

50 & Better Together – July, 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|--|--|
| 1 Croquet in Balboa Park 1-3pm | 2 Yoga for Everyone 9-10am Feeling Fit Club 1-2pm | 3 <u>FOOD BANK 9AM</u> Canasta 12:30-3:30pm | 4 The Center Closed for the Fourth of July Holiday | 5 Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm | 6 FOG Rap Group 10-11:30am | 7 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103 |
| 8 Croquet in Balboa Park 1-3pm | 9 Yoga for Everyone 9-10am Feeling Fit Club 1-2pm | 10 Canasta 12:30-3:30pm Gay Men's Prostate Cancer Support Group 6:30-8pm | 11 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – (Guys, Games & Grub) – 6pm | 12 Free Legal Clinic for Everyone - 9:30-11:30am HIV Positive Seniors Discussion Group 12-1pm Gentle Yoga 2:45-3:45pm PRIDE Dinner Out - Soltan Banoo Restaurant – 4645 Park Blvd – 92116 5pm RSVP | 13 FOG Rap Group 10-11:30am The Center closes at 3pm for PRIDE! | 14 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103 PRIDE Parade! 11-1pm |
| 15 Croquet in Balboa Park 1-3pm | 16 The Center Opens at Noon Feeling Fit Club 1-2pm | 17 Canasta 12:30-3:30pm | 18 Lunch & Learn – Pre and Post Retirement: “What’s next?” 12 – 1:30pm (RSVP) Feeling Fit Club 1-2pm Art Group 1:30-4:30pm | 19 Gentle Yoga 2:45-3:45pm | 20 FOG Rap Group 10-11:30am | 21 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103 |
| 22 Croquet in Balboa Park 1-3pm | 23 Yoga for Everyone 9-10am Feeling Fit Club 1-2pm | 24 Canasta 12:30-3:30pm <u>SENIOR FOOD BANK 1-3PM</u> Gay Men's Prostate Cancer Support Group 6:30-8pm | 25 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm | 26 Free Legal Clinic for Everyone - 9:30-11:30am Gentle Yoga 2:45-3:45pm | 27 FOG Rap Group 10-11:30am | 28 FOG Coffee Social 10am Panera Bread 1270 Cleveland Ave. 92103 |
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July 2018

PRIDE Parade!

I have seats available for anyone 50 & older wanting to sit in the senior seating area for the Pride Parade! The PRIDE Parade starts at 11am and the seating area is on the corner of University & Richmond. It's the perfect spot to watch the parade in the shade with refreshments while having someone tell us who the representatives are for the various organizations. You must sign-in advance for these seats. For more information or to sign-up, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org. Remember, seats are first come first served so don't wait too long to sign-up.

Farmer Market Vouchers!

If you are at least 60 years of age and have a monthly income of \$1,860 or less, you are eligible for the Farmer Market Vouchers that I have available. These vouchers are good at any Farmers Market in the County and I will provide a list of the locations for you. I only have a set amount so please make plans to touch base with me to get your vouchers. For more information please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

Lunch & Learn: Pre and/or Post Retirement: "What's Next?"

Wednesday, July 18th from 12-1pm in the Library

Those who buy life insurance do so to help ensure their loved ones are taken care of financially. Life insurance is a promise by an insurance company to pay those who depend on you a sum of money upon your death. In return, you make periodic payments called premiums. Premiums can be based on factors such as age, gender, medical history and the dollar amount of the life insurance you purchase. Rony Ben-Dov from New York Life Insurance will be discussing and evaluating your current situation with retirement and helping you with where you want to be, where you want to go and how to get there. For more information and/or to RSVP, please contact LaRue Fields at 619.692.2077 x205 or seniors@thecentersd.org.

Dinner Out – Soltan Banoo Restaurant - 4645 Park Blvd - 92116

Thursday, July 12th at 5pm

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.

HIV Positive Seniors Discussion Group

Thursday, July 12th, 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.

The Feeling Fit Club

Mondays and Wednesdays from 1-2pm in the Auditorium

There will be no Feeling Fit class on Wednesday, July 4th

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

There will be no Art Group on Wednesday, July 4

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 LaRue Fields at seniors@thecentersd.org or 619.692.2077 ext. 205.

The Center will be closed on Wednesday, July 4th for the Fourth of July Holidays.

The Center will also close at 3pm on July 13th and reopen on Monday, July 16th at noon for PRIDE!

PRIDE LUNCH & LEARN

PRE AND/OR POST RETIREMENT: “WHAT’S NEXT”



Wednesday, July 18 from 12-1pm in the Library

Those who buy life insurance do so to help ensure their loved ones are taken care of financially. Life insurance is a promise by an insurance company to pay those who depend on you a sum of money upon your death. In return, you make periodic payments called premiums. Premiums can be based on factors such as age, gender, medical history and the dollar amount of the life insurance you purchase. Rony Bendov from New York Life Insurance will be discussing and evaluating your current situation with retirement and helping you with where you want to be, where you want to go and how to get there.

For more information or to RSVP, contact LaRue Fields at 619.692.2077 x205
or seniors@thecentersd.org.