



LOS ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

APRIL 2024

UNITED, NOT UNIFORM



RSVP/Helpline: 323-860-5830 or Toll-Free: 877-688-4833 • 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@lgbtcenter.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@lgbtcenter.org requesting to "Go Green."

LETTER FROM KIERA

There are signs that Spring is starting to arrive: the days are getting longer; the weather is getting warmer, and the trees are starting to bloom. A spirit of renewal can also be felt within the Senior Center.

Throughout April, we have planned an array of special activities in honor of Lesbian Visibility Week. The theme of Lesbian Visibility Week 2024 (#LVW24) is "United, Not Uniform." The aim is to celebrate lesbians and show solidarity with all LGBTQ+ women and non-binary people in our community. We believe in unity, lifting up those who are most marginalized, and celebrating the power of sisterhood of incredible LGBTQIA women and non-binary people.

On April 18, we welcome filmmakers, Meghan McDonough & Ren Mutevellioglu, for a screening and discussion of their documentary *Old Lesbians*. To culminate LVW24, we will be hosting the "Women's Liberations Celebration" dance at Fiesta Hall in Plummer Park on April 26. We hope you will join us for a night of music, dancing and fun.

Looking forward to seeing you soon!



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.



Soulful Brunch



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.



SENIOR PRIDE PANTRY

The Senior Pride Pantry continues to support our community by providing nutritious non-perishable groceries each week.

Additional household items, cleaning supplies, hygiene supplies, and pet food are offered based on availability.

Pantry pick-up is available on Tuesdays & Thursdays from 9:30AM-11:00AM
Please bring your Senior Services ID Card.

Senior Pride Pantry is located at 1111 N. Las Palmas Ave., Los Angeles, CA 90038

For more information, contact seniors@lalgbtcenter.org or 323.860.5830



PANTRY PICK-UP



MONTH OF MARCH: PINK SALMON
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



JOIN US
MONDAY THROUGH
FRIDAY FOR:

Hot, Delicious & Nutritious Lunch



12:30-1:30 PM

Hot, delicious, and nutritious lunches created by the Center's Culinary Arts Education Program are available Monday through Friday at 12:30-1:30PM. Meals are first come, first served based on availability. Vegan options are available.

Please bring your Senior Services ID Card. If you are new to our lunch program, please check-in at the front desk to enroll.

More Info: seniors@lalgbtcenter.org or 323.860.5830

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

Farmers Market

WED., APRIL 3
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.

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 groups 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 or 323-860-5830 to join.

Meeting ID:

949 3045 5017

Passcode: 218422

TUESDAYS

MANDARIN CALLIGRAPHY

10-11AM

Mandarin calligraphy is the writing of Chinese characters as an art form, combining purely visual art and interpretation of the literary meaning. Join Mr. See each Tuesday morning to learn this meditative art form. Beginners welcome.

Location: Senior Center

R&B LINE DANCING

11AM–12PM

Come and shake your groove thing with instructor E Talley III! 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

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

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

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

11AM–12PM

Challenge your body and

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

Location: Senior Center

or **Meeting ID:**

981 4546 9997

Passcode: 418978

VETERAN'S SUPPORT GROUP

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

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

THURSDAYS

MEN'S HIKING GROUP

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

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

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

3:30-5PM

Join the "Rainbow Notes" Senior Chorus as we enjoy singing and socializing. New members and all

LOS ANGELES LGBT CENTER
SENIOR SERVICES



Grupos de Apoyo de VIH/SIDA

HIV/AIDS Support Groups

HIV & AGING Dinner & Discussion

Todos invitados
Los Jueves
10-11:30AM

Men Living with HIV
Thursdays
1:30-3PM

Impacted by HIV
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@lgbtcenter.org ó (323) 860- 5830

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES



MEN'S HIKING GROUP

EVERY THURSDAY
AT GRIFFITH PARK
9:30 A.M.

Join Senior Services volunteer Daryl Dean for a weekly hike. Meet the group at the corner of Fern Dell Dr. and Black Oak Dr., which is approximately 200 ft. north of Los Feliz Blvd.

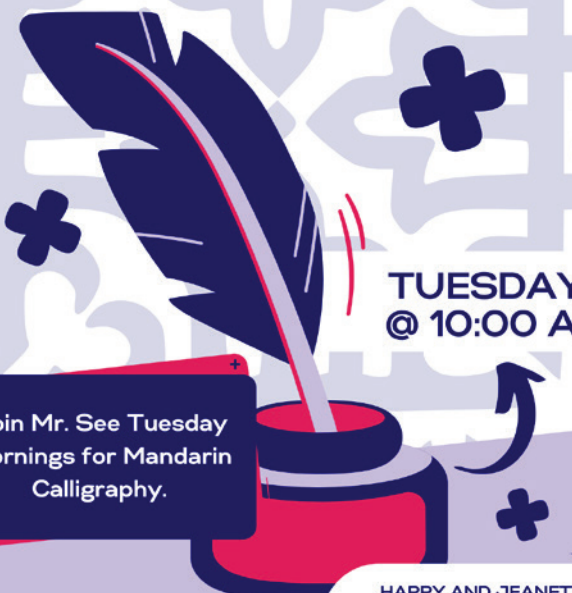
Comfortable shoes, water and snacks are encouraged.

Co-ed hiking is on the 3rd Thursday of the month.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

MANDARIN CALLIGRAPHY
with Mr. See



TUESDAYS
@ 10:00 AM

Join Mr. See Tuesday Mornings for Mandarin Calligraphy.


LOS ANGELES LGBT CENTER
SENIOR SERVICES

HARRY AND JEANETTE WEINBERG SENIOR CENTER
1118 N McCadden Pl

LOS ANGELES LGBT CENTER
SENIOR SERVICES

RAINBOW NOTES SENIOR CHORUS

THURSDAYS
3:30-5:00 P.M.



JOIN THE "RAINBOW NOTES" SENIOR CHORUS AS WE ENJOY SINGING AND SOCIALIZING.

NEW MEMBERS AND ALL SINGING LEVELS WELCOME!

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

singing levels welcome!
Location: Senior Center

FRIDAYS

EVERYDAY MOVEMENT FOR ALL

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

NEW TIME CENTER SOUTH DROP-IN

10AM–2PM

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**

MI CENTRO DROP-IN

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

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

EBONY SAGE CIRCLE

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

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

Location: Virtual



LOS ANGELES
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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



323-860-5830

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



Non-Weekly Events

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., APR. 11 & 25, 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

Location: Virtual

ART APPRECIATION

FRI., APR. 12, 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

ART WALK

THURS., APR. 11, 10:30-11:30AM

Join us for a trip to Regen Projects to view their exhibition of renowned artist & painter Alberta Whittle. Titled *Learning a new punctuation for hope in times of disaster*, the exhibit exemplifies her interdisciplinary approach to cultivating community and care as an antidote to catastrophes, from ecological collapse to the legacy of anti-Blackness. We will meet at the Senior Center and walk together to the gallery, which is one block away.

Location: Senior Center

LOS ANGELES
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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

INTRO TO Brazilian JIU JITSU



Jiu-Jitsu is a ground-based martial art, and this course will focus on a series of realistic attacks and defenses to them - strangles, grabs, being attacked while on the ground, and many more. Jiu-Jitsu teaches practical self-defense to help keep you safe in physically dangerous situations. This intergenerational workshop, taught by Erin Muscatelli of Culinary Arts, will be an introduction to Brazilian Jiu-Jitsu.

While all ages and physical abilities are welcome to participate, all participants must complete a Physical Health Waiver to participate.

Space is limited.

REGISTER NOW

Tuesdays
 2:30-3:30 PM
 Senior Center

(323) 860-5830
 seniors@lalgbtcenter.org



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

and via Zoom
Meeting ID: 981 4546 9997
Passcode: 418978

REGEN PROJECTS



MONTHLY
ART WALK

Join us as we take an Art Walk to Regen Projects to view their current exhibition of renowned artist & painter, Alberta Whittle. The exhibition entitled, *Learning a new punctuation for hope in times of disaster*, exemplifies the artist's interdisciplinary approach to cultivating community and care as an antidote to catastrophes, from ecological collapse to the legacy of anti-Blackness.

ALBERTA WHITTLE

Meet at the
Senior Center

Thursday, April 11, 2024
10:30 am - 11:30 am

We will meet at the Senior Center and walk together to the gallery, which is 1 block away.

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

For more information, contact seniors@lalgbtcenter.org or 323.860.5830

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

AUDRE LORDE HEALTH PROGRAM INFORMATION SESSION

THURS., APR. 25, 11:30AM-12:30PM



AT THE CENTER'S AUDRE LORDE HEALTH PROGRAM (ALHP), YOU WILL FIND A RADICAL, NEW MEDICAL HOME. ALHP MEDICAL PROVIDERS ARE TRAINED TO DELIVER CARE IN A WAY THAT HONORS THE WAY THAT YOU HOLD SPACE IN THE WORLD, RECOGNIZING HOW YOUR VARIOUS IDENTITIES AND VALUES IMPACT YOUR HEALTH.

THE CENTER'S AUDRE LORDE HEALTH PROGRAM WELCOMES ALL THOSE WHO HAVE IDENTIFIED AS WOMEN OR GIRLS ON THEIR JOURNEYS, CENTERING THOSE WHO ARE LESBIAN, BISEXUAL, TRANS AND QUEER. JOIN US TO LEARN ABOUT THE CENTER'S AUDRE LORDE HEALTH PROGRAM AND HAVE AN OPPORTUNITY TO ASK QUESTIONS WITH THE STAFF. THIS SESSION WILL BE A HYBRID MEETING FOR BOTH IN-PERSON AND VIRTUAL PARTICIPANTS.

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

OR VIA ZOOM AT:
MEETING ID: 939 0767 5396
PASSCODE: 737121

FOR MORE INFORMATION, CONTACT:
SENIORS@LALGBTCENTER.ORG OR (323) 860-5830

AUDRE LORDE HEALTH PROGRAM INFO SESSION

THURS., APR. 25, 11:30AM-12:30PM

At the Center's Audre Lorde Health Program (ALHP), you will find a radical, new medical home. ALHP's medical providers are trained to deliver care in a way that honors the way that you hold space in the world, recognizing how your various identities and values impact your health. ALHP welcomes all those who have identified as women or girls on their journeys, centering those who are lesbian, bisexual, trans and queer. Join us to learn about ALHP and get answers to your questions from program staff. This session will be a hybrid meeting for both in-person and virtual participants.

Location: Senior Center or
Meeting ID: 939 0767 5396
Passcode: 737121

BENEFITS & RESOURCES FOR SENIORS

MON., APR. 22, 10-11AM

Join us on the 4th Monday 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: L.A. Found Trackable Bracelets. Wandering is a common problem associated with dementia, Alzheimer's, and autism. Come learn about a device to assist in locating a loved-one safe.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

APRIL'S TOPIC:
L.A. FOUND TRACKABLE BRACELETS

Wandering is a common problem associated with Dementia, Alzheimer's, and Autism. Come learn about a device to assist in locating a loved-one safe.

BENEFITS WORKSHOP FOR SENIORS

Join us on the 4th Monday 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.

**MONDAY
APRIL 22, 2024
10-11 AM**

Location: Harry & Jeanette Weinberg Senior Center
1118 N McCadden Place
Los Angeles, CA 90038
&
Zoom
Meeting ID: 955 2280 5268
Passcode: 255033

Moving Forward After Loss

A peer-facilitated, ongoing support group for those who have suffered loss(es) and are interested in exploring life after loss.

Tuesdays
1:30-3PM



Harry and Jeanette Weinberg Senior Center
1118 N. McCadden Pl, Los Angeles, CA 90038

For more information, contact:
seniors@lalgbtcenter.org or (323) 860-5830.



BEGINNERS WELCOME



MAHJONG

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.



**Every Friday
1:30-3 PM**

**Harry and Jeanette Weinberg
Senior Center
1118 N. MCCADDEN PL.
LOS ANGELES, CA 90038**

More information: seniors@lalgbtcenter.org or (323) 860-5830

COLLECTIVE GROOVE



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.



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



LGBTQ VETERANS SUPPORT GROUP



**HONORING ALL
WHO SERVED**

WEDNESDAYS FROM 1-2 PM

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

Monday	Tuesday	Wednesday
<p>1</p> <p>Senior Center Closed</p> <p>Cesar Chavez Day</p>	<p>2</p> <p>Mandarin Calligraphy 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 Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Square Dance Open House 4-9 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM</p>	<p>3</p> <p>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</p>
<p>8</p> <p>Vax Clinic 9:30 AM-1:30 PM Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Field Trip to Academy Museum 1:30-5 PM</p>	<p>9</p> <p>Mandarin Calligraphy 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 SHINE Survey Discussion 2-3:30 PM Jiu-Jitsu 2:30-3:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM</p>	<p>10</p> <p>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</p>
<p>15</p> <p>Cesar Chavez Documentary 9:30 AM-11:30AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Racial Healing Circle 1:30-4 PM</p>	<p>16</p> <p>Mosaic Sun Arts Workshop 9:30 AM-12:30 PM Mandarin Calligraphy 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 Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Caminos a La Vivienda 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM</p>	<p>17</p> <p>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</p>
<p>22</p> <p>Benefits Workshop 10-11 AM Racial Justice Allies 11 AM-12 PM Lesbian Visibility Button Making 1:30-3 PM Senior Writing Group 1-3 PM Senior Activist Squad 2-3 PM</p>	<p>23</p> <p>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</p>	<p>24</p> <p>Men's Social Group 10 AM-12 PM Turning New Leaf 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 Passover Seder 3-5 PM Veteran's Dinner 6 PM</p>
<p>29</p> <p>Senior Engagement Team 10-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM</p>	<p>30</p> <p>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</p> <p>Senior Center Closed from 3-5 PM</p>	

APRIL

Thursday	Friday
<p>4</p> <p>Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM WeHo Housing Navigation 11AM-1PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Pathways to Housing (WeHo) 3-4:30 PM Senior Chorus 3:30-5 PM</p>	<p>5</p> <p>Everyday Movement 9-10 AM Drop-in @ Center South 10 AM-2 PM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Ebony Sage @ Center South 3-4:30 PM TransMasc Exchange 3-4:30 PM Cancer Support Group 3-5 PM</p> <p>Senior Center Closed from 1:30 – 5PM</p>
<p>11</p> <p>Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Art Walk 10:30-11:30 AM MCC-UCCV Drop-in 12-2 PM Alz Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM</p>	<p>12</p> <p>Everyday Movement 9-10 AM Drop-in @ Center South 10 AM-2 PM Farmers Market @ Mi Centro 11 AM-1 PM Drop-in @ Mi Centro 11 AM-1 PM Mahjong 1:30-3:00 PM Art Appreciation 3-4 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM</p>
<p>18</p> <p>Co-Ed Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM WeHo Housing Navigation 11 AM-1 PM Reading Opens Minds 1-2:30 PM Old Lesbians Documentary 1:30-3 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM</p>	<p>19</p> <p>Everyday Movement 9-10 AM Drop-in @ Center South 10 AM-2 PM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Poder Legal @ TransWellness 11 AM-12 PM Mahjong 1:30-3:00 PM Ebony Sage @ Center South 3-4:30 PM TransMasc Exchange 3-4:30 PM Cancer Support Group 3-5 PM</p>
<p>25</p> <p>Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Audre Lorde Health Project 11:30 AM- 12:30 PM 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</p>	<p>26</p> <p>Everyday Movement 9-10 AM Drop-in @ Center South 10 AM-2 PM Drop-in @ Mi Centro 11 AM-1 PM Farmers Market @ Center South 11 AM-1 PM Mahjong 1:30-3:00 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM Women's Celebration Dance 7-9 PM</p>



Cesar Chavez Documentary Screening

Monday

April 15, 2024

9:30-11:30 AM

Cesar Chavez Day celebrates the birth and legacy of the civil rights and labor movement activist Cesar Chavez on March 31 every year. Join us to watch a documentary on the life and impact of this incredible American farm worker, labor leader and civil rights activist.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

MONDAY | APRIL 8, 2023

Join us the 2nd Monday of each month for Breakfast Bingo!

Coffee, tea, and snacks begin at 9:30 a.m.

Bingo starts promptly at 10 a.m.

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

BREAKFAST BINGO

MON., APR. 8, 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, 16 DE ABRIL, 3-4:30PM

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 realísticas cuando buscan por viviendas. Su participacion en este taller es requerido si esta interesado en participar en nuestro programa de navegar viviendas, pero todos estan envidados en aprender.

Ubicación: Centro De Mayores

CESAR CHAVEZ DOCUMENTARY

MON., APR. 15, 9:30-11:30AM

Every year, we celebrate the birth and legacy of Cesar Chavez on March 31, Cesar Chavez Day. Join us to watch a documentary on the life and impact of this incredible American farm worker, labor leader, and civil rights activist.

Location: Senior Center

FARMERS MARKET

WED., APR. 3, 11AM–1PM

Come and select fresh produce in the Bayard Rustin Courtyard. Provided in collaboration with Seeds of Hope,

LOS ANGELES LGBT CENTER
SENIOR SERVICES

CAMINOS A LA VIVIENDA

**MARTES, 16 de ABRIL
3-4:30PM**

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

Este taller ayuda a los adultos de mayor edad entender la realidad en Los Angeles. Los participantes aprenderán sobre la crisis de vivienda y reciben recursos comunitarios para identificar metas de vivienda realísticas cuando buscan por viviendas.

Su participacion en este taller es requerido si esta interesado en participar en nuestro programa de navegar viviendas, pero todos estan envidados en aprender.

Para mas informacion, contacte:
seniors@lalgbtcenter.org or (323) 860-5830

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., APR. 26, 11AM–2PM

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., APR. 12, 11AM–2PM

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

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@lgbtcenter.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



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.



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



FIELD TRIP TO ACADEMY MUSEUM

TUES., APR. 8, 1:30-5PM

Senior Services will be hosting a field trip to the Academy Museum for "John Waters: Pope of Trash," the first comprehensive exhibition dedicated to the artist's contributions to cinema. 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 museum. Space is limited. RSVP required by April 3 to seniors@lalgbtcenter.org or 323-860-5830. Food will not be provided. Please include if you have any mobility requests/needs in RSVP message.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., APR. 2 & 16, 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.

Location: Virtual

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., APR. 30, 6-8PM

This monthly dinner and discussion series is geared for individuals living with HIV or impacted by HIV. This month we will discuss the current state of the HIV epidemic and treatment updates. All are welcome. Bring a friend!

Location: Senior Center

HIV & AGING DINNER+ DISCUSSION

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

TUESDAY
APRIL 30,
2024

April's Topic:
Current State of HIV Treatment
and What is to Come

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

LESBIAN VISIBILITY WEEK BUTTON MAKING PARTY

MON., APR. 22, 1:30-3PM

For Lesbian Visibility Week 2024, we will be celebrating the power of sisterhood by uplifting incredible LGBTQ+ women and non-binary people. Join us to craft personalized buttons to show off your lesbian pride. Come be seen!

Location: Senior Center

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., APR. 2, 3-4:30PM

Spring Computer/Smart Phone Tune-Up: Spring is in the air. We'll teach you how to protect your devices from physical damage.

TUES., APR. 16, 3-4:30PM

Learn how to use screenshots to save your info & appointments: What is Dropbox, Google Drive, etc., and how can I use them?

Beginners welcome! All questions answered. Windows/Mac/Iphone/Android and all devices welcome. Plus Tech Trivia and Prizes.

Location: Senior Center

MCC-UCCV

THURS., APR. 11 & 25, 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



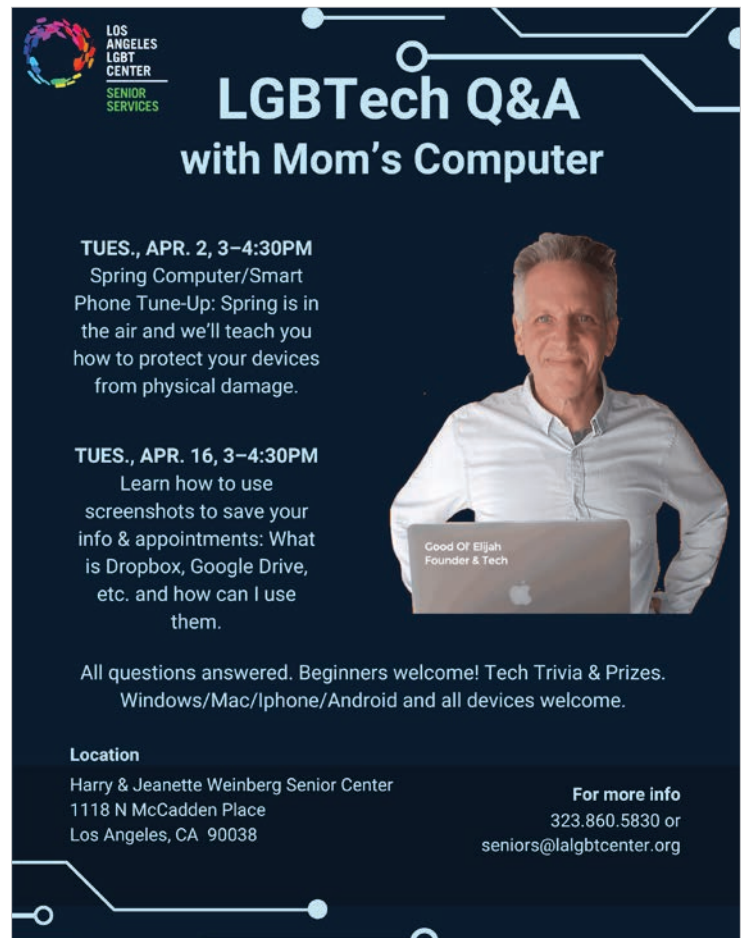
LOS ANGELES
LGBT CENTER
SENIOR SERVICES

LESBIAN VISIBILITY WEEK
BUTTON MAKING PARTY
MON., APR. 22, 1:30-3PM

Lesbian
Pride
visibility
QUEER

For Lesbian Visibility Week 2024, we will be celebrating the power of sisterhood by uplifting incredible LGBTQIA women and non-binary people. Join us to create and craft personalized buttons to show off your lesbian pride. Come be seen!

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



LOS ANGELES
LGBT CENTER
SENIOR SERVICES

LGBTech Q&A
with Mom's Computer

TUES., APR. 2, 3-4:30PM
Spring Computer/Smart Phone Tune-Up: Spring is in the air and we'll teach you how to protect your devices from physical damage.

TUES., APR. 16, 3-4:30PM
Learn how to use screenshots to save your info & appointments: What is Dropbox, Google Drive, etc. and how can I use them.

Good Of Elijah
Founder & Tech

All questions answered. Beginners welcome! Tech Trivia & Prizes.
Windows/Mac/Iphone/Android and all devices welcome.

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

For more info
323.860.5830 or
seniors@lalgbtcenter.org




MOSAIC SUN WORKSHOP


TUES., APRIL 16, 9:30AM-12:30PM

WORK WITH ARTISTS TO DECORATE LARGE PLASTER SUNS WITH MOSAIC TILES.

PARTICIPANTS WILL MEET AT THE SENIOR CENTER AT 9:30AM TO DEPART FOR THE WORKSHOP AT BIG SUNDAY (A FELLOW NON-PROFIT APPROX 20 MIN. FROM THE SENIOR CENTER.) TRANSPORTATION PROVIDED.

WE WILL RETURN BY 12:30PM, IN TIME FOR LUNCH AT THE SENIOR CENTER.

SPACE IS LIMITED TO 10 PARTICIPANTS. RSVP REQUIRED TO seniors@lalgbtcenter.org OR 323-860-5830.

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






PASSOVER SEDER

Wednesday, April 24, 2024
 3-5PM

Join Senior Services for a Passover Seder, including traditional foods, songs, and hors d'oeuvres.

Space is limited. Please RSVP by April 10 to seniors@lalgbtcenter.org or 323-860-5830.

Location: Pride Hall; Anita May Rosenstein Campus
 1118 N McCadden Place; Los Angeles, CA 90038

MOSAIC SUN WORKSHOP

TUES., APR. 16, 9:30AM-12:30PM

Work with artists Bob & Cathy to decorate large plaster suns with mosaic tiles. Participants will meet at the Senior Center at 9:30AM to depart for the workshop at Big Sunday (a nonprofit approximately 20 min. from the Senior Center). We will return by 12:30PM, in time for lunch at the Senior Center. Space is limited to 8 participants. RSVP required to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

OLD LESBIANS DOCUMENTARY SCREENING

THURS., APR. 18, 1:30-3PM

Old Lesbians is a 30-minute documentary short that explores retired schoolteacher Arden Eversmeyer's journey across the country to preserve hundreds of life stories in the Old Lesbian Oral Herstory Project (OLOHP), animating the joyful, resilient voices contained within. A discussion with director and editor Meghan McDonough will follow.

Location: Senior Center

PASSOVER SEDER

WED., APR. 24, 3-5PM

Join Senior Services for a Passover Seder, including traditional foods, songs, and hors d'oeuvres. Space is limited. Please RSVP by April 10 to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., APR. 4, 3-4:30PM

Are you over 50+? This workshop will help older adults navigate and understand the reality of looking for affordable housing in Los Angeles. Participants will learn about



OLD LESBIANS

DOCUMENTARY SCREENING & DISCUSSION

OLD LESBIANS IS A 30-MINUTE DOCUMENTARY SHORT THAT EXPLORES RETIRED SCHOOLTEACHER ARDEN EVERSMEYER'S JOURNEY FROM HOUSTON ACROSS THE COUNTRY TO PRESERVE HUNDREDS OF LIFE STORIES IN THE OLD LESBIAN ORAL HERSTORY PROJECT (OLOHP), ANIMATING THE JOYFUL, RESILIENT VOICES CONTAINED WITHIN.

WE WILL HAVE A DISCUSSION WITH MEGHAN MCDONOUGH, THE FILM'S DIRECTOR AND EDITOR, AND REN MUTEVELLIOGLU, THE CREATIVE DIRECTOR/CINEMATOGRAPHER, IMMEDIATELY FOLLOWING THE SCREENING.



LOS ANGELES
LGBT
CENTER
**SENIOR
SERVICES**

THURS., APRIL 18, 1:30-3PM
HARRY & JEANETTE WEINBERG SENIOR CENTER
1118 N MCCADDEN PLACE LOS ANGELES, CA 90038

PATHWAYS TO HOUSING

Thursday, April 4th
3:00pm - 4:30pm

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



Are you over 50+? This workshop will help older adults navigate and understand the reality of looking for affordable housing in Los Angeles. Participants will learn about the housing crisis and receive community resources to identify realistic and unrealistic housing goals when searching for housing.

Your participation in this workshop is required if you are interested in participating in our home navigation program, but everyone is invited to learn more about the options available.

For more information, contact:
seniors@lgbtcenter.org or (323) 860-5830

the housing crisis and community resources to identify realistic and unrealistic housing goals when searching for housing. This workshop is required to participate in our home navigation program, but everyone is invited to learn more about the options available.

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

PODER LEGAL A TRANSWELLNESS CENTER

VIERNES, 19 DE ABRIL, 11AM-12PM

Todo el mundo necesitar a hacer planes para el final de su vida en algun momento. Cada tercer viernes, Únase a nosotros para una conversación sobre una tema diferente. Este mes: Poder legal.

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

RACIAL HEALING CIRCLE

MON., APR. 15, 1:30-4PM

Senior Services hosts its quarterly Racial Healing Circle, a conversation about racism, intersectional identities, marginalization, and healing with facilitator K.A. Lalsingh. We will be screening the movie Rustin, with discussion to follow.

Location: Senior Center

READING OPENS MINDS

THURS., APR. 4 & 18, 1-2:30PM

This wonderful book club has been meeting for years on the 1st and 3rd Thursday of each month and always welcomes new members. For information on how to join, contact seniors@lgbtcenter.org or call 323-860-5830.

Location: Senior Center

SENIOR ACTIVIST SQUAD

RACIAL HEALING CIRCLE

Monday
April 15, 2024
1:30-4PM

Senior Services hosts its quarterly Racial Healing Circle, a conversation about racism, intersectional identities, marginalization and healing with facilitator K.A. Lalsingh. We will be screening the movie, "Rustin" and having a discussion afterward.

Harry and Jeanette Weinberg Senior Center
1118 N. McCadden Pl., Los Angeles, CA 90038

For more information or to RSVP, contact: seniors@lgbtcenter.org or (323) 860-5830

MON., APR. 22, 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., APR. 29, 10-11AM

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

SHINE SURVEY: SOLUTIONS & STRATEGIC PLAN DISCUSSION

TUES., APR. 9, 2-3:30PM

Senior Services recently conducted a Community Needs Assessment called the "SHINE" survey, the first of its kind for our program. Thank you to all of you who completed it! Come discuss ways we can address pressing needs within our community.

Location: Senior Center

SQUARE DANCING OPEN HOUSE

MON., APR. 2, 4-9PM

Join us for an open house as the Tinseltown Squares hosts the Trail Dusters of Calabasas for an evening of swings, promenades, and sashays. We will be providing tours of the Senior Center, sharing a meal, and most importantly, coming together to dance! Beginners welcome! RSVP requires at seniors@lgbtcenter.org or 323-860-5830.

Location: Senior Center



SENIOR SERVICES

Community Needs Assessment

Solutions & Strategic Planning

Thank you for completing the survey.

Help us plan our next steps

Senior Services recently conducted a Community Needs Assessment called the "SHINE" survey, the first of its kind for our program.

Come discuss ways we can address pressing needs within our community.

Tuesday
April 9
2-3:30PM



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

For more information, contact seniors@lgbtcenter.org or (323) 860-5830

JOIN US FOR A
SQUARE DANCING OPEN HOUSE

Tuesday, April 2
4-9pm

Join us for an open house as the Tinseltown Squares host the Trail Dusters of Calabasas for an evening of swings, promenades, and sashays. We will be providing tours of the Senior Center, sharing a meal and most importantly, coming together to dance! Beginners welcome!

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

RSVP required at seniors@lgbtcenter.org or 323-860-5830.
Free Parking available with Senior Center validation.

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

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., APR. 5 & 19, 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., APR. 5 & 19, 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 Center, 3055 Wilshire Blvd., Suite 360, Los Angeles, CA 90010

TURNING OVER A NEW LEAF ARTS WORKSHOP

WED., APR. 24, 10-11AM

Sometimes we're not able to be the person we want to be, spend our time how we want to spend it, or live the life we want to live. However, we can always begin a new season and allow our true colors to shine. In



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

this arts-based workshop, we will decorate leaves using colors, images, shapes, and words to represent both where we are and where we'd like to go. All levels welcome; no previous art experience required.

Location: Senior Center

VACCINATION CLINICS/ CLÍNICAS DE VACUNAS (VAX CLINICS)

MON., APR. 8, 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., APR. 24, 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: Norms Restaurant,
5453 Hollywood Boulevard,
Los Angeles, CA 90027

WEHO HOUSING NAVIGATION

THURS., APRIL 4 & 18, 11AM–1PM

Are you over the age of 50 and seeking housing resources? Have questions about housing? Drop in and meet with our

TURNING OVER A NEW LEAF

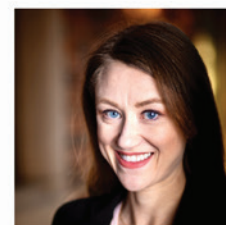
Art Workshop

**WED., APRIL 24
10-11 AM**

Sometimes we are not able to be the person we want to be, spend our time how we want to spend it, or live the life we want to live. However, we can always begin a new season and allow our true colors to shine.

In this arts-based workshop, we will decorate leaves using colors, images, shapes, and words to represent both where we are and where we'd like to go.

All levels welcome;
no previous art experience required.



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.

California Department of Public Health

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

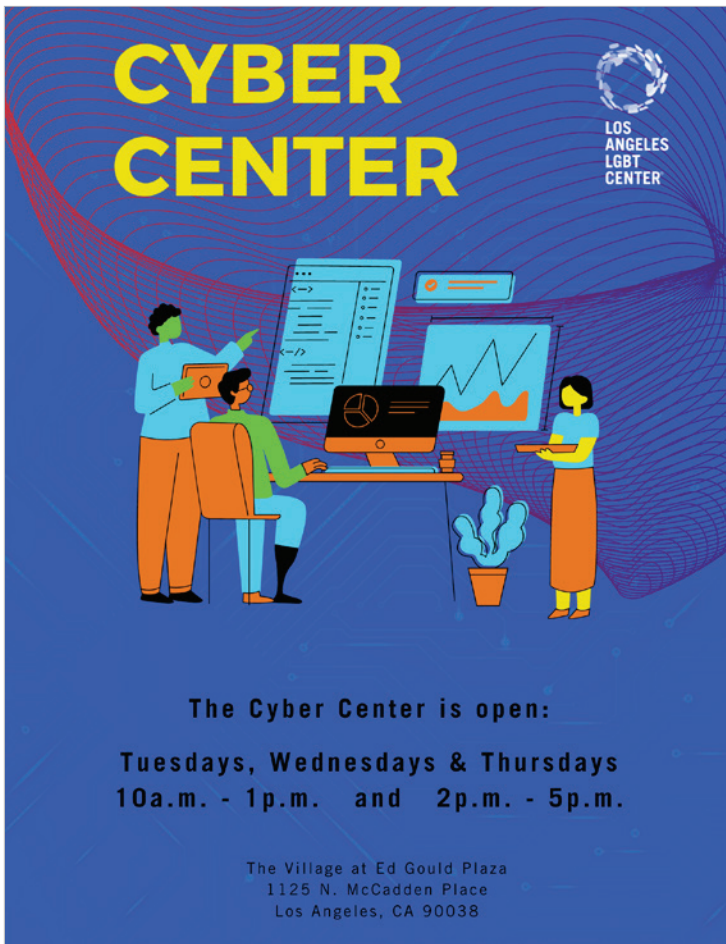
LA LGBT Center Vaccine Clinic on April 8th.

Join Senior Services on Monday, April 8th from 10:00 - 12:00 PM.
Stay up to date on your CoVID-19 boosters, flu, and mpox shots.
Please bring your ID. Insurance information recommended but not required.
Transportation provided on a need basis to Senior Services participants.

\$10 Gift Card Available for Senior Services participants
upon successful vaccination and completion of feedback forms!
LA LGBT Center Staff not eligible for gift cards or other promotions.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

Contact us via
seniors@lalgbtcenter.org or (323) 860-5830
1118 N McCadden Place, Los Angeles, CA 90038



CYBER CENTER

LOS ANGELES
LGBT
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

Housing Navigator to discuss and connect to resources.

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

WOMEN'S LIBERATION CELEBRATION 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 or 323-860-5830 by April 15.

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

SAVE THE DATE!

AAPI MONTH CELEBRATION: UNITY AMIDST DIVERSITY

THURS., MAY 2, 3-5PM

In honor of Asian American and Pacific Islander (AAPI) heritage month, join us for an afternoon filled with music, dancing and fashion celebrating the diversity of Asian and Pacific Islander Heritage in America.

Location: The Village at Ed Gould Plaza, 1125 N McCadden Pl. Los Angeles, CA 90038

LESBIAN ROOTS: MOTHERS, GRANDMOTHERS, AND OTHERS

SAT., MAY 11, 1-4PM

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 or 323-860-5830 by April 15.

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



LOS ANGELES
LGBT
CENTER
SENIOR SERVICES

ATTENTION:
The 2nd Floor Lounge
is closed Monday thru Friday
from 9am-1:30pm

Participants are invited to utilize Rm 1017, the Plaza, & the Courtyard at the Village while they are waiting for activities or meetings.

FIELD TRIP to the ACADEMY MUSEUM

SPACE IS
LIMITED.
RSVP
REQUIRED



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TUES., APR. 8, 2024
1:30PM-5PM

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 Academy
Museum for the
“John Waters:
Pope of Trash,”
the first
comprehensive
exhibition
dedicated to the
artist’s
contributions to
cinema.

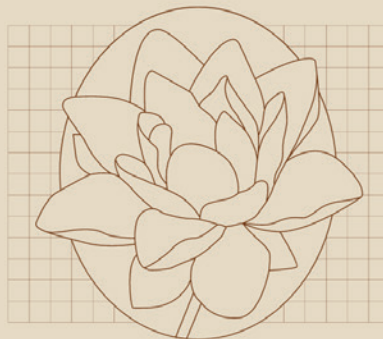
RSVP BY APRIL 3 TO:
SENIORS@LALGBTCENTER.ORG
OR (323) 860-5830

AAPI MONTH CELEBRATION: UNITY AMIDST DIVERSITY

Join us to celebrate the diversity Of Asian and
Pacific Islander Heritage in America.



Thursday, May 2nd
3:00 - 5:00 PM



The Village
1125 N McCadden Pl



RSVP to (323) 860-5830 or seniors@lalgbtcenter.org
by Friday, April 25th.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

APRIL 26TH

7-9 PM

Women's Liberation Celebration

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 or 323-860-5830 by April 15.



Plummer Park – Fiesta Hall

1166 N Vista St, West Hollywood, CA 90046



LOS ANGELES LGBT CENTER

SENIOR SERVICES