

## POZ Coffee: Lestats, 1045 University Ave



Wednesdays & Saturdays,  
10:00 am

Spend time with other HIV+ folks and catch up with old friends, meet new friends, find out what's happening, or just hang out.

Call (619) 241-8538 for details or just show up!

## San Diego HIV Community Consortium



Saturday, April 6  
11:00 am - 12:00 pm

AHF Pharmacy,  
3580 5th Ave.

**Topics:** CROI 2024 update; drug detox; SDHIVC Survey results.

**RSVP:** [erick.delatorre@ahf.org](mailto:erick.delatorre@ahf.org)

<https://www.sdhivc.org/>

## HIV+ Senior Discussion Group



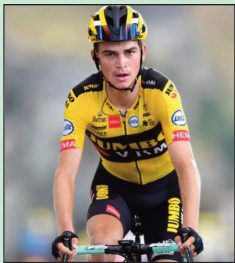
Thursday, April 11  
12:00 - 1:00 pm

LGBT Centre Library  
3909 Centre St.

For those who are 50+ and living with HIV. 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 have fun.

For more information, contact **Jason Cuneo** at [seniors@thecentersd.org](mailto:seniors@thecentersd.org) or (619) 692-2077 x 205

## POZ Bikes: Cabrillo National Monument



Sunday, April 21,  
10:00 am, leave at 10:15  
Meet at Spanish Village,  
Balboa Park

Meet at Spanish Village and head up to Cabrillo National Monument and back (up along the river and return along the bay). Once again, the loaner eBike is available, first come first served. Be sure and bring water and have a full battery on your e-Bike! Hope to see you there!

**WARNING:** this is NOT a flat ride ;-)

<https://www.nps.gov/cabr/index.htm>

## Serenity Yoga (free) (Not a POZabilities event)



Wednesdays 4:30 pm - 5:45 pm

Joyce Beers Community Center  
3900 Vermont St

Experience healing yoga / gentle yoga.

For more information, contact: [Erick.Delatorre@AHF.org](mailto:Erick.Delatorre@AHF.org)

## Zoo Walk: San Diego Zoo



Every Friday, 9:00 am  
Zoo pass or ticket required.

Enjoy a 2-hour walk through the San Diego Zoo. A great way to meet other HIV positive folks and friends.

## POZ Movie Night: The Holdovers



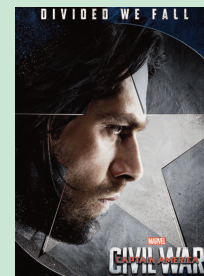
Tuesday, April 9, 6:00 pm

RSVP by April 6 to  
[poz@pozabilities.org](mailto:poz@pozabilities.org)

Call (619) 241-8538 for location

Bring a dish to share and watch **The Holdovers**. A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

## Movie Mavens: Civil War



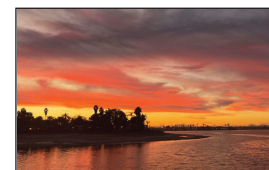
Reading Cinemas Town Square  
4665 Clairemont Dr  
San Diego, CA 92117

Tuesday April 16, Time: TBD  
Tix: \$6

Dinner in courtyard (optional)  
Time: TBD

Join the Movie Mavens to watch **Civil War**. In a dystopian future America, a team of military-embedded journalists races against time to reach Washington, D.C., before rebel factions descend upon the White House.

## Bonfire and Potluck: Vacation Island



Tuesday, April 30, 6:30 pm

**Directions:**

<https://bit.ly/POZ-Bonfire>

Bring a dish to share, some clean wood for the fire (no nails, screws, paint or laminates please), and a camp chair.

**Absolutely no paper, personal documents, bamboo, yard waste, or mail to burn please.**

## Let's Stop HIV !!

Achieving and maintaining an undetectable viral load prevents HIV transmission to your HIV- partner through sex. Taking your medication as prescribed and keeping your viral load undetectable are the best things you can do to stay healthy, and prevents you from sexually transmitting HIV to your HIV- partner.



# PETERSEN AUTOMOTIVE MUSEUM

**RSVP**  
by Wednesday, April 24 to:  
[poz@pozabilities.org](mailto:poz@pozabilities.org)

## SATURDAY, APRIL 27

Meet at Morley Field, 9:00 am  
Back by 5:00 pm (traffic permitting)



We will travel up and return by bus to Petersen Auto Museum, and have lunch at Canter's Deli:

<https://www.cantersdeli.com>

**Tickets: \$25**  
*(includes bus & admission to Museum; lunch is separate)*

Rated the #1 Automotive museum in the world, the Petersen Automotive Museum is dedicated to the exploration and presentation of the automobile and its impact on Global life and culture. The museum features 25 galleries with more than 350 vehicles on display between the main floors and exclusive Vault. Visitors can immerse themselves in the 1000's of stories on display in the museum.

Undetectable = Untransmittable

# U = U

Research and science shows that persons living with HIV who have an undetectable viral load cannot transmit the virus sexually to their partners! People that have an undetectable viral load cannot transmit the virus sexually to their partners.



### Monkeypox

*Are You Vaccinated?*

Monkeypox is on the rise in San Diego. Get your Mpox vaccine from a provider near you. Contact your healthcare provider or visit:

<http://bit.ly/Mpoxappointment>