



# NORTH PARK SENIOR APARTMENTS

## THE CENTER

February 2026 Newsletter




CELEBRATING

# BLACK HISTORY MONTH

February is Black History Month, which is an annual celebration of achievements by African Americans and a time for recognizing their significant role in U.S. history. February is also a special month for the North Park Seniors Apartments as it marks eight years since the opening of the first affordable housing development for seniors in the City of San Diego to provide programs for LGBTQ+ residents. This first-of-its kind housing development opened to full capacity in February 2018.

**NPSA FEBRUARY 2026**  
*Birthday*  
**CELEBRATION!**



The Residents Advisory Committee will be hosting the Birthday Celebration on Saturday, February 7th at 1 pm in the Community Room. Come celebrate your neighbors with February Birthdays. Call or text Shelly at 760-975-1843 if it is your birthday this month, so you can be included in the fun!

### MARK YOUR CALENDARS

- WED. FEB 12TH** Join us at **10 AM** for our Monthly Resident's Advisory Committee Meeting.
- WED. FEB 18TH** Lunch and Learn - Join us for an exciting and informative lunch time group activity at **12 PM** In-Person at The Center.
- TUES. FEB 24TH** 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. FEB 25TH** NPSA Lunch & Learn **12 PM** Residents Meeting - Join us at **1 PM** for the Monthly Resident's Meeting

**CENTER OFFICE CLOSURES** The Center will be closed on the following: Monday, February 16th - Presidents 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](mailto: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 sign up, email Jason at [seniors@thecentersd.org](mailto:seniors@thecentersd.org).

**North Park Senior Apartments**



# Resident's Lunch & Learn


**FREE LUNCH**

Please join us on Wednesday, February 25th, 2026, for an informational Lunch and Learn presentation provided by the LGBT Center Learning Institute. Opioid and Stimulant Use Prevention Training.




**THE CENTER**  
SAN DIEGO  
LGBT  
COMM  
UNITY

**In Person**  
NPSA Community Room

 **Wednesday,**  
**February 25th, 2026**  
12:00 PM - 1:00 PM

**FOR MORE INFORMATION**

 [mhernandez@thecentersd.org](mailto:mhernandez@thecentersd.org)

 (619) 436-4124





# RED HOT DANCE

Saturday, February 7, 2026 | 6:00 - 9:00pm

## WHAT

FUN  
NIGHT  
OUT

Music by DJ Laura Jane,  
dancing, drinks, food!

Pronoun pins will  
be available at  
the door.

21+

ALL  
QUEER  
WOMEN

## WHO



## WHERE

THE SAN DIEGO LGBT COMMUNITY CENTER  
3909 Centre St, San Diego, CA.

\$10 suggested donation; all welcome, donation not required.

## MORE QUESTIONS?

adelnero@thecentersd.org  
619-692-2077 x134  
thecentersd.org/red-hot





**THE CENTER**  
SAN DIEGO  
LGBT  
COMM  
UNITY






# YOGA AT THE CENTER

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!

**Every Friday**  
11:00am - 12:00pm

## FOR MORE INFORMATION

-  [seniors@thecentersd.org](mailto:seniors@thecentersd.org)
-  (619) 692-2077 Ext. #147
-  The Center, 3909 Centre St, San Diego



# MENTAL HEALTH AWARENESS TRAINING: LGBTQ+ PEOPLE AND HOMELESSNESS

## February 19, 2026 | 1-3 PM

### IN THIS TRAINING YOU WILL LEARN HOW TO:

**FREE  
WEBINAR**

- **Develop LGBTQ+ inclusive language** for unhoused community members and learn about associated health disparities.
- **Provide safe, affirming, and competent services to LGBTQ+ people** who show signs and symptoms of mental health challenges and are at risk of or are experiencing homelessness.
- Recognize **mental health signs and symptoms for LGBTQ+ people** who are at risk of or are experiencing homelessness.
- Apply LGBTQ+ adaptations to **SAMHSA's evidence-based Treatment Improvement Protocol (TIP55)** – Screening, Brief Intervention, and Referral to Treatment (SBIRT) protocol for behavioral health service providers.



**For more information:**  
(619) 692-2077

[traininginstitute@thecentersd.org](mailto:traininginstitute@thecentersd.org)

**RSVP: [BIT.LY/RSVPMHAT](https://bit.ly/RSVPMHAT)**



# 2SLGBTQ+ OPIOID & STIMULANT USE PREVENTION TRAINING

March 19, 2026 | 1-3 PM

FREE  
WEBINAR

## IN THIS TRAINING YOU WILL LEARN HOW TO:

- Identify opioids and stimulants substance use trends in the LGBTQ2S+ community
- Understand unique cultural needs of the community in developing inclusive language and harm-reduction programs
- Learn preventative tools and strategies to meet these needs



For more information:  
(619) 692-2077  
traininginstitute@thecentersd.org

**RSVP: [BIT.LY/RSVPLGBT](https://bit.ly/RSVPLGBT)**



# FOOD BANKS

The San Diego LGBT Community Center provides the community healthy food, using social distancing and safety protocols.



## 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**

## SENIOR FOOD BANK

You are eligible if you are low-income & 60 years or older. Enroll in person at our site on the day of, or call the Jacobs & Cushman San Diego Food Bank at 866.350.3663.

**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](http://www.sandiegofoodbank.org)

619.692.2077 x214 or [smerkbenitez@thecentersd.org](mailto:smerkbenitez@thecentersd.org)





**THE CENTER**  
SAN DIEGO  
LGBT  
COMMUNITY

**50+ & Better Together**

# 50+ HIV Discussion Group

If you are 50 years or better and living with HIV, join us for this lively discussion group to connect, learn and to have fun.



**In Person**

3909 Centre St.




**2nd Thursday**

12:30 - 1:30 PM

## FOR MORE INFORMATION

 Jason Cuneo, Senior Services Program Manager

 [jcuneo@thecentersd.org](mailto:jcuneo@thecentersd.org)

 (619) 692-2077 Ext. #205





**THE CENTER**

SAN  
DIEGO  
LGBT  
COMM  
UNITY

**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](mailto:onduty@thecentersd.org)



CALIFORNIA WESTERN  
SCHOOL OF LAW | San Diego

ACCESS TO LAW INITIATIVE

# NPSA FEBRUARY 2026 PROGRAMMING SCHEDULE

PLEASE EMAIL: [JCUNEO@THECENTERSD.ORG](mailto:JCUNEO@THECENTERSD.ORG) OR [SENIORS@THECENTERSD.ORG](mailto:SENIORS@THECENTERSD.ORG) FOR MORE INFORMATION REGARDING SENIOR SERVICES PROGRAMMING.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>10 AM Monday Morning Social</p> <p>1:30 PM - 2:30 PM Feeling Fit Class at The Center</p>	<p>8 AM to 10 AM General Food Bank at the LGBT Center</p> <p>12pm - 3:30 pm Game Day</p>	<p>1:00 PM - 4:00 PM Ageless Art at The Center</p> <p>1:30 PM - 2:30 PM Feeling Fit Class at The Center</p>		<p>JFS Meal Delivery</p> <p>Yoga and Feeling Fit Canceled</p>
WEEK 2	<p>10 AM Monday Morning Social</p> <p>1:30 PM - 2:30 PM Feeling Fit Class at The Center</p>	<p>12pm - 3:30 pm Game Day in the Center Library</p>	<p>10 AM - Residents Advisory Committee Meeting</p> <p>Feeling Fit Canceled</p>	<p>12:30 PM HIV+ Discussion Group - 2nd Thurs Each Month</p>	<p>Yoga and Feeling Fit Canceled</p>
WEEK 3	<p><b>Presidents. Day Holiday Feb. 16th</b> <b>*Center Closed*</b> <b>No Programs Scheduled</b></p>	<p>12pm - 3:30 pm Game Day</p>	<p>11:30 AM - Senior Lunch and Learn at The Center 3rd Wed. Each Month</p> <p>1:30 PM - 2:30 PM Feeling Fit Class at The Center</p>	<p>12:00 PM - 1:30 PM Senior Drop-In at The Center</p>	<p>JFS Meal Delivery</p> <p>11:00 AM - 12:00 PM Yoga</p> <p>1:30 PM - 2:30 PM Feeling Fit Class</p>
WEEK 4	<p>10 AM Monday Morning Social</p> <p>1:30 PM - 2:30 PM Feeling Fit Class at The Center</p>	<p>1 PM Senior Food Bank at the LGBT Center</p> <p>2 PM Senior Food Box Delivery</p> <p>11:30 AM - 3:30 PM Game Day</p>	<p>12pm Residents Meeting</p> <p>1pm NPSA Lunch &amp; Learn</p> <p>1:30 PM - 2:30 PM Feeling Fit Class</p>	<p>12:00 PM - 1:30 PM Senior Drop-In at The Center</p>	<p>11:00 AM - 12:00 PM Yoga</p> <p>1:30 PM - 2:30 PM Feeling Fit Class</p>

