

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, May 4
11:00 am - 12:30 pm

AHF Pharmacy,
3580 5th Ave.

Topics: 11:00 - 11:45 Insurance questions for PWH.
11:45 - 12:30 Treatment for methamphetamine
"research study working group."

RSVP: erick.delatorre@ahf.org

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

HIV+ Senior Discussion Group



Thursday, May 9
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 or (619) 692-2077 x 205

POZ Bikes: Michael's Magical Mystery Bicycle Tour

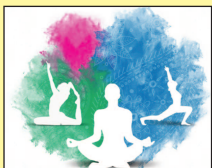


Sunday, May 19
Meet at 10:00 am
Leave at 10:15

Meet at Spanish Village, Balboa Park

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! For more information, contact **Michael** at (619) 241-8538.

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

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.

Movie Mavens: Kingdom of the Planet of the Apes



Tuesday May 14

Theatre: TBD

Time: TBD

Tix: half price Tuesday

Dinner beforehand (optional)

Details to be posted soon!

Join the Movie Mavens to watch

Kingdom of the Planet of the Apes. Many years after the reign of Caesar, a young ape goes on a journey that will lead him to question everything he's been taught about the past and make choices that will define a future for apes and humans alike.

Zoo Walk: San Diego Safari Park



Wednesday, May 22
Zoo pass or ticket required.
Meet at 9:00 am
leave at 9:15 am

Meet at Morley Field
at Texas St.

Meet at Morley Field to carpool up to the Safari Park.
Return after lunch.

Bonfire and Potluck: Vacation Island



Tuesday, May 28, 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.



Let's



Flamingle!

Memorial Day Fundraiser

\$20 Presale
\$25 Door

Monday, May 27
1 – 4 pm

Mercy Gardens
540 Lewis St, Hillcrest

Park in Scripps Mercy
Hospital Garage for FREE

More information: (619) 517-5760

Purchase tickets: www.pozabilities.org

- Tacos-Games-Silent Auction
- Contest for **Most Original & Outrageous** Flamingo Attire

EUROVISION

SONG CONTEST

Saturday, May 11
11 am – 5 pm
(Contest from 12 – 4)

RSVP: poz@pozabilities.org

More information: (619) 948-5946

Space
limited !!

Americans can join
Europeans to vote for
their favorite song!!

Join us for a

Potluck Brunch

at Joe's place to watch

EUROVISION 2024

Song Contest finals

LIVE from Sweden

<https://eurovision.tv/event/malmo-2024>

Park admission:
\$10 per vehicle

East County Adventure

Day trip: Thursday, May 16

Participants should
be able to navigate
uneven trails, and walk
about 3/4 mile.

- Meet at Morley Field at Texas St. to carpool at **10 am**
- Drive to Cuyamaca Rancho State Park
- Short hikes to see Sweetwater River & Green Valley Falls
- Visit WW Ranch to see alpacas
- Visit Descanso Cafe for early dinner
- Drive home

More information: (619) 742-1571

