

Feeling Fit Classes

Senior focused exercise classes!
Monday, Wednesday, Friday
1:00 - 2:00 PM

Grief & Loss Discussion Group

For anyone needing support while
experiencing grief or loss.
Mondays
5:00 - 6:30 PM

Senior Social Hour

Join for casual conversation & connection!
Wednesdays
2:30 - 3:30 PM

Prostate Cancer Survivors

A support group for those with experience
of prostate cancer
2nd and 4th Tuesdays
6:30 - 8:00 PM

50+ HIV+ Support Group

A support group for people living with HIV
2nd Thursday
12:00 - 1:00 PM

Senior Lunch & Learn

Different topics & speakers every month
for educational presentations!
3rd Wednesday
1:00 - 2:00 PM

***All of our support groups are
online!***

50+ & Better Together

is an inclusive seniors
program at the San Diego
LGBT Community Center.
Our program is designed
to provide resources,
education, support, and
opportunities
for community building
for LGBTQ+ seniors 50
years old and better!



For questions, accessibility
and to request zoom info
for any of the groups,
please call or email us at:

seniors@thecentersd.org
619.354.6887