monday, February 18 in observance of Presidents Day**

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.

HIV Positive Seniors Discussion Group

Thursday, February 14 from 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.

The Feeling Fit Club

Mondays and Wednesdays from 1-2pm in the Auditorium

***There will be no Feeling Fit on Monday, February 18 in observance of Presidents Day**

***The Feeling Fit Club will meet on the 3rd Wednesdays of the month at 1:30pm instead of 1pm**

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.

Canasta Group

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

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.

Gentle Yoga

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

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 Saturday, Feb. 16 - Monday, February 18 in observance of Presidents Day.