



LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## MARCH 2024



*Women's*  
**HISTORY  
MONTH**

RSVP/Helpline: 323-860-5830 or Toll-Free: 877-688-4833 • [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)



**LOS  
ANGELES  
LGBT  
CENTER**  
SENIOR  
SERVICES

Senior Services strives to create a safe, welcoming, and respectful community where lesbian, gay, bisexual and transgender people in their 50s, 60s, 70s, 80s, 90s and beyond can come together to learn, connect, build friendships, gain support and thrive!

Los Angeles LGBT Center  
Anita May Rosenstein Campus  
Harry & Jeanette Weinberg  
Senior Center  
1118 N McCadden Place  
Los Angeles, CA 90038

Helpline:  
**323-860-5830**

Toll Free:  
**877-688-4833**

For questions, more information  
or to RSVP for upcoming events,  
please contact us  
at **seniors@lalgbtcenter.org**  
or **323-860-5830**.

### GO GREEN



Remove yourself from the mailing list and access the newsletter and calendar online through our email list. Send an email to **seniors@lalgbtcenter.org** requesting to "Go Green."

## LETTER FROM KIERA

Spring ushers in changes as we begin to turn things over and look at ways to create opportunities for new growth. Our staff has developed several new programs for this season that we hope you will enjoy. There will also be physical changes to the senior center as we begin to align our program calendar and room schedule to support your creativity and reduce noise. On March 1, the second-floor lounge will shift into a space for scheduled classes and activities. The first floor "lunch room" will be available as a gathering place for morning programming and to relax, to drink coffee, to charge your devices and to connect with friends.

As you enter the Senior Center this month, you will notice a new front door to welcome you. This new feature will increase security throughout the Center by requiring our participants to show their senior services ID card and to be buzzed in for entry. The new door will now automatically open, allowing participants with wheelchairs and walkers to have easier access. United Way has been strong partner of the Center, and we thank them for funding this new entry door.

We hope you enjoy these changes. If you have suggestions on making the Senior Center event better, please consider dropping a note in our suggestion box or completing a participant feedback form- both are located at our front desk.



Sincerely,  
**Kiera Pollock, M.S.W.**  
Director of Senior Services



Senior Services is supported in part by the City of West Hollywood, The Jewish Community Foundation of Los Angeles and Independence at Home, a SCAN community service. One of the nation's largest not-for-profit Medicare Advantage Plans, SCAN Health Plan is dedicated to keeping seniors healthy and independent.

# Senior Services is here for you!

## Drop-In Case Management:

Get assistance signing up for benefits, housing information, caregiver assistance, health and mental health services, and more. Sign up for an appointment through our kiosk at the front desk. Appointments based on availability, Monday through Thursday from 10 AM–5 PM

## Shower & Laundry Facilities:

Showers and laundry are available for free for registered senior participants Monday through Friday from 9:30 AM–12:30 PM and 3–4:30 PM Sign up at the kiosk at the front desk. Shower and laundry facilities are drop-in and based on availability.

## Cyber Center:

The Cyber Center is open for computer use on Tuesday–Thursday from 10:00 AM to 1:00 PM and 2:00 PM to 5:00 PM, based on availability. Location: The Village, 1125 N. McCadden Pl., Los Angeles, CA 90038.



W50+ Pot Luck Dinner



## PARKING TICKETING SYSTEM

Parking in the parking garage is free with a validation card. Validation cards are available to registered participants attending one of our programs or a meeting with Senior Center staff.

Participants are required to take a ticket upon entrance of parking garage. Parking is available on P-1 and is based on availability. Obtain parking validation card at the front desk of the Senior Center to exit the garage. If you do not obtain a parking validation card, you will need to pay for parking to exit.

## How to Join a Zoom Group

- Call **213-338-8477** from your phone.
- Enter Meeting ID followed by the #sign.
- When asked for Participants ID press the # sign, then enter passcode followed by the # sign.

OR

- Download the Zoom app onto your phone and enter the Meeting ID and Passcode.
- You can also go to **<http://zoom.us>** to connect from your computer.





The **Senior Pride Pantry** continues to support our community by providing nutritious non-perishable groceries each week. Pantry pick-up appointments are available on Tuesdays & Thursdays from 9:30–11 AM Please bring your Senior Services ID Card. Additional household items, cleaning supplies, hygiene supplies and pet food are offered based on availability.

Registration is required. Sign up for a pick-up appointment through the Senior Services Portal at [seniors.lalgbtcenter.org](https://seniors.lalgbtcenter.org). Contact [seniorspantry@lalgbtcenter.org](mailto:seniorspantry@lalgbtcenter.org) or 323-860-5849 with questions.

### Hot Meals:

Hot, delicious, and nutritious lunches created by the Center's Culinary Arts Education Program are available Monday through Friday at 12:30–1:30 PM at the Senior Center. Vegan options are available. Hot Grab & Go meals are provided at 12:45 PM in the Plaza outside the Senior Center. Meals are first come, first served based on availability. Weekly menus are available onsite and emailed to participants. Limited outdoor seating is available in the Plaza during lunchtime.

Please bring your Senior Services ID Card to participate in lunch. If you need a new ID Card, please stop by the Senior Center from 9 AM–12 PM or 2–5 PM If you are new to our lunch program and are age 60+, please connect with our Department Assistants to complete an easy enrollment form.

## PANTRY PICK-UP



### MONTH OF MARCH: QUINOA ENJOY THIS ADDITIONAL MEAL ITEM FOR THE ENTIRE

- Senior Services Pride Pantry is available to registered participants up to twice per month.
- Please bring your Senior Services card when picking up your items.

**Senior Pride Pantry Pick-up:  
Tuesday & Thursday 9:30–11 a.m.**

Senior Pride Pantry Pick-up:  
Please go to our portal to register for pick-up at  
[seniors.lalgbtcenter.org/#/login](https://seniors.lalgbtcenter.org/#/login)



## Farmers Market

**WED., MARCH 6  
11 A.M.–1 P.M.**

**Anita May Rosenstein Campus  
Bayard Rustin Courtyard**

Come and select fresh produce in the Bayard Rustin Courtyard. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the first Wednesday of every month from 11 a.m. to 1 p.m.

Produce is limited; first come, first served. Must be a registered participant with Senior Services.





LOS  
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# SENIOR SERVICES COMMUNITY SITE PROGRAMS

Senior Services is at our  
Community Sites- Mi Centro,  
Center South TWC, & MCC



## Mi Centro

Este sería un espacio para que los hispanohablantes discutan una amplia gama de temas relevantes para ellos y brinden apoyo y comunidad. Cada Viernes desde las once de la mañana hasta una de la tarde. Ubicación: En persona, Mi Centro 553 S. Clarence St. Los Angeles, CA 90033.



## Center South

Ebony Sage Circle is open to all black and brown-identified participants. This group aims to promote self-awareness, quality of life, learning, and unity in the LGBT community. Ebony Sage Circle @ Center South meets Fridays 3-5pm at Center South- 2313 W Martin Luther King Jr Blvd, Los Angeles, CA 90008.



## Trans Wellness Center- TWC

Drop-in case management with Senior Care Specialists at Trans Wellness Center from 11am to 1pm on the 1st and 3rd Friday of each month. TWC is located at 3055 Wilshire Blvd Unit 360, LA, CA, 90010. No parking validation, please bring your parking ticket to the front desk.



## Metropolitan Community Church- MCC

Participants are invited to join our weekly social group at Metropolitan Community Church for fun and socializing. Drop-in case management with Senior Care Specialists will be available the 2nd Thursday of the month. Potluck lunch occurs the last Thursday of each month. MCC-UCCV is located at 5730 Cahuenga Blvd. North Hollywood, CA, 91601.

[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)



**323-860-5830**

## Weekly Events

### MONDAYS

#### RACIAL JUSTICE ALLIES

**11AM–12PM**

Come study the history of race, racism, and white privilege in America. Learn the ways history and legacy create policy and trauma that impacts all identities. This group meets weekly on Zoom and in person at the Senior Center on the 2nd and 4th Monday of the month.

Meeting ID:

**913 4967 4772**

Passcode: **427757**

#### SENIOR WRITING GROUP

**1–3PM**

Join our Senior Writing Group! Create prose or poetry from writing prompts and assignments. Contact [seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org) or 323-860-5830 to join.

Meeting ID:

**949 3045 5017**

Passcode: **218422**

#### INTRODUCCIÓN A LA TECNOLOGÍA

**1:30-3:30PM**

Este taller de 6 semanas brindará conocimientos tecnológicos básicos a adultos mayores y cuidadores. Revisaremos laptops, iPads y smartphones. El espacio es limitado. Confirme su asistencia a [seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org) o 323-860-5830.

Ubicación: **Centro De Mayores**

### TUESDAYS

#### R&B LINE DANCING

**11AM–12PM**

Come and shake your groove thing with instructor E Talley II! Learn some new moves and dance to songs you love. All levels welcome!

Location: **Senior Center**

#### CARDIO SOUL DANCE

**1:30–2:30PM**

Come join E. Talley II as you learn a series of contemporary dance routines to help reach your daily recommended steps in a fun and uplifting experience.

Location: **Senior Center**

#### MOVING FORWARD AFTER LOSS

**1:30–3PM**

A peer-facilitated, ongoing support group for those

who have suffered loss(es) and are interested in exploring life after loss.

Location: **Senior Center**

#### SPILLING THE TEA

**1:30–3PM**

A social and support group for transgender and gender non-conforming senior adults to support one another and build community. Gain the necessary tools to increase empowerment.

Location: **Senior Center**

or Meeting ID:

**994 0798 2438**

Passcode: **964564**

#### JIU-JITSU

**2:30–3:30PM**

Jiu-jitsu is a ground-based martial art that teaches practical self-defense to keep you safe in physically dangerous situations. This ongoing workshop, taught by Erin Muscatelli of our Culinary Arts Team, offers an introduction to Brazilian Jiu-Jitsu, focusing on a series of realistic attacks and defenses—strangles, grabs, being attacked while on the ground, and more. While all ages and physical abilities are welcome to participate, all participants must complete a Physical Health Waiver to participate. Space is limited.

Location: **Senior Center**

## COLLECTIVE GROOVE

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**6–8PM**

Bring your talents and jam out with other musicians. This is an open space for musicians ages 50+ to learn from one another and create the sound of a collective groove.

**Location:** Senior Center

## SQUARE DANCING

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**6:30–9PM**

Join the Tinseltown Squares for an evening of swings, promenades, and sashays. The next open cycle of classes begins on Jan. 9. Beginners welcome! Contact seniors@lalgbtcenter.org or 323-860-5830 for more information.

**Location:** Pride Hall

## WEDNESDAYS

### MEN'S SOCIAL GROUP

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**10AM–12PM**

Meet new friends and share stories. Open to all self-identifying men to share in a safe, supportive space.

**Location:** Senior Center  
or **Meeting ID:**

**932 7122 4639**

**Passcode:** 249740

### CHAIR YOGA

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**11AM–12PM**

Challenge your body and

brain with Lucero as you explore techniques to improve your memory and health.

**Location:** Senior Center

### VETERAN'S SUPPORT GROUP

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**1–2PM**

This group offers support for LGBT military veterans in a safe and welcoming space.

**Location:** Senior Center

or **Meeting ID:**

**997 4154 4863**

**Passcode:** 301481

### BEGINNING TAP DANCE

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**1:30–2:30 PM**

Learn the fundamentals of tap dancing with Lauren & Carl! Tap is one of the greatest feel-good dances you can enjoy. It's fun to learn and fun to practice. All skill levels welcome.

**Location:** Senior Center

### ESPAÑOL FÁCIL

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**2–3:30PM**

Join us in learning Spanish for Beginners. This weekly Spanish workshop, will give an insider's perspective on the Castilian language. The format of the workshop will be conversational, with basic grammatic support from printed materials. Guest presenters will share vocabulary, pronunciation,

and expressions from varying Spanish-speaking countries. Space is limited; RSVP required at seniors@lalgbtcenter.org or 323-860-5830.

**Location:** Senior Center

## THURSDAYS

### MEN'S HIKING GROUP

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**9:30AM**

Join Senior Services volunteer Daryl Dean at the corner of Fern Dell Dr. and Black Oak Dr., 200 ft. north of Los Feliz Blvd. for a weekly hike. Comfortable shoes, water, and snacks are recommended. Co-ed hiking is on the 3rd Thursday of the month.

**Location:**

**Griffith Park**

### GRUPO DE APOYO DE VIH

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**10–11:30AM**

Comparta sus historias y experiencias de vivir con el VIH y conozca nuevos amigos! Este nuevo grupo de apoyo es un espacio seguro para la comunidad positiva. Todos invitados. Para más información, contacto a Ruben Vidales: rvidales@lalgbtcenter.org ó 213-466-5006.

**Ubicación:** Centro De Mayores



## MEN LIVING WITH HIV

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**1:30–3PM**

Share your stories and experiences of living with HIV and meet some new friends! This support group is a safe space for the HIV-positive community.

**Location:** Senior Center

## SENIOR CHORUS

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**3–4:30PM**

Join the “Rainbow Notes” Senior Chorus as we enjoy singing and socializing. New members and all singing levels welcome!

**Location:** Senior Center

## FRIDAYS

## EVERYDAY MOVEMENT FOR ALL

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**9–10AM**

Learn how to bring balance & joy to daily activities through this Alexander Technique class with Becky Sandler. Learn improved mind/body awareness as we explore how to sit, stand, and move with greater ease and less pain.

**Meeting ID:**

**202 631 4079**

**Password:** 7tmxHL

## MI CENTRO DROP-IN

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**11AM–1PM**

Mi Centro brinda recursos y servicios integrales para la comunidad LGBTQ Latinx en Boyle Heights. Únase a Servicios para personas mayores los viernes para tener oportunidades de conectarse y socializar. Gestión de casos sin cita previa y la recogida en la despensa de alimentos están disponibles.

Mi Centro provides comprehensive resources and services for the LGBTQ Latinx community in Boyle Heights. Join Senior Services on Fridays for opportunities to connect & socialize. Drop-in case management and food pantry pick-up are available.

**Ubicación/Location:**

**Mi Centro**

**553 S. Clarence St.**

**Los Angeles, CA 90033**

## MAHJONG

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**1:30–3PM**

Mahjong is an exciting, tile-based game developed in 19th century China. It is a game of skill, strategy, and luck. Reminder: no gambling allowed.

**Location:** Senior Center

## CENTER SOUTH DROP-IN

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**3–4:30PM**

Center South provides

comprehensive resources and services for the LGBTQ community in South LA. Join Senior Services on Fridays for opportunities to connect & socialize. Drop-in case management and food pantry pick-up are available.

**Location:** Center South,  
**2313 W. Martin Luther King Jr. Blvd,**  
**Los Angeles, CA 90008**

## EBONY SAGE CIRCLE

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**3–4:30PM**

Ebony Sage Circle is open to all Black and brown-identified participants. This group aims to promote self-awareness, quality of life, learning, and unity with LGBTQ+ communities of color.

**Location:** Center South,  
**2313 W. Martin Luther King Jr. Blvd.,**  
**Los Angeles, CA 90008**

## LGBTQ+ SENIORS CANCER SUPPORT GROUP

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**3–5PM**

This online support group for LGBTQ+ seniors impacted by cancer offers a comfortable online environment to share experiences and learn from others. RSVP to [info@cancersupportla.org](mailto:info@cancersupportla.org)

**Location:** Virtual



# CAREGIVER APPRECIATION DAY

**MONDAY, MARCH 4  
12:30-1:30PM**



In honor of Caregiver Appreciation Day, Senior Services will be providing our caregivers a special treat during our lunch service.

**HARRY & JEANETTE WEINBERG SENIOR CENTER  
1118 N MCCADDEN PLACE  
LOS ANGELES, CA 90038**




**MARCH'S TOPIC:  
IN-HOME SUPPORT SERVICES**

## BENEFITS WORKSHOP FOR SENIORS

Join us on the 3rd Wednesday of each month for a benefits workshop.

Learn about different public benefits and community resources to help reduce your monthly expenses.

This hybrid group will meet in-person and via Zoom.

**WEDNESDAY  
MARCH 20, 2024  
2-3PM**

Location: Harry & Jeanette Weinberg Senior Center  
1118 N McCadden Place  
Los Angeles, CA 90038

Zoom  
Meeting ID: 955 2280 5268  
Passcode: 255033




## Housing Readiness Workshop

**THURSDAY  
MARCH 7  
10:00AM - 11:30AM**

This will be our last session of the 6-week Housing Readiness series. Attendees will work on creating a budget and receive helpful tools for their housing needs.

**HARRY AND JEANETTE WEINBERG SENIOR CENTER 1118 N. MCCADDEN PL.  
LOS ANGELES, CA 90038**

# VOTING CENTER

**March 2 - 5, 2024**

LA LGBT Center's **PRIDE HALL** will be a flex voting site.

- Sat., March 2, 10am-7pm
- Sun., March 3, 10am-7pm
- Mon., March 4, 10am-7pm
- **Election Day:**  
Tues., March 5, 7am-8pm,

Pride Hall  
Anita May Rosenstein Campus  
1118 N McCadden Pl.  
Los Angeles, CA 90038





 **LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

# R & B Line Dance

WITH E. TALLEY II

**TUESDAYS**  
**11AM-12PM**

COME AND SHAKE  
YOUR GROOVE THING  
WITH INSTRUCTOR  
E. TALLEY II.  
LEARN SOME NEW MOVES  
AND DANCE TO  
SONGS YOU LOVE.  
ALL LEVELS WELCOME!

HARRY AND JEANETTE WEINBERG  
SENIOR CENTER  
1118N. MCCADDEN PL.  
LOS ANGELES, CA 90038



 **LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

# CARDIO SOUL Dance CLASS

**Tuesdays**  
**1:30-2:30pm**

COME JOIN E. TALLEY II  
TO LEARN A SERIES  
OF CONTEMPORARY DANCE ROUTINES  
THAT WILL HELP YOU REACH YOUR  
DAILY RECOMMENDED STEPS  
IN A FUN AND UPLIFTING ENVIRONMENT.

HARRY AND JEANETTE WEINBERG SENIOR CENTER  
1118 N. MCCADDEN PL., LOS ANGELES, CA 90038



## Non-Weekly Events

### ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS., MAR. 14 & 28, 12-1:30PM**

Join the Alzheimer's Association LGBTQ+ support group for caregivers, family members, and friends caring for an LGBTQ+ loved one. Develop a support system, talk about challenges, and learn about resources. This online group meets on the 2nd and 4th Thursday of each month. To RSVP, please contact Yael Wyte at 310-912-9120, or email [ywyte@alz.org](mailto:ywyte@alz.org)

**Location:** Virtual

### ART APPRECIATION

**FRI., MAR. 8, 3-4PM**

Join this virtual visit to the museum to learn about artists and the history of each piece. Explore select artworks with Getty docent David on the 2nd Friday of each month. All art lovers are welcome!

**Meeting ID:** 984 9274 8385

**Passcode:** 081457

### BENEFITS & RESOURCES FOR SENIORS

**WED., MAR. 20, 2-3PM**

Join us on the 3rd Wednesday of each month for a benefits workshop. Learn about different public benefits and community resources to help reduce your monthly expenses. This



hybrid group will meet in-person and via Zoom. This month's topic: In-Home Supportive Services.

**Location:** Senior Center  
or **Meeting ID:** 955 2280 5268  
**Passcode:** 255033

## BREAKFAST BINGO

**MON., MAR. 11, 9:30–11AM**

Join us at the Senior Center the 2nd Monday of each month for fun and lively Breakfast Bingo! Coffee, tea, and snacks provided. Win fun prizes and get to know your neighbors. Breakfast and coffee begin at 9:30AM. Bingo starts promptly at 10AM.

**Location:** Senior Center

## CAMINOS A LA VIVIENDA

**MARTES, 19 DE MARZO, 1:30–3PM**

Este taller ayuda a los adultos de mayor edad entender la realidad en Los Ángeles. Los participantes aprenderán sobre la crisis de vivienda y reciben recursos comunitarios para identificar metas de vivienda realistas cuando buscan por viviendas. Su participación en este taller es requerido si esta interesado en participar en nuestro programa de navegar viviendas, pero todos están invitados a aprender.

**Ubicación:** Centro De Mayores

## CAREGIVER APPRECIATION DAY

**MON., MAR. 4, 12:30–1:30PM**

In honor of Caregiver Appreciation Day, Senior Services will be providing our caregivers a special treat during lunch service.

**Location:** Senior Center

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# CHAIR YOGA




Challenge your body and brain with Lucero as you explore techniques to improve your memory and health.

**EVERY WEDNESDAY  
11AM-12PM**

Location: Harry & Jeanette Weinberg Senior Center  
1118 N McCadden Place  
Los Angeles, CA 90038

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# BEGINNING TAP DANCE



LEARN THE FUNDAMENTALS OF TAP DANCING WITH LAUREN & CARL!  
TAP IS ONE OF THE GREATEST FEEL-GOOD DANCES YOU CAN ENJOY.  
IT'S FUN TO LEARN AND FUN TO PRACTICE.  
ALL SKILL LEVELS WELCOME.

**WEDNESDAYS  
1:30-2:30 PM**

HARRY AND JEANETTE WEINBERG SENIOR CENTER  
1118 N. MCCADDEN PLACE LOS ANGELES, CA 90038

# MARCH

Monday	Tuesday	Wednesday
<b>4</b> Racial Justice Allies 11 AM-12 PM Caregiver Appreciation Day 12:30-1:30 PM Senior Writing Group 1-3 PM Introducción a la Tecnología 1:30-3:30 PM  Voting Center 10 AM-7 PM	<b>5</b> R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Trans Conversation Project 3-4 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM  Election Day Voting Center 7 AM-8 PM	<b>6</b> Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Farmers Market 11 AM-1 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Español Fácil 2-3:30 PM
<b>11</b> Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Introducción a la Tecnología 1:30-3:30 PM Senior Activist Squad 2-3 PM	<b>12</b> Field Trip to Descanso Gardens 9 AM-4 PM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM	<b>13</b> Vax Clinic 9:30 AM-1:30 PM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Español Fácil 2-3:30 PM
<b>18</b> Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Introducción a la Tecnología 1:30-3:30 PM LA LA Leather Concert 7:30-10 PM	<b>19</b> Public Library Resources 10-11 AM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Caminos a la Vivienda 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM	<b>20</b> Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Benefits Workshop 2-3 PM
<b>25</b> Senior Engagement Team 11 AM-12 PM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM	<b>26</b> R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM Collective Groove 6-8 PM HIV & Aging Dinner + Discussion 6-8 PM Square Dancing 6:30-9 PM  Senior Center Closed from 3-5 PM	<b>27</b> Men's Social Group 10 AM-12 PM Wishing Well Arts Workshop 10-11 AM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Veteran's Dinner 6 PM

Thursday	Friday
	<b>1</b> Everyday Movement 9-10 AM Creative Self Portrait 10 AM-12 PM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Mahjong 1:30-3:00 PM Papier Mache Workshop 1:30-3:30 PM Book Giveaway 2-3 PM TransMasc Exchange 3-4:30 PM Drop-in @ Center South 3-4:30 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>7</b> Men's Hiking 9:30 AM Nutrition Education 10-11 AM Grupo de Apoyo de VIH 10-11:30 AM Housing Readiness 10-11:30 AM WeHo Housing Drop-in 11 AM-1 PM MCC-UCCV Drop-in 12-2 PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM HIV Research Opportunities 3-4 PM Senior Chorus 3-4:30 PM	<b>8</b> Everyday Movement 9-10 AM Creative Self Portrait 10 AM-12 PM Drop-in @ Mi Centro 11 AM-1 PM Farmers Market @ Mi Centro 11 AM-1 PM Mahjong 1:30-3:00 PM Papier Mache Workshop 1:30-3:30 PM Art Appreciation 3-4 PM Drop-in @ Center South 3-4:30 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>14</b> Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Alz Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3-4:30 PM	<b>15</b> Everyday Movement 9-10 AM Creative Self Portrait 10 AM-12 PM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Taller de Testamentos @ TransWellness 11 AM-12 PM Mahjong 1:30-3:00 PM TransMasc Exchange 3-4:30 PM Drop-in @ Center South 3-4:30 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>21</b> Co-Ed Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM WeHo Housing Drop-in 11 AM-1 PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3-4:30 PM	<b>22</b> Everyday Movement 9-10 AM Drop-in @ Mi Centro 11 AM-1 PM Farmers Market @ Center South 11 AM-1 PM  Senior Center Closed 2-5 PM
<b>28</b> Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Alz Support Group 12-1:30 PM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM Senior Chorus 3-4:30 PM	<b>29</b>  Lunch Service 12:30-1:30 PM  Senior Center Closed 9 AM-12:30 PM & 1:30-5 PM



# International Women's Day Celebration

## Sunday March 3, 2024 12-1:30 PM

In collaboration with  
Jewish Family  
Services of LA  
and the Russian-  
speaking Advisory  
Board of the City of  
West Hollywood,  
join us for a  
celebration for  
International  
Women's Day.  
The program will  
include music,  
dancing and a  
fashion show.

**Plummer Park  
Community Center  
Rooms 5 & 6  
7377 Santa Monica Blvd.  
West Hollywood CA, 90046**







Bring your talents and jam out with other musicians.  
This is an open space for musicians ages 50+ to learn  
from one another and create the sound of a collective groove.



**LOS ANGELES LGBT CENTER**  
**SENIOR SERVICES**

Every Tuesday  
6-8 P.M.  
Location: Senior Center



## SPILLING THE TEA

**TUESDAYS 1:30-3PM**

A SOCIAL AND SUPPORT GROUP FOR  
TRANSGENDER AND GENDER NON-  
CONFORMING ADULTS TO SUPPORT  
ONE ANOTHER AND BUILD COMMUNITY.

**IN PERSON, SENIOR CENTER  
OR MEETING ID: 994 0798 2438  
PASSCODE: 964564**

HARRY AND JEANETTE WEINBERG  
SENIOR CENTER  
1118 N. MCCADDEN PLACE,  
LOS ANGELES, CA 90038



## TRANS-MASC INTERGENERATIONAL EXCHANGE

**1ST + 3RD FRIDAY**

A SOCIAL AND SUPPORT GROUP FOR TRANSGENDER  
AND GENDER NON-CONFORMING ADULTS TO  
SUPPORT ONE ANOTHER AND BUILD COMMUNITY.

**VIRTUAL -MEETING ID: 970 2805 6270 PASSCODE: 803002**

## FARMERS MARKET

**WED., MAR. 6, 11AM-1PM**

Come and select fresh produce in the Bayard Rustin Courtyard. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the first Wednesday of every month from 11AM to 1PM. Produce is limited. First come, first served. Must be a registered participant with Senior Services.

**Location: Senior Center**

## FARMERS MARKET AT CENTER SOUTH

**FRI., MAR. 22, 11AM-1PM**

Come and select fresh produce at our community site, Center South. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the 4th Friday of every month, 11AM-1PM. Produce is limited. First come, first served.

**Location: Center South,  
2313 W. Martin Luther King Jr. Blvd.,  
Los Angeles, CA 90008**

## FARMERS MARKET AT MI CENTRO

**FRI., MAR. 8, 11AM-1PM**

Ven y selecciona productos frescos en nuestro sitio comunitario, Mi Centro. En colaboración con Seeds of Hope, el Farmers Market se lleva a cabo el segundo viernes de cada mes, de 11AM a 1PM. La producción es limitada. El primero en llegar es el primero en ser atendido.

Come and select fresh produce at our community site, Mi Centro. Provided in collaboration with Seeds of Hope,

the Farmers Market takes place the 2nd Friday of every month, 11AM–1PM. Produce is limited. First come, first served.

**Ubicación:** Mi Centro, 553 S. Clarence St., Los Angeles, CA 90033

## FIELD TRIP TO DESCANSO GARDENS

**TUES., MAR. 12, 9AM–4PM**

Senior Services will be hosting a field trip to the Descanso Gardens, a 150-acre botanical garden located in La Cañada Flintridge. Descanso Gardens features a wide, mostly forested area, with artificial streams, ponds, and lawns. Recommended donation is \$10. No one will be turned away for inability to pay. Bus will leave from and return to the Senior Center. Participants must agree to take the bus each way and will not be able to meet group at the gardens. Space is limited. RSVP required by March 5 to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830. Lunch will be provided. Please include if you would like a regular or vegan meal and/or if you have any mobility requests/needs in message.

**Location:** Senior Center

## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

**TUES., MAR. 5 & 19, 7–9PM**

In partnership with Cancer Support Community LA, the gay and bisexual men's prostate cancer support group meets on the 1st & 3rd Tuesday of the month via Zoom. Discuss treatment, doctors, insurance, sex, relationships, and coping. To RSVP, contact [info@cancersupportla.org](mailto:info@cancersupportla.org).

**Location:** Virtual

## Planificación para el final de la vida

Todo el mundo necesitará hacer planes para el final de su vida en algún momento. Únase a esta taller de 6 semanas que cubrirá los aspectos principales que necesita saber: planificación funeraria, plan para mascotas, testamentos y mucho más. Confirme su asistencia: [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) o 323-860-5830

**Semana 1 - 16 de Febrero**

Cinco Deseos

**Semana 2 - 15 de Marzo**

Testamentos/Herencias

**Semana 3 - 19 de Abril**

Poder Legal

**Semana 4 - 17 de Mayo**

Plan para mascotas: PAWS/LA

**Semana 5 - 21 de Junio**

Vida Asistida

**Semana 6 - 19 de Julio**

Arreglos funerales

**Cada 3er Viernes | 11:00 AM**  
**Trans Wellness Center**

3055 Wilshire Blvd Suite 360, Los Angeles, CA 90010



## March 19 / 10:00 AM LA PUBLIC LIBRARY RESOURCE WORKSHOP



LEARN ABOUT THE ASSORTMENT OF RESOURCES THE LA PUBLIC LIBRARY HAS TOO OFFER AND HOW TO ACCESS THEM. A REPRESENTATIVE FROM THE HOLLYWOOD BRANCH LIBRARY WILL HOST THIS INFORMATIONAL WORKSHOP TO HIGHLIGHT PROGRAMS ESPECIALLY GEARED TOWARDS OLDER ADULTS SUCH AS: FREE CLASSES, TECHNOLOGY, AND EMPLOYMENT SERVICES.

10:00 - 11:00 AM

SENIOR SERVICES  
1118 N MCCADDEN PL



LOS ANGELES LGBT CENTER  
SENIOR SERVICES



## LGBTQ+ PEOPLE LIVING WITH CANCER SUPPORT GROUP



INDIVIDUALS CURRENTLY IMPACTED BY CANCER OR DEALING WITH LIFE AFTER CANCER ARE WELCOME TO JOIN THIS ONLINE SUPPORT GROUP FOR THE LGBTQ+ COMMUNITY.

CONNECT WITH OTHERS IN A COMFORTABLE, ONLINE ENVIRONMENT TO SHARE YOUR EXPERIENCE AND LEARN FROM THE EXPERIENCES OF OTHERS.

For more information, contact [info@cancersupportla.org](mailto:info@cancersupportla.org)



## HIV & AGING: DINNER & DISCUSSION SERIES

**TUE., MAR. 26, 6–8PM**

This monthly dinner and discussion series is geared for individuals living with HIV or impacted by HIV. In honor of National Colorectal Cancer Awareness Month, join us for an informative conversation about risks, screenings, and treatments for colorectal cancer.

**Location:** Senior Center

## HIV RESEARCH OPPORTUNITIES

**THURS., MAR. 7, 3–4PM**

Join representatives from the UCLA CARE Center to learn information about clinical studies related to the treatment and prevention of HIV and other diseases. Currently, there are six active studies, including PrEP studies.

**Location:** Senior Center

## HOUSING READINESS WORKSHOP

**THURS., MAR. 7, 10–11:30AM**

This will be our last session of the 6-week Housing Readiness series. Attendees will work on creating a budget and receive helpful tools for their housing needs.

**Location:** Senior Center

## INTERNATIONAL WOMEN'S DAY CELEBRATION

**SUN., MAR. 3, 12–1:30PM**

In collaboration with Jewish Family Services of LA and the Russian-speaking Advisory Board of the City of West Hollywood, join us for a celebration for International Women's Day. The program will include music, dancing, and fashion show. For more information, contact



## HIV & AGING DINNER+ DISCUSSION



**6:00- 8:00 P.M.**

**TUESDAY  
MARCH 26,  
2023**

**March's Topic:  
Colorectal Cancer**

**HARRY AND JEANETTE WEINBERG SENIOR CENTER  
1118. N. MCCADDEN PLACE.  
LOS ANGELES, CA 90038  
RSVP at [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830**



seniors@lalgbtcenter.org or 323-860-5830.

**Location:** Plummer Park Community Center, Rooms 5 & 6; 7377 Santa Monica Blvd., West Hollywood CA, 90046

## LA LA LEATHER CONCERT

**MON., MAR. 18, 7:30–10PM**

Senior Services will host the annual LA LA Leather fetish concert as a part of LA Leather Pride Week. This year's theme, "In the Arms of an Angel," will combine both classic and original film music in the tradition of the beloved "Classic Meets Fetish" concerts held in Berlin. Music will be performed in leather and fetish gear by members of the Los Angeles Leather Community. Leather and kink gear is not required but highly encouraged for audience members. Space is limited; RSVP required to seniors@lalgbtcenter.org or 323-860-5830. Additional tickets are available for purchase at <https://bit.ly/LaLaLeather24>.

**Location:** Senior Center

## LGBTECH Q&A WITH MOM'S COMPUTER

**TUES., MAR. 5, 3–4:30PM**

Learn Google Docs. A free word processor that anyone can use! What is a QR code? How do I send large attachments in my emails?

**TUES., MAR. 19, 3–4:30PM**

Scam Awareness Workshop. Prevent Identity Theft. Learn how to use your smart phone for safety in case of a slip or fall.

Beginners welcome! All questions answered. Windows/Mac/Iphone/Android



**MERCADO GRATUITO DISPONIBLE EN MI CENTRO Y CENTER SOUTH**

Los Angeles LGBT Center en alianza con **Seeds of Hope** ofrecerá un mercado mensual en nuestros centros comunitarios.

**MI CENTRO**  
553 S. Clarence St., Los Angeles 90033  
**11AM–1PM** 2do Viernes de cada mes, a partir del 12 de enero

**CENTER SOUTH**  
2313 W. Martin Luther King Jr. Blvd., Los Angeles 90008  
**11AM–1PM** 4to Viernes de cada mes, a partir del 26 de enero

El último día de distribución de Pride Pantry en Mi Centro será el viernes 15 de diciembre. La distribución final de Center South fue el viernes 8 de diciembre.



 **LOS ANGELES LGBT CENTER SENIOR SERVICES**

LA LGBT CENTER CULTURAL ARTS PRESENTS

**THREE**

Sunday | 7:00 PM | March 17, 2024

THREE is a meditation on Chekhov's THREE SISTERS which explores Chekhov's themes of longing, love and the meaning of life.

Through an American and Queer prism, THREE offers a snapshot of the Prozorov family and their loved ones on four different days in four different eras in a fictional army base town in the far north of the upper Midwest.

A limited number of free tickets are available through Senior Services. RSVP required by March 5 to seniors@lalgbtcenter.org or 323.860.5830

THE VILLAGE AT ED GOULD PLAZA  
LILY TOMLIN/JANE WAGNER CULTURAL ARTS CENTER  
1125 N MCCADDEN PLACE LOS ANGELES, CA 90038



and all devices welcome. Plus Tech Trivia and Prizes.

**Location:** Senior Center

## MCC-UCCV

**THURS., MAR. 7 & 28, 12-2PM**

Valley participants are invited to join our weekly social group at Metropolitan Community Church-UCCV for fun activities & socializing. Drop-in case management will be available the 2nd Thursday of the Month. Potluck lunch occurs the last Thursday of each month.

**Location:** MCC-UCCV, 5730 Cahuenga Blvd., North Hollywood, CA 91601

## OFF SUNSET FESTIVAL

**SUN., MAR. 24, 12-7PM**

Join your friends from Senior Services at the culminating event for LA Leather Pride Week. This street festival includes food, drinks, leather and kink demonstrations, vendors, musical performances, and more. Tickets are available for purchase at [www.offsunsetfestival.com](http://www.offsunsetfestival.com).

**Location:** 4219 Santa Monica Blvd, Los Angeles, CA, 90029

## PUBLIC LIBRARY RESOURCE WORKSHOP

**TUES., MAR. 19, 10-11AM**

Learn about the assortment of resources offered by the LA Public library and how to access them. A representative from the Hollywood Branch library will host this informational workshop to highlight programs especially geared towards older adults, including free classes, technology, and employment services.

**Location:** Senior Center

## READING OPENS MINDS





## THURS., MAR. 7 & 21, 1–2:30PM

This wonderful book club has been meeting for years but always welcomes new members. For information on how to join, contact [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or call 323-860-5830.

**Location:** Senior Center

## SENIOR ACTIVIST SQUAD

### MON., MAR. 11, 2–3PM

There are currently more than 700 anti-trans bills proposed across the U.S., including several in California. Join the Senior Activist Squad to share information about pressing issues impacting the LGBTQ+ community and identify ways to advocate for change. Enter to win a \$25 gift card at every meeting.

**Location:** Senior Center

## SENIOR ENGAGEMENT TEAM

### MON., MAR. 25, 11AM-12PM

Our spin on a Community Advisory Board, the Senior Engagement Team is a space to share your ideas and suggestions to enhance programming. Help us create the programs you want with your peers.

**Location:** Senior Center

## TALLER DE TESTAMENTOS Y HERENCIAS A TRANSWELLNESS CENTER

### VIERNES, 15 de MARZO, 11AM–12PM

Únase a nosotros para una conversación sobre testamentos y herencias

**Ubicación:** Trans Wellness Center, 3055 Wilshire Blvd., Suite 360, Los Angeles, CA 90010

## TRANS\* DAY OF VISIBILITY HIGH TEA DANCE

### SAT., MAR. 30, 5–8PM



## GAY MEN'S PROSTATE CANCER SUPPORT GROUP


This group welcomes gay and bisexual men with prostate cancer and their partners.


This group provides a safe space to meet others with similar experiences and talk openly about issues such as treatment options, doctors, health insurance, sex, relationships, fears, coping with after-effects, and more.

THIS GROUP MEETS ONLINE ON THE 2ND AND 4TH TUESDAY OF EVERY MONTH.

FOR MORE INFO, CONTACT: [INFO@CANCERSUPPORTLA.ORG](mailto:INFO@CANCERSUPPORTLA.ORG)



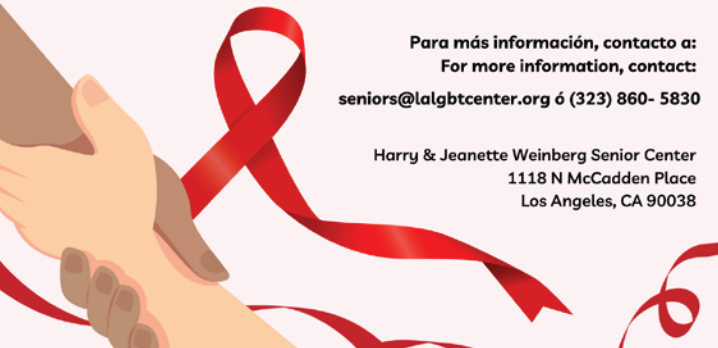




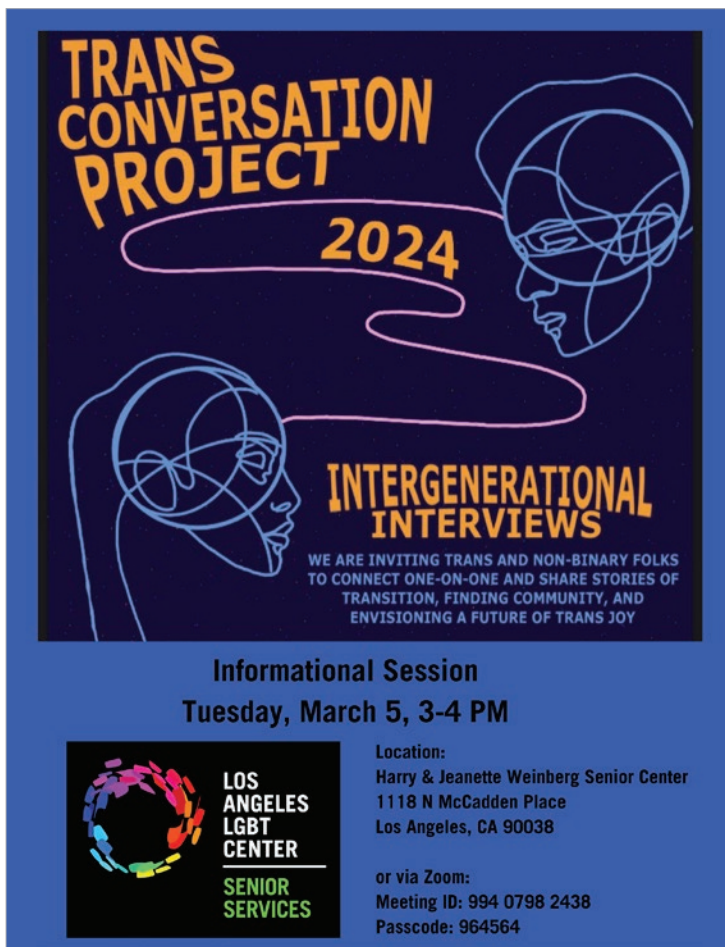
Grupos de Apoyo de VIH/SIDA	HIV/AIDS Support Groups	HIV & AGING Dinner & Discussion
<b>Todos invitados</b> Los Jueves 10–11:30AM	<b>Men Living with HIV</b> Thursdays 1:30–3PM	<b>Impacted by HIV</b> Last Tuesday 6–8PM
Comparta sus historias y experiencias de vivir con el VIH y conozca nuevos amigos! Este grupo de apoyo es un espacio seguro para la comunidad positiva. Todos invitados.	Share your stories and experiences of living with HIV and meet some new friends! This support group is a safe space for the HIV-positive community.	This monthly dinner and discussion series is geared for individuals living with HIV and/or impacted by HIV. A different topic is presented each month.
Ubicación: Centro De Mayores	Location: Senior Center	Location: Senior Center

Para más información, contacto a:  
For more information, contact:  
[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) ó (323) 860- 5830

Harry & Jeanette Weinberg Senior Center  
1118 N McCadden Place  
Los Angeles, CA 90038








**TRANS CONVERSATION PROJECT**  
**2024**  
**INTERGENERATIONAL INTERVIEWS**

WE ARE INVITING TRANS AND NON-BINARY FOLKS TO CONNECT ONE-ON-ONE AND SHARE STORIES OF TRANSITION, FINDING COMMUNITY, AND ENVISIONING A FUTURE OF TRANS JOY

**Informational Session**  
**Tuesday, March 5, 3-4 PM**

 **LOS ANGELES LGBT CENTER**  
**SENIOR SERVICES**

**Location:**  
Harry & Jeanette Weinberg Senior Center  
1118 N McCadden Place  
Los Angeles, CA 90038

**or via Zoom:**  
Meeting ID: 994 0798 2438  
Passcode: 964564

In honor of Trans\* Day of Visibility, join us for a Tea Dance on the Rooftop. There will be music, dancing, and speed dating as the sun sets and the stars come out. Light refreshments will be served. Free parking available with validation. Space is limited, RSVP required at [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

## TRANSMASC INTERGENERATIONAL EXCHANGE

**FRI., MAR. 1 & 15, 3-4:30PM**

In collaboration with InvisibleMen, "The Exchange" provides an intergenerational social space for the transmasculine community. The Exchange meets online on the 1st & 3rd Friday of every month.

**Meeting ID: 970 2805 6270**

**Passcode: 803002**

## TRANS WELLNESS CENTER DROP-IN

**FRI., MAR. 1 & 15, 11AM-1PM**

El Trans Wellness Center (TWC) brinda recursos y servicios integrales para personas transgénero y no binarias bajo un mismo techo. Únase a Senior Services en TWC para oportunidades de conectarse y socializar. Citas sin cita previa para la gestión de casos y el armario de ropa en la TWC cada primer y tercer viernes del mes de 11AM a 1PM.

The Trans Wellness Center (TWC) provides comprehensive resources and services for transgender and non-binary people under one roof. Join Senior Services at TWC for opportunities to connect & socialize. Drop-in case management and Clothing Closet appointments are available at TWC on the 1st & 3rd Friday of each month, 11AM-1PM.

**Ubicación/Location: Trans Wellness**



**EVERY FRIDAY 3-4:30 P.M.**

**EBONY SAGE CIRCLE**

Ebony Sage Circle is open to all black and brown-identified participants.

This group aims to promote self-awareness, quality of life, learning, and unity with LGBTQ communities of color.

**Location: Center South**  
2313 W Martin Luther King Jr Blvd.  
Los Angeles, CA 90008

Center, 3055 Wilshire Blvd., Suite 360,  
Los Angeles, CA 90010

## VACCINATION CLINICS/ CLÍNICAS DE VACUNAS (VAX CLINICS)

**WED., MAR. 13, 9:30AM-1:30PM**

In collaboration with Los Angeles County Department of Public Health, vaccine shots will be available on a walk-in basis. The following vaccines will be available: COVID-19, COVID-19 Booster, Flu, MPox and Hep A.

En colaboración con el Departamento de Salud Pública del Condado de Los Ángeles, las vacunas estarán disponibles sin cita previa. Estarán disponibles las siguientes vacunas: COVID-19, COVID-19 Booster, Flu, MPox y Hep A.

**Location:** Senior Center

## VETERANS' DINNER

**WED., MAR. 27, 6PM**

This outing for LGBTQ+ veterans occurs on the last Wednesday of each month at a different restaurant each time. Participants are responsible to pay for their own meal and are encouraged to bring cash as payment. No one will be turned away for lack of funds.

**Location:** Bossa Nova Brazilian Cuisine, Sunset Plaza, 8630 Sunset Boulevard, West Hollywood, CA 90069

## WEHO HOUSING DROP-IN

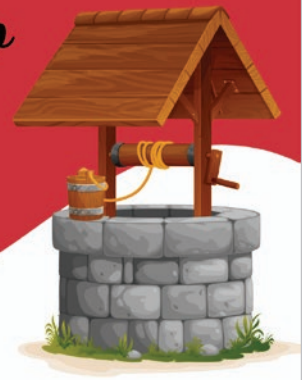
**THURS., MAR. 7 & 21, 11-1PM**

Are you a senior who lives, works, or spends significant time in the City of West Hollywood and in need of housing resources or support? Meet with members of the Senior Services Housing Team to discuss affordable housing options and

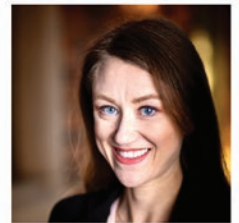
## WISHING WELL

### Art Workshop

**WED., MARCH 27  
10-11 AM**



STARTING SOMETHING NEW  
CAN BE BOTH EXCITING AND  
CHALLENGING AT THE SAME TIME.  
USING COLORS, IMAGES, SHAPES,  
AND WORDS, THIS ART WORKSHOP,  
HOSTED BY JEN DAWSON,  
PROVIDES AN OPPORTUNITY TO  
CREATE SOMETHING MEANINGFUL  
THAT SYMBOLIZES  
YOUR HOPES AND DREAMS,



LOS  
ANGELES  
LGBT  
CENTER  
  
SENIOR  
SERVICES

LOCATION: HARRY & JEANETTE WEINBERG  
SENIOR CENTER  
1118 N MCCADDEN PLACE  
LOS ANGELES, CA 90038

FOR INFORMATION, PLEASE CONTACT  
SENIORS@LALGBTCENTER.ORG OR 323-860-5830.

**LA LA LEATHER V:  
IN THE ARMS OF AN ANGEL**  
MUSICAL DIRECTOR JASON LO  
DRESS CODE: LEATHER/FETISH GEAR

A CONCERT OF CLASSIC AND ORIGINAL FILM MUSIC PERFORMED IN GEAR BY MEMBERS OF THE LOS ANGELES LEATHER COMMUNITY IN THE TRADITION OF THE BELOVED "CLASSIC MEETS FETISH" CONCERTS HELD IN BERLIN.

\$30 PRE-SALE UNTIL 3/15  
\$40 AFTER 3/15 AND AT THE DOOR  
<https://bit.ly/LaLaLeather24>

**SPONSORED BY:**

BERLIN LEATHER FETISH (BLF), TYRONE RONTANOER PRESENTS, JONATHAN A. WRIGHT, ESQ., CHRISTOPHER ROMBERG

DOORS 7:30 PM | MUSIC 8 PM | END 10 PM

**MARCH 18, 2024**  
PRIDE HALL: LOS ANGELES LGBT CENTER | 1118 N. MCCADDEN PLACE, HOLLYWOOD, CA 90038

A limited number of free tickets are available through Senior Services.  
RSVP by March 8th to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323.860.5830





LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# HIV RESEARCH OPPORTUNITIES

JOIN REPRESENTATIVES FROM THE UCLA CARE CENTER TO LEARN INFORMATION ABOUT CLINICAL STUDIES RELATED TO THE TREATMENT AND PREVENTION OF HIV AND OTHER DISEASES. CURRENTLY, THEY HAVE SIX ACTIVE STUDIES, INCLUDING PREP STUDIES.

**MARCH 7, 3-4 PM**

HARRY & JEANETTE WEINBERG SENIOR CENTER  
1118 N MCCADDEN PLACE, LOS ANGELES, CA 90038



obtain referrals to services.

**Location:** West Hollywood Library,  
625 N. San Vicente Blvd.,  
West Hollywood, CA 90069

## WISHING WELL ARTS WORKSHOP

**WED., MAR. 27, 10-11AM**

Starting something new can be both exciting and challenging at the same time. Using colors, images, shapes, and words, the Wishing Well Art Workshop provides an opportunity to create something meaningful that symbolizes your hopes and dreams. All levels welcome; no previous art experience required.

**Location:** Senior Center

## SAVE THE DATE!

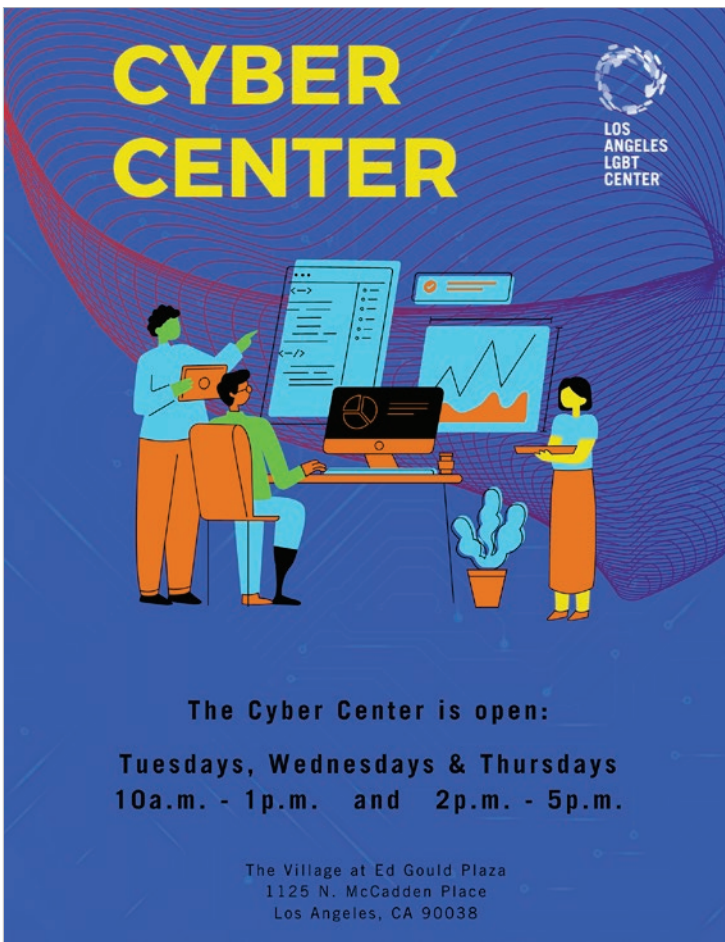
## WOMEN'S SPRING DANCE

**FRI., APR. 26, 7-9PM**

To culminate Lesbian Visibility Week, join us at our W50+ Lesbian, Bi & Trans Women Spring Dance for a fun evening of music, dancing, and laughter. Space is limited. RSVP to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830 by April 15.

**Location:** Fiesta Hall, Plummer Park, 1166 N Vista St, West Hollywood, CA 90046

# CYBER CENTER



The Cyber Center is open:

Tuesdays, Wednesdays & Thursdays  
10a.m. - 1p.m. and 2p.m. - 5p.m.

The Village at Ed Gould Plaza  
1125 N. McCadden Place  
Los Angeles, CA 90038

### Senior Services

**will be closed on the following  
dates/times in March:**

- Friday, March 22 (2-5pm)
- Tuesday, March 26 (3-5pm)
- Friday, March 29\* (9-5pm)

*\*We will be open for Lunch*

We apologize for any inconvenience.  
Please plan accordingly.



# FIELD TRIP to the DESCANSO GARDENS

SPACE IS  
LIMITED.  
RSVP  
REQUIRED



★★★ ★★  
**TUESDAY, MARCH 12, 2024**  
**9AM-4PM**

SUGGESTED DONATION IS \$10.  
NO ONE WILL BE TURNED AWAY  
FOR INABILITY TO PAY

PLEASE NOTIFY  
US OF ANY  
ACCOMMODATION  
REQUESTS WITH  
YOUR RSVP

Senior Services  
will be hosting a  
field trip to the  
Descanso  
Gardens, located  
in La Cañada  
Flintridge.  
Descanso  
Gardens features  
a wide area,  
mostly forested,  
with artificial  
streams, ponds,  
and lawns.

RSVP BY MARCH 5 TO:  
[SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG)  
OR (323) 860-5830

## SENIOR SERVICES PRESENTS THE SPRING WOMEN'S DANCE



**26**

**APRIL**

**FIESTA HALL  
PLUMMER PARK  
1166 N VISTA ST,  
WEHO, CA 90046**

**7-9**

**PM**

To culminate Lesbian Visibility Week, join us for our  
W50+ Lesbian, Bi & Trans Women Spring Dance.  
It will be a fun evening of music, dancing and laughter.  
Space is limited. RSVP to  
[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830 by April 15.



LOS  
ANGELES  
LGBT  
CENTER

SENIOR  
SERVICES

# ROMANTIC SUNSET HIGH TEA DANCE

SATURDAY, MARCH 30, 2024  
5-8PM



In honor of Trans\* Day of Visibility,  
please join us for a romantic sunset dance  
on the rooftop of the LA LGBT Center.

This is a TGI/ENBY+ Friendly,  
dating-specific event, open to those interested  
in meeting trans/nonbinary people.

*Music, Dancing & Cocktails*

LA LGBT Senior Center, 1118 N. McCadden Pl., Los Angeles, CA 90038

Free Parking Available with Validation

Space is limited; RSVP Required by March 15 to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323.860.5830