



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

MAY 2024

**ASIAN
AMERICAN
AND
NATIVE
HAWAIIAN
PACIFIC
ISLANDER
HERITAGE MONTH**



**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

Older Americans Month is celebrated every May since 1963 to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities. This year's theme, "Powered by Connection" aligns well with our goals of fostering community and developing relationships with one another. Honor our LGBT Elders Day was created for May 16 each year to ensure representation of our community during Older Americans Month and to create visibility and opportunities for connecting among LGBT older adults. Please join us on May 16 from 1-2pm at Plummer Park in West Hollywood with JFSLA to hear a performance by our very own Rainbow Notes Chorus with Bingo and special treats.

On Saturday, May 11 from 12:45 to 4:00pm at Pride Hall, please join us for a powerful poetry reading curated by Dorothy Randall Gray and Ronna Magy, "Lesbian Roots: Grandmothers, Mother's and Others" reading their work on the individual and collective impact of sisterhood, women and mothers biological or chosen.



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.



Jiu Jitsu



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.

PROJECT ANGEL FOOD

ARE YOU 60+ AND IN NEED OF HOME DELIVERED MEALS?



LOS ANGELES
LGBT
CENTER
SENIOR
SERVICES

Through the Department of Aging, Senior Services has a limited number of referrals available for home-delivered meals through the end of June.

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



PANTRY PICK-UP



MONTH OF MAY: CHICKEN STOCK
ENJOY THIS ADDITIONAL MEAL ITEM FOR THE ENTIRE MONTH!

- 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., MAY 1
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 group meets weekly on Zoom and in person at the Senior Center.

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

STAND UP 4 YOUR POWER

2-4 PM

Learn the tools of stand-up comedy, including how to speak more confidently, share your truth, write jokes, and roll with the punchlines. The 5-week class will culminate in a final performance where you can show off all you've learned and get your time in the limelight. Class will run Mondays, May 6–June 10 (with the exception of May 27). Space is limited to 12 seats. Must be available to attend all classes.

Contact seniors@lgbtcenter.org or 323-860-5830 to join.

Location: Senior Center

TUESDAYS

MANDARIN CALLIGRAPHY

10-11AM

Mandarin calligraphy is the art writing of Chinese characters, combining purely visual art and the 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 May 14. 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:

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



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

UPDATES ON THE HIV RESERVOIR

TUESDAYS 10 AM PACIFIC

MAY 14 INTRO TO THE LATENT RESERVOIR

JUNE 18 CAN RESERVOIRS BE LOCKED-IN BY ART?

JULY 16 WHERE DOES HIV RESIDE?

AUG 13 NEW TESTS TO MEASURE RESERVOIRS

SEPT 10 RESERVOIRS AND AGE


OCT 8 WOMEN AND THE LATENT RESERVOIR

NOV 12 BLOCK AND LOCK

DEC 10 BEHAVIORAL SCIENCE AND PARTICIPANT EXPERIENCES

REGISTER

BROUGHT TO YOU BY



One of the main challenges in finding a cure for HIV is to develop strategies that are able to eliminate the 'HIV reservoir', a group of cells that harbor HIV but have not produced new HIV for many months or years.

These reservoirs are established during the earliest stage of HIV acquisition and cannot be eradicated with current treatments, but their size can be reduced by shortening the time between the acquisition of HIV and starting HIV treatment.

During this monthly workshop, we will learn about the latent HIV reservoir, how reservoirs prevent us from eliminating HIV from the body, and what needs to be done to resolve this.

Location: Harry & Jeanette Weinberg Senior Center; 1118 N McCadden Place; Los Angeles, CA 90038
For more information, contact: seniors@lgbtcenter.org or (323) 860-5830

rvidales@lgbtcenter.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 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**

CREATIVE ARTMAKING WITH MARY-LINN

1:30–3PM

Join artist and photographer Mary-Linn Hughes for this weekly exploration into artmaking. May 3 & 10: Cellphone Photography. Learn how to capture stunning photos with your phone and edit them in fun ways using free apps. May 17 & May 31: Tunnel Book Workshop. Spend two mornings crafting layered, diorama-like pop-up structures, also known as tunnel books. We'll explore collage techniques to create your own 3-D world, with the option of including images of yourself that we will make and print on site. Space is limited to the first 12 participants. Please note: There will be no class on May 24.

Location: Senior Center

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



Senior Service will be closed the following dates/times in May:

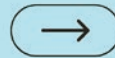
- **Fri., May 24 (9-12:30pm & 1:30-5pm)**
 - We will be open for Lunch from 12:30-1:30pm
- **Mon., May 24 (All Day, No Lunch Service)**
- **Tues., May 28 (3-5pm)**

We apologize for any inconvenience. Please plan accordingly.

JOIN ARTIST AND PHOTOGRAPHER MARY-LINN HUGHES FOR THIS WEEKLY EXPLORATION INTO ARTMAKING. ON MAY 3 & 10, THE GROUP WILL DELVE INTO CELL PHONE PHOTOGRAPHY. LEARN HOW TO CAPTURE STUNNING PHOTOS WITH YOUR CELL PHONE AND THEN EDIT THEM IN FUN WAYS USING FREE APPS. ON MAY 17 & MAY 31, MARY-LINN WILL GUIDE US THROUGH A TUNNEL BOOK WORKSHOP. SPACE IS LIMITED TO THE FIRST 12 PARTICIPANTS.

CREATIVE ARTMAKING

PRESENTED BY MARY-LINN HUGHES



FRIDAYS
1:30 - 3:30 PM
MAY 3 - MAY 31*

*NO CLASS ON MAY 24

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

AGING MASTERY PROGRAM



Join this 8-session workshop on Aging Mastery. This class will help you discover how to navigate your way to a healthier and more satisfying life. Each day will cover a different topic. Participants who complete at least 6 sessions will receive a certificate of participation.

May 1st - May 10th 10:30 AM - 12:00 PM



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

For more info or to RSVP, contact seniors@lglbtcenter.org or (323) 860-5830



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



Non-Weekly Events

AFFIRMATION HEARTS ARTS WORKSHOP

WED., MAY 29, 10-11AM

This workshop is a window into loving yourself. Like fuel for the heart, positive self-talk can give us energy when we are feeling down or in need of encouragement. There's no right or wrong way to create. When you are done, your affirmation hearts can be kept in a safe place and brought out as a reminder to practice positive self-talk. All levels welcome; no previous art experience required.

Location: Senior Center

AGING MASTERY PROGRAM

**WED., MAY 1-FRI., MAY 10,
10:30 AM-12 PM**

In a time when most older adults are experiencing longer lives than ever before, this 8-session workshop will help you navigate toward a healthier and more satisfying life. Topics include: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness and Advanced Planning, Healthy Relationships, Medication Management, Community Engagement, and Fall Prevention. Participants who complete at least 6 sessions will receive a certificate of participation.

Location: Senior Center

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., MAY 9 & 23, 12-1:30PM

Join the Alzheimer's Association LGBTQ+ support group for caregivers,

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

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

AFFIRMATION HEARTS

Art Workshop

**WED., MAY 29
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.



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



HONOR YOUR LGBT ELDER DAY

THU | **MAY 16** | 1-2 PM
2024

JOIN US FOR THEMED-BINGO, FOOD, PRIZES,
AND A SPECIAL PERFORMANCE FROM
THE SENIOR CHORUS, THE RAINBOW NOTES.

PLUMMER PARK
7377 SANTA MONICA WEST HOLLYWOOD 90046



JEWISH FAMILY SERVICE LA

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., MAY 10, 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

ASIAN AMERICAN NATIVE HAWAIIAN/PACIFIC ISLANDER (AANHPI) CELEBRATION: UNITY AMIDST DIVERSITY

THURS., MAY 2, 3-5PM

AANHPI Heritage Month is observed in the U.S. during the month of May, recognizing the contributions and influence of AANHPI individuals on our history, culture, and achievements. This year's theme is Unity Amidst Diversity. AANHPI communities consist of over 50 distinct ethnic groups speaking more than different 100 languages, with connections to Chinese, Indian, Japanese, Filipino, Vietnamese, Korean, Hawaiian, and other Asian and Pacific Islander ancestries. Join us to celebrate the diversity of Asian and Pacific Islander Heritage in America. Light bites, beverages, music, and fun provided.

Location: The Village at Ed Gould

**LOS ANGELES
LGBT
CENTER
SENIOR
SERVICES**

**MAY'S TOPIC:
TRANSPORTATION
SERVICES**

**BENEFITS
WORKSHOP
FOR SENIORS**

Join us to learn about transportation programs such as: ACCESS, Cityline and more!

Join us on the 3rd 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
MAY 20, 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



JOIN THE TINSELTOWN SQUARES FOR

SQUARE DANCING

Every Tuesday
6:30 - 9pm
Pride Hall
1118 N. McCadden Pl.

Next open cycle begins May 14th!



FOR MORE INFO OR TO RSVP, CONTACT seniors@lalgbtcenter.org OR (323) 860-5830



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>Men's Social Group 10 AM-12 PM Aging Mastery Program 10:30 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>6</p> <p>Aging Mastery Program 10:30 AM- 12 PM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Ageism Discussion (WeHo) 2-3 PM Stand-Up 4 Your Power 2-4 PM Got a Story to Tell 3-5 PM</p>	<p>7</p> <p>Aging Mastery Program 10:30 AM- 12 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 Collective Groove 6-8 PM Square Dancing 6:30-9 PM</p>	<p>8</p> <p>Men's Social Group 10 AM-12 PM Aging Mastery Program 10:30 AM- 12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM AANHPI Forum -3-4:30pm</p>
<p>13</p> <p>Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Stand-Up 4 Your Power 2-4 PM Got a Story to Tell 3-5 PM</p>	<p>14</p> <p>Mandarin Calligraphy 10-11 AM HIV Reservoirs Workshop 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 Field Trip to Griffith Park Observatory 1:30-5pm Jiu-Jitsu 2:30-3:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM</p>	<p>15</p> <p>Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM SHINE Survey Solutions & Discussion 1:30-2:30 PM Beginning Tap 1:30-2:30 PM</p>
<p>20</p> <p>Benefits Workshop 10AM-11AM Racial Justice Allies 11 AM-12 PM Senior Engagement Team 11 AM- 12 PM Senior Writing Group 1-3 PM Senior Activist Squad 2-3 PM Stand-Up 4 Your Power 2-4 PM</p>	<p>21</p> <p>Mosaic Sun Arts Workshop 9:30 AM-12:30 PM Mandarin Calligraphy 10-11 AM Older Adult Health Fair (WeHo) 10 AM- 1 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 Caminos a La Vivienda 3-4:30 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM</p>	<p>22</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 Spring Senior Showcase 2-3:30pm</p>
<p>27</p> <p style="text-align: center;">Senior Center Closed</p> <p style="text-align: center;">Memorial Day</p>	<p>28</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 Collective Groove 6-8 PM HIV & Aging Dinner + Discussion 6-8 PM Square Dancing 6:30-9 PM Prostate Support 7-9 PM Senior Center Closed from 3-5 PM</p>	<p>29</p> <p>Men's Social Group 10 AM-12 PM Affirmation Hearts Arts Workshop 10 AM-11 AM Chair Yoga 11 AM-12 PM HIV Testing with Alta Med 11 AM-3 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM HIV & Aging Educational Panel 2-5:30pm Veteran's Dinner 6 PM</p>

Thursday	Friday
<p>2</p> <p>Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Aging Mastery Program 10:30 AM- 12 PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM AANHPI Month Celebration 3-5pm Senior Chorus 3:30-5 PM</p>	<p>3</p> <p>Everyday Movement 9-10 AM Drop-in @ Center South 10 AM-2 PM Aging Mastery Program 10:30 AM- 12 PM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Creative Artmaking 1:30-3 PM Mahjong 1:30-3 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM Gold Hour Night Market 6-10 PM</p>
<p>9</p> <p>Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Aging Mastery Program 10:30 AM- 12 PM MCC-UCCV Drop-in 12-2 PM Alz Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Pathways To Housing 3-4:30 PM Senior Chorus 3:30-5 PM</p>	<p>10</p> <p>Everyday Movement 9-10 AM Drop-in @ Center South 10 AM-2 PM Aging Mastery Program 10:30 AM- 12 PM Farmers Market @ Mi Centro 11 AM-1 PM Drop-in @ Mi Centro 11 AM-1 PM Creative Artmaking 1:30-3 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>16</p> <p>Co-Ed Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Honor Your LGBT Elders Event (WeHo) 1-2pm Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM Senior Art Exhibition 5-7pm</p>	<p>17</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 Plan para Mascotes @ TransWellness 11 AM-12 PM Creative Artmaking 1:30-3 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>23</p> <p>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 Notary Workshop 3:30-5 PM Senior Chorus 3:30-5 PM</p>	<p>24</p> <p>Farmers Market @ Center South 11 AM-1 PM</p> <p>Lunch Service 12:30-1:30 PM</p> <p>Senior Center Closed 9 AM-12:30 PM & 1:30-5 PM</p>
<p>30</p> <p>Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM</p>	<p>31</p> <p>Everyday Movement 9-10 AM Drop-in @ Center South 10 AM-2 PM Drop-in @ Mi Centro 11 AM-1 PM Creative Artmaking 1:30-3 PM Mahjong 1:30-3:00 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM</p>



Senior Engagement Team

Monday
May 20, 2024
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.

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

Plaza, 1125 N. McCadden Pl., Los Angeles, CA 90038

ASIAN AMERICAN NATIVE HAWAIIAN/PACIFIC ISLANDER (AANHPI) FORUM

WED., MAY 8, 3–4:30 PM

To commemorate AANHPI Heritage Month, join us for a conversation with Asian American Native Hawaiian/Pacific Islander seniors about memories, traditions, and important historical events that impacted their lives.

Location: Senior Center

BENEFITS & RESOURCES FOR SENIORS

MON., MAY 20, 10–11AM

Join us on the for a monthly 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: Transportation Services such as Access, Cityline, and others.

Location: Senior Center

or **Meeting ID: 955 2280 5268**

Passcode: 255033

BREAKFAST BINGO

MON., MAY 13, 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

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

CAMINOS A LA VIVIENDA

MARTES, 21 DE MAYO, 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 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

FARMERS MARKET

WED., MAY 1, 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., MAY 24, 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

Planificación para el final de la vida

Todo el mundo necesitará hacer planes para el final de su vida en algún momento. Únase a este 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



FARMERS MARKET AT MI CENTRO

MAY 10, 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 GRIFFITH PARK OBSERVATORY

TUES., MAY 14, 1:30-5 PM

Senior Services will be hosting a field trip to the Griffith Park Observatory. Recommended donation is \$10, but 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 Observatory. Food will not be provided on the trip; please join us for lunch at the Senior Center from 12:30-1:30PM. Space is limited. RSVP required by May 6 to seniors@lalgbtcenter.org or 323-860-5830. Please include any mobility requests/needs in RSVP message.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., MAY 14 & 28, 7-9PM

In partnership with Cancer Support Community LA, the gay and bisexual men's

TUESDAY, MAY 14TH

Griffith Observatory Field Trip

1:30 PM - 5:00 PM

Join Senior Services for a field trip to the Griffith Park Observatory. The bus will pick-up & drop-off at Senior Center and for residents at Triangle Square. Recommended donation is \$10; no one will be turned away for inability to pay. Food will not be provided. Please notify us of any accommodation requests with your RSVP.



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

Space is limited. RSVP
required by May 6th to
seniors@lalgbtcenter.org
or 323-860-5830.

prostate cancer support group meets on the 2nd & 4th Tuesday of the month via Zoom. Discuss treatment, doctors, insurance, sex, relationships, and coping. To RSVP, contact info@cancersupportla.org.

Location: Virtual

GOLDEN HOUR: A QUEER AANHPI NIGHT MARKET

FRI., MAY 3, 6–10PM

Organized in partnership with the LA-based Mayumi Market, Golden Hour celebrates the unique intersection of queer identity and heritage with food, local vendors, live entertainment, and more. Join us at The Village at Ed Gould Plaza on Friday, May 3 at 6–10PM to eat, shop, and be in community. RSVP at lalgbtcenter.org/goldenhour.

Location: The Village at Ed Gould Plaza, 1125 North McCadden Place Los Angeles, CA 90038

GOT A STORY TO TELL

MON., MAY 6, & MON., MAY 13, 3–5PM

Join this 2-day workshop for LGBTQ+ youth and seniors to interview each other with off-the-grid questions (“Who have you loved and lost?”, “What’s the craziest thing you’ve ever done?”) Questions will prompt tales about your lives, including the good, the bad and the fabulous! Presented by Screenwriter-Director Jane Anderson, interactions will audio recorded and archived. Space is limited. RSVP to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., MAY 28, 6–8PM

Intergenerational Youth + Senior Conversations

May 6 & May 13
3-5pm

GOT A STORY TO TELL?



Join this 2-day workshop for LGBTQ+ Youth & Seniors who will interview each other with off-the-grid questions, prompting the tales of your lives, the good, the bad, and the fabulous! Presented by Screenwriter-Director Jane Anderson, interactions will be audio-recorded and archived.*

Anita May Rosenstein Campus
1118 N McCadden Place, Los Angeles,
CA 90038

*Space is limited.

Seniors RSVP to 323-860-5830 or seniors@lalgbtcenter.org.

Youth RSVP to Mandy Litwin 323-860-3661 or mlitwin@lalgbtcenter.org.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

HIV & AGING DINNER+ DISCUSSION

6:00- 8:00 P.M.

TUESDAY
MAY 28,
2024

May's Topic:
HIV & Mental Health

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



Breaking Silence, Building Hope

HIV & Aging Educational Panel

Wednesday, May 29, 2024
2:00 - 5:30pm

The LA LGBT Senior Center invites you to the 3rd Annual HIV & Aging Educational Panel. Discussion topics will include: Empowerment, HIV Treatment, Mental Health and Self Advocacy. We will provide blood pressure, glucose, and HIV testing. Local community resources will be available on-site.

Join us for an evening reception on the Rooftop from 5:30-7PM

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

Free parking available with validation in the parking structure

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

This monthly dinner and discussion series is geared for individuals who are living with or are impacted by HIV. With May being Mental Health Awareness Month, this month's discussion will focus on the importance and impact of addressing mental health for older adults living with HIV. All are welcome. Bring a friend!

Location: Senior Center

HIV & AGING EDUCATIONAL PANEL

WED., MAY 29, 2-5:30PM

The Senior Center invites you to the 3rd Annual HIV & Aging Educational Panel. This year's theme is "Breaking Silence, Building Hope." Discussion topics will include: Empowerment, HIV Treatment, Mental Health, and Self-Advocacy. We will provide blood pressure, glucose, and HIV testing. Local community resources will be available on site. Join us for an evening reception on the rooftop from 5:30-7PM

Location: Senior Center

HIV TESTING

WED., MAY 29, 11 AM-3PM

HIV testing will be available onsite at the Senior Center. If you are sexually active and/or sharing needles, it is recommended to get tested for HIV every three months. Know your status!

Location: Senior Center

HONOR YOUR LGBTQ ELDER BINGO & CELEBRATION

THURS., MAY 16, 1-2PM

To celebrate National Honor Your LGBTQ Elder Day, join us for an afternoon of Bingo with our friends at JFSLA. In addition to bingo, we will have a performance by the Rainbow Notes, the LGBT Senior Center Chorus, and some special treats.



AltaMed

HIV TESTING

*Know Your Status
Get Early Diagnosis*

WEDNESDAY
MAY 29

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

11AM - 3PM

Help raise awareness about the importance of HIV testing to fight the spread of HIV virus

MORE INFORMATION, CONTACT
SENIORS@LALGBTCENTER.ORG
OR CALL 323-860-5830

FREE



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.

Wednesday
May 15
1:30-2:30PM



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

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

Senior Spring Showcase



WEDNESDAY
may 22 2PM-3:30PM

Discover our exceptional programs and talented participants at the Spring Senior Showcase, featuring captivating performances in writing, dancing, movement, and beyond.



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



LOS ANGELES LGBT CENTER
SENIOR SERVICES



SENIOR SERVICES PRESENTS

SENIOR ART EXHIBITION

MAY 16
5-7 PM

In honor of Older Adults month, Senior Services hosts the annual senior art exhibition. This year, the exhibition highlights the artwork created by seniors during art workshops facilitated by Mary-Linn Hughes and Nick Paul.

On May 16 from 5-7pm for "Honor Your LGBT Elder Day," the Center will host an evening reception. Please join us to view the exhibition and to celebrate the incredible work of the participating artists.

The exhibition will run for the month of May.



ADVOCATE & GOCHIS GALLERIES

1125 N MCCADDEN PLACE
LOS ANGELES, CA 90038

SENIORS@LALGBTCENTER.ORG
(323) 860-5830

LESBIAN ROOTS: Grandmothers Mothers & Others Poetry Reading



Through origin and chosen families, bloodlines and battles, our roots have been watered by loving kin, and those who treasured or traumatized us. We've raised hell and raised ourselves and others, found refuge in women and the solace of strength in sisterhood. We bring you writings from these lives and will make spaces for you to share yours. Come join.

May 11th
12:45 - 4 PM

Participating poets: Jennifer Abod, Gayle Fuhr, Olga Garcia Echeverria, Catherine Gewertz, Antonieta Gimeno Cardona, Susana Gonzales, Dorothy Randall Gray, Traci Kato-Kiriyama, Bonnilee Kaufman, Ronna Magy, Janet L. Nicholson, and Carla Rachel Sameth
Special Guest and MC Deven Bouchet.

This event is co-curated by Dorothy Randall Gray and Ronna Magy

Pride Hall
1118 N McCadden Place
Los Angeles, CA 90038

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

PATHWAYS TO HOUSING

Thursday, May 9th
3:00pm - 4:30pm

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



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@lalgbtcenter.org or (323) 860-5830

Location: Plummer Park Community Center, 7377 Santa Monica Blvd., West Hollywood, CA 90046

LESBIAN ROOTS: GRANDMOTHERS, MOTHERS, AND OTHERS

SAT., MAY 11, 12:45-4PM

Through origin and chosen families, bloodlines and battles, our roots have been watered by loving kin and those who treasured or traumatized us. We've raised hell and raised ourselves and others, found refuge in women and the solace of strength in sisterhood. We bring you writings from these lives and will make space for you to share yours. Come join us. Participating poets: Jennifer Abod, Gayle Fuhr, Olga Garcia Echeverría, Catherine Gewertz, Antonieta Gimeno Cardona, Susana Gonzales, Dorothy Randall Gray, Traci Kato-Kiriyama, Bonnilee Kaufman, Ronna Magy, Janet L. Nicholson, and Carla Rachel Sameth. Special Guest & MC Deven Bouchet. This event is co-curated by Dorothy Randall Gray and Ronna Magy.

Location: Pride Hall, 1118 N McCadden Pl, Los Angeles, CA 90038

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., MAY 7, 3-4:30PM

Photo Clinic: Let's review how to create, save and share your photos with Google Photos (It's Free!)

TUES., MAY 21, 3-4:30PM

How to get and use free or complimentary WiFi wherever you go and Scam awareness (for Seniors).



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

TUES., MAY 7, 3-4:30PM

Photo Clinic: Let's review how to create, save and share your photos with Google Photos (It's Free!)

TUES., MAY 21, 3-4:30PM

How to get and use free or complimentary WiFi wherever you go and Scam awareness (for Seniors).

Beginners welcome!

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

Location: Senior Center

MCC-UCCV

THURS., MAY 9 & 30, 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

MOSAIC SUN WORKSHOP

TUES., MAY 21, 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 6 participants. RSVP required to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

OLDER ADULT HEALTH FAIR

TUES., MAY 21, 10AM-1PM

Join us for the 19th annual Older Adult Health Fair. This free event will include health screenings, group discussions, exciting giveaways, complimentary lunch, and more! This event is co-sponsored by the City of West Hollywood, Cedar-Sinai, and JFSLA.

Location: Plummer Park Community Center, 7377 Santa Monica Blvd., West Hollywood, CA 90046



LOS ANGELES
LGBT
CENTER
SENIOR
SERVICES

MOSAIC SUN WORKSHOP

BIG SUNDAY

TUES., MAY 21, 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
15 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 6 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



The City of West Hollywood Presents

19TH ANNUAL

OLDER ADULT HEALTH FAIR



Tuesday, May 21 | 10 am - 1 pm

Plummer Park Community Center
7377 Santa Monica Blvd.
West Hollywood, CA 90046

Join us for a
FREE event with
Health Screenings,
Group Discussions,
Exciting Giveaways,
Complimentary Lunch
and more!

Sponsored By:



Cedars Sinai



JEWISH
FAMILY
SERVICE LA

For more information, contact the
Human Services Division at (323) 848-6510.

NOTARY WORKSHOP

THUR., MAY 23, 3:30–5PM

Have you been unable to get your Advance Directive/Power of Attorney for Healthcare notarized due to a fee barrier? Do you keep putting off completing one until later? Come discuss your Advance Directive with palliative care physician and public notary Dr. Erin Reeve. She will provide guidance regarding completion of your documents and will notarize them free of charge. Your completed Advance Directive can then be provided to your health care team. Space is limited. RSVP to seniors@lgbtcenter.org or 323-860-5830.

Location: Senior Center

OLDER ADULTS MONTH DISCUSSION ON AGEISM

MON., MAY 6, 2–3PM

May is Older Adults Month. In collaboration with the City of West Hollywood and JFSLA, Senior Services is co-hosting a discussion on ageism with Dr. Paul Nash, professor of Gerontology at USC. Dr. Nash will provide a brief presentation and facilitate a conversation on this topic.

Location: Plummer Park, 7377 Santa Monica Boulevard West Hollywood, CA 90046

PATHWAYS TO HOUSING

THURS., MAY 9, 3–4:30PM

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



NOTARY WORKSHOP



**THURSDAY, MAY 23
3:30 - 5:00 P.M.**

Join Dr. Erin Reeve in obtaining guidance regarding the completion of Advance Directives and Power of Attorney for Healthcare.*

*Space is limited



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

The City of West Hollywood Presents

Combating Ageism with Dr. Paul Nash

You're invited to a two-hour session tailored for West Hollywood community members, aimed at exploring everyday ageism. In this session, you will have the opportunity to:

- Expand your understanding of ageism and its impacts
- Share your experiences with ageism
- Discuss strategies to foster inclusion and active participation in community life

Monday, May 6, 2024, at 2 pm

Plummer Park Community Center
Room 5
7377 Santa Monica Blvd.
West Hollywood, CA 90046



For registration, please email Becca Lubin at lubin@weho.org or call (323) 848-6518.

Sponsored by:



JEWISH FAMILY SERVICE LA



LOS ANGELES
LGBT
CENTER

is invited to learn more about the options available.

Location: Senior Center

PLAN PARA MASCOTES CON PAWS/LA

VIERNES, 17 DE MAYO, 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: Plan Para Mascotes con PAWS/LA

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

READING OPENS MINDS

THURS., MAY 2 & 16, 1-2:30 PM

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

Location: Senior Center

SENIOR ACTIVIST SQUAD

MON., MAY. 20, 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 ART EXHIBITION CELEBRATION

THURS., MAY 16, 5-7PM

In honor of Older Americans Month, Senior



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



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

Services will host our annual senior art exhibition featuring art created by seniors during workshops facilitated by Mary-Linn Hughes and Nick Paul. On May 16, Honor Your LGBT Elder Day, the Center will host an evening reception for an opportunity to view the exhibition and celebrate the incredible work of participating artists. The exhibition will run for the month of May. For more information, contact seniors@lgbtcenter.org or 323-860-5830.

Location: Advocate & Gochis Galleries, 1125 N. McCadden Place Los Angeles, CA 90038

SENIOR ENGAGEMENT TEAM

MON., MAY 20, 11 AM–12 PM

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

WED., MAY 16, 1:30-2:30PM

Join us for a meeting of community stakeholders to discuss and help create actionable solutions to the issues identified in the SHINE Survey, the Senior Center's recent needs assessment. This discussion will be moderated by Assoc. Director of Participant Engagement & Equity, Gerry Walker.

Location: Senior Center

SPRING SENIOR SHOWCASE

WED., MAY 22, 2–3:30PM

Discover our exceptional programs and talented participants at the Spring Senior Showcase, featuring captivating

performances in writing, dancing, movement, and beyond.

Location: Bayard Rustin Plaza, Anita May Rosenstein Campus, 1118 N McCadden Pl, Los Angeles, 90038

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., MAY 17, 3–4:30PM

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

Meeting ID: 970 2805 6270

Passcode: 803002

TRANS WELLNESS CENTER DROP-IN

FRI., MAY 3 & 17, 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

UPDATES ON HIV RESERVOIR WORKSHOP

TUES., MAY 14, 10-11AM

During this monthly workshop, we will learn about the latent HIV reservoir, how reservoirs prevent us from eliminating HIV from the body, and what needs to be done to resolve this.

Location: Senior Center

VETERANS' DINNER

WED., MAY 29, 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: La Rose Café, 4749 Fountain Ave., Los Angeles, CA 90029

SAVE THE DATE!

AGING TASK FORCE MEETING (LA COUNTY COMMISSION ON HIV)

TUES, JUNE 4, 1-2:30PM

The Aging Task Force (ATF) was formed in Feb. 2019 to address the broad health needs of people over 50 living with HIV and long-term survivors. Join us on the first Tuesday of every other month to participate in these important conversations.

Location: Senior Center

INTERGENERATIONAL STORIES CIRCLE

WED., JUNE 5, 4-5:30PM

This intergenerational STORIES Circle,

brings together younger and older people to exchange stories about how HIV/AIDS has impacted your life. This event is cosponsored by STORIES: The AIDS Monument and the LA LGBT Center.

Location: Senior Center

OUTLOUD FESTIVAL AT WEHO PRIDE

FRI., MAY 31-SUN., JUNE 2, ALL DAY

WeHo Pride Weekend will take place Friday, May 31 through Sunday, June 2, in and around West Hollywood Park. The weekend will include Friday Night at OUTLOUD, the WeHo Pride Street Fair, the Women's Freedom Festival, the Dyke March, the WeHo Pride Parade, and the ticketed OUTLOUD @ WeHo Pride music festival.

Location: West Hollywood Park, 647 N. San Vicente Boulevard. West Hollywood, CA 90046

SENIOR PROM

FRI., JUNE 28, 6-9PM

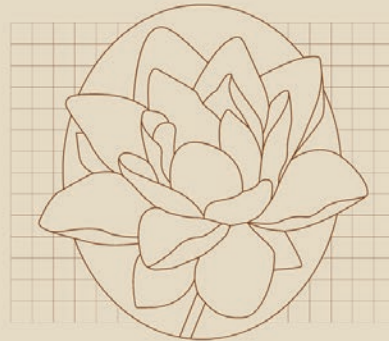
Are you ready for a WILD night of music, dinner and dancing? Join us for our annual Senior Prom. This year will be hosted at a new location, the Los Angeles Zoo. Suggested donation \$5. Must be a registered Senior Center participant. RSVP required by June 8 to seniors@lalgbtcenter.org or (323) 860-5830. Additional information to come in the June Newsletter.

Location: Los Angeles Zoo, 5333 Zoo Dr, Los Angeles, CA 90027

AANHPI 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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

ASIAN AMERICAN
& NATIVE
HAWAIIAN/PACIFIC
ISLANDER
HERITAGE MONTH

FORUM

MAY 8TH 2024
3:00-4:30 PM

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

LOS
ANGELES
LGBT
CENTER



GOLDEN HOUR

A QUEER AANHPI
NIGHT MARKET

FRI. 05.03
6-10PM

[lalgbtcenter.org/
goldenhour](http://lalgbtcenter.org/goldenhour)

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

**ALL
AGES**

Free food vouchers
for the first 100 guests.

