

CONGREGATE MEALS

Starting Tuesday,
October 15, 2024
11:30am-12:30pm

**For Those 60 Years
Of Age Or Older**

Meals for purchase available for
individuals 59 years or younger

The San Diego LGBT Community Center
3909 Centre St., San Diego, CA 92103



Please call to make a reservation.
Reservations are required by 3:00pm the previous day.
(858) 637-3230



50+ & Better Together TRIVIA with FRIENDS

Hosted by Luciano*

Join us for a fun morning of
trivia every Monday. Bring
your friends, have some fun,
and show off your smarts.



In Person
3909 Centre Street



Every Monday
10:30 AM - 11:30 AM

*Center Volunteer



FOR MORE INFORMATION

seniors@thecentersd.org
(619) 692-2077 Ext. #147



THE CENTER

FREE

Neighborhood Law clinic

Join us for a Free Legal Clinic with
licensed attorneys who will provide free
consultations monthly on a wide range of
legal matters in a safe and affirming
space.

2ND THURSDAY
10:00 AM - 12:00 PM

THE CENTER'S AUDITORIUM
3909 CENTRE ST, SAN DIEGO



For more information:
onduty@thecentersd.org



CALIFORNIA WESTERN
SCHOOL OF LAW | San Diego
ACCESS TO LAW INITIATIVE

MARK YOUR CALENDARS

- WED. JULY 8TH** Join us at **10 AM** for our Monthly Resident's Advisory Committee Meeting.
- TUES. JULY 28TH** Senior Food Bank - Held at The Center the 4th Tues. of every month from **1 PM to 3 PM**. Open to all low-income individuals 60 years and older.
- WED. JULY 22ND** NPSA Lunch and Learn - Join us for an exciting and informative lunch time group activity at **12 PM** In-Person in the NPSA Community Room. **FREE LUNCH ***
- WED. JULY 22ND** Residents Meeting - Join us at **1 PM** for the Monthly Resident's Meeting ***In Person in the Community Room**

**CENTER
OFFICE
CLOSURES**

The Center will be closed on:
Friday, July 3rd in observance of
Independence Day..

MONDAY MORNING SOCIAL 10AM

Monday Morning Social
is open to all residents.
We look forward to
seeing you in the
Community Room!

JFS MEAL DELIVERY

JFS Meal Delivery takes place
every other Fridays for 65+
residents. If you would like to
access this resource please
contact Jason via email.
seniors@thecentersd.org

SENIOR FOOD BOX

Sign up for the San Diego Food
Bank, monthly Senior Food Box
Program. A box will be delivered to
your doorstep once you have
completed initial enrollment and
designate Jason as your "proxy" to
pick up on your behalf. For
eligibility and signup, email Jason
at seniors@thecentersd.org.



San Diego Pride 2026



Here are a few engaging & empowering activities scheduled this month:

**San Diego Pride Dyke March, July 11th
11 AM University Ave (Mo's to Gossip Grill)**

**Light Up the Cathedral, Wednesday, July 15th
7 PM at St. Paul's Episcopal Cathedral**

**The Rally, Friday, July 17th at 6 PM
535 Robinson Ave, San Diego, CA | Across from the Brass Rail**

**Pride 5K Run + Walk, Saturday, July 18th at 8 AM
Hillcrest at the corner of Centre and University Ave**

**The Parade, Saturday, July 18th, Begins at 10 AM at the
Hillcrest Pride Flag & ends at Quince Dr. (Route Length: 1.5 mi.)**

**The Festival, Saturday, July 18th from 12 AM – 10 PM
and Sunday, July 19th from 12 PM – 9 PM**

SAN DIEGO PRIDE 2026



Senior Pride Seating at the Parade

Pride hosts a shaded seating area.

- The southeast corner of University Ave. & Vermont Senior seating area is wheelchair accessible.

Reservations must be made in advance and seats are available on a first-come, first-serve basis. To make a reservation or for more information please contact the San Diego LGBT Community Center's Senior Services by email at seniors@thecentersd.org or by calling 619-692-2077 x 147.

Senior Sunday Breakfast

On Sunday, July 19th from 11 AM to 1 PM, seniors will receive free admission into the festival. Join us from 11 AM to 12:30 PM for a complimentary Senior Sunday Coffee which includes complimentary bagels, fruit, and coffee in the Prism: Art, Literacy, and Recovery area.

North Park Senior Apartments



FREE LUNCH

Resident's Lunch & Learn

Please join us on Wednesday,
July 22, 2026, for an
informational Lunch and Learn.
The GUIDE Program and
Assisting Hands Home Care.
*Lunch will be provided. **



In Person

NPSA Community Room



**Wednesday,
July 22, 2026**

12:00 PM - 1:00 PM

FOR MORE INFORMATION



mhernandez@thecentersd.org



(619) 436-4124



Assisting Hands®

Home Care



THE CENTER
SAN DIEGO
LGBT
COMMUNITY

SENIOR FOOD BANK

The San Diego LGBT Community Center has partnered with The San Diego Food Bank to provide healthy food to our senior community.

SENIOR FOOD DISTRIBUTION

The Center hosts a distribution for the 'Community Cares Project' of the San Diego Food Bank

**4TH TUESDAY OF EACH MONTH
1:00PM -3:00PM**

WHERE?

The Center's parking lot
at 3909 Centre Street,
San Diego, CA 92103.



FOR MORE INFORMATION:

www.sandiegofoodbank.org
619.692.2077
seniors@thecentersd.org





THE CENTER
SAN DIEGO
LGBT
COMMUNITY

NEIGHBORHOOD FOOD BANK

The San Diego LGBT Community Center has partnered with The San Diego Food Bank to provide healthy food to our community.

NEIGHBORHOOD FOOD DISTRIBUTION

The Center hosts a distribution for the 'Community Cares Project' of the San Diego Food Bank

**1ST TUESDAY OF EACH MONTH
8:00AM -10:00AM**

WHERE?

The Center's parking lot at
3909 Centre Street, San Diego



FOR MORE INFORMATION

www.sandiegofoodbank.org
619.692.2077
sconklin@thecentersd.org





THE
BRASS
RAIL

PRESENT

**THE SPIRIT OF
STONEWALL
RALLY 2026**

X



FRIDAY, JULY 17

THE SPIRIT OF STONEWALL RALLY

6 PM

THE ARKO PARK PRIDE BLOCK PARTY

8-11 PM



535 ROBINSON AVENUE, SAN DIEGO, CA
ACROSS FROM THE BRASS RAIL



COMMUNITY WALL OF HONOR NOMINATIONS NOW OPEN

DEADLINE: JULY 31, 2026

For more information visit
<https://thecentersd.org/community-wall-of-honor>

COMMUNITY WALL OF HONOR
INDUCTION CEREMONY
SEPTEMBER 23, 2026
AT THE SAN DIEGO LGBT
COMMUNITY CENTER
3909 CENTRE STREET
SAN DIEGO, CA 92103





THE CENTER
SAN DIEGO
LGBT
COMMUNITY



YOGA AT THE CENTER

SPECIAL PRIDE HOURS

Join us for Serenity Yoga with instructor Nathan Serrato (he/him). Come move, breathe, and find your balance in this inclusive and restorative class designed to support your well-being.

Yoga mats are available. All ages and experience levels are welcome!

THURSDAY

JULY 2

JULY 30

FRIDAY

JULY 10

JULY 24

11:00AM - 12:00PM

FOR MORE INFORMATION



seniors@thecentersd.org



(619) 692-2077 Ext. #147



The Center, 3909 Centre St, San Diego



HAPPY FOURTH OF JULY/BIRTHDAYS

Wear Red, White, and Blue and join us for the following Independence

Day activities:

Saturday, July 4th, 2026

**12 pm - 2 pm Fourth of July Potluck
& BBQ in Community Room and
Patio Grill**

****Please bring a dish to share or
bring something to grill for lunch!**
(Drinks, plates, utensils, napkins
provided)**

**9 pm Fireworks viewing
on 4th Floor Terrace**

**We will also be celebrating our
July Birthdays. Come celebrate
your neighbors with July
Birthdays. Call or text Shelly at
760-975-1843 if it is your birthday
this month, so you can be included
in the fun!**



NPSA JULY 2026 PROGRAMMING SCHEDULE

PLEASE EMAIL: JCUNEO@THECENTERSD.ORG OR
SENIORS@THECENTERSD.ORG FOR MORE INFORMATION
 REGARDING SENIOR SERVICES PROGRAMMING.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1			1:30 PM - 2:30 PM Feeling Fit Class at The Center	Special Pride Yoga Session at The Center: 11 am – 12 pm	Independence Holiday *Center Closed* No Programs Scheduled
WEEK 2	10 AM Monday Morning Social 1:30 PM - 2:30 PM Feeling Fit Class at The Center	8 AM General Food Bank @ the LGBT Center 11:30 aAM- 3:30 PM Game Day in the Center Library	10 AM - Residents Advisory Committee Meeting 1:30 PM - 2:30 PM Feeling Fit Class at The Center	10 AM - 12:00 PM Law Clinic 2nd Thurs Each Month 12:30 PM - 1:30 PM HIV+ Discussion Group 2nd Thurs Each Month	JFS Meal Delivery 11 AM - 12 PM Yoga 1:30 PM - 2:30 PM Feeling Fit Class at The Center
WEEK 3	10 AM Monday Morning Social 1:30 PM - 2:30 PM Feeling Fit Class at The Center	11:30 AM - 3:30 PM Game Day in the Center Library	12 PM - 1 PM Lunch & Learn at the Center 1:30 PM - 2:30 PM Feeling Fit Class at The Center	12:00 PM - 1:30 PM Senior Drop-In at The Center	Yoga and Feeling Fit Canceled (Auditorium Unavailable due to 2026 Pride 5K Pre- Race Bib Pick Up.)
WEEK 4	10 AM Monday Morning Social 1:30 PM - 2:30 PM Feeling Fit Class at The Center	11:30 am - 3:30 pm Game Day in the Center Library	12 PM - 1 PM NPSA Lunch & Learn 1 PM - 2 PM Residents Meeting 1:30 PM - 2:30 PM Feeling Fit Class at The Center	12:00 PM - 1:30 PM Senior Drop-In at The Center	JFS Meal Delivery 11:00 AM - 12:00 PM Yoga 1:30 PM - 2:30 PM Feeling Fit Class at The Center
WEEK 5	10 AM Monday Morning Social 1:30 PM - 2:30 PM Feeling Fit Class at The Center	1 PM Senior Food Bank at the LGBT Center 2 PM Senior Food Box Delivery 11:30 AM - 3:30 PM Game Day	1:30 PM - 2:30 PM Feeling Fit Class at The Center	Special Pride Yoga Session at The Center: 11 am – 12 pm	Yoga and Feeling Fit Canceled (Auditorium Unavailable due to a Pride Community Event.)