

POZabilities

Events for: **January 2024**

SOCIAL AND EDUCATIONAL SUPPORT FOR THOSE LIVING WITH HIV • poz@pozabilities.org • (619) 241-8538 • www.pozabilities.org

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, January 6,
10:00 - 11:00 am

AHF Pharmacy
3580 5th Ave

Topics: 1) "Effects of Cannabis on the Microbiome, Endocannabinoids and Inflammation in HIV"
Ron Ellis, MD and Science-based evidence for Boosting.

2) "HIV Positive Immunity in Natural Ways"
Dr. Yousef Jasemian

RSVP: Erick.Delatorre@AHF.org

The San Diego HIV Community Consortium (SDHC), founded by Dr. Joseph Caperna, is a program of POZabilities.

HIV+ Senior Discussion Group



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

LGBT Centre Library
3909 Centre St.

For those who are 50 years or better 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 to have fun.

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

Bonfire and Potluck: Vacation Island



Tuesday, January 30,
6:30 pm

Directions:
<https://bit.ly/POZBonfire>

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.

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: This is Spinal Tap



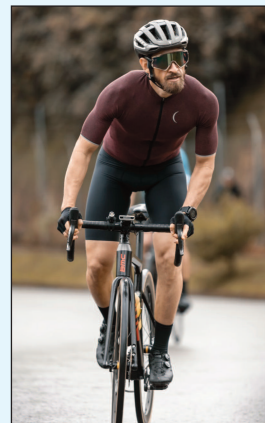
Tuesday, January 6,
6:00 pm

RSVP by
January 6 to
jerry@pozabilities.org

Call or text for location:
(619) 241-8538

Bring a dish to share and watch **This is Spinal Tap**, a mockumentary which shines a light on the self-contained universe of a metal band struggling to get back on the charts, including everything from its complicated history of ups and downs, gold albums, name changes and undersold concert dates, along with the full host of requisite groupies, promoters, hangers-on and historians, sessions, release events and those special behind-the-scenes moments that keep it all real. Crisis looms.

POZ Bikes: San Diego River to Ocean Beach



Sunday, January 21,
10:00 am, leave at 10:15

Meet at Spanish Village,
Balboa Park

We will ride along the San Diego River to Ocean Beach and out to the end of Sunset Cliffs and back. 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!

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**