

50 & Better Together October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 FOOD BANK 9AM Canasta 12:30-3:30pm	3 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm GGG – 6pm	4 Senior Advisory Committee 12pm Gentle Yoga 2:45-3:45pm	5 FOG Rap Group 10-11:30am	6 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
7 Croquet in Balboa Park 1-3pm	8 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	9 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 Free Legal Clinic 9:30-11:30am HIV Positive Seniors Discussion Grp 12-1pm Gentle Yoga 2:45-3:45pm	12 FOG Rap Group 10-11:30am	13 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
14 Croquet in Balboa Park 1-3pm	15 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	16 Canasta 12:30-3:30pm	17 Lunch & Learn "Ready, Set, Vote!" 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 Lestat's Hillcrest 1041 University Ave.
21 Croquet in Balboa Park 1-3pm	22 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	23 Canasta 12:30-3:30pm SENIOR FOOD BANK 1-3PM Gay Men's Prostate Cancer Support Group 6:30-8pm	24 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm	25 Free Legal Clinic 9:30-11:30am Gentle Yoga 2:45-3:45pm	26 FOG Rap Group 10-11:30am	27 FOG Coffee Social 10am Lestat's Hillcrest 1041 University Ave.
28 Croquet in Balboa Park 1-3pm	29 Yoga for Everyone 9:15-10:15am Feeling Fit Club 1-2pm	30 Canasta 12:30-3:30pm	31 Feeling Fit Club 1-2pm Art Group 1:30-4:30pm Happy Halloween!			

October 2018

October Lunch & Learn: “Ready, Set, Vote!”

Are you ready to vote? Have questions about what’s on your ballot or what a ballot measure even means? The mid-term elections are right around the corner and there are several very important voting opportunities on the ballot! To be sure you’re prepared and informed for the upcoming election on November 6th, we have a very special guest coming to share at our October Lunch & Learn! Come hear from Rebekah Hook-Held, The Center’s Chief Public Affairs and Civic Engagement Officer as she goes over your ballot and answers all of your questions in an understandable and non-partisan way. Join us on Wednesday, October 17 @ 12pm to hear “Ready, Set, Vote!” For more information and/or to RSVP, please contact Kyron Pierce at 619.692.2077 x218 or seniors@thecentersd.org.

Yoga for Everyone

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

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, contact us at seniors@thecentersd.org or 619.692.2077 x218.

The Feeling Fit Club

Mondays and Wednesdays from 1-2pm in the Auditorium

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, contact us at seniors@thecentersd.org or 619.692.2077 x218.

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 on the group please contact us at seniors@thecentersd.org or 619.692.2077 x218.

HIV Positive Seniors Discussion Group

Thursday, August 9, 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 us at seniors@thecentersd.org or 619.692.2077 x218.

Dinner Out – 50 & Better’s Dinner Out has been cancelled for the month of October. Please keep an eye out for our plans in November!