



LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## JUNE 2024

PRIDE  
PRIDE  
PRIDE  
PRIDE  
PRIDE  
PRIDE

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



LOS  
ANGELES  
LGBT  
CENTER  
SENIOR  
SERVICES

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

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

Helpline:  
**323-860-5830**

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

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

### GO GREEN

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



## LETTER FROM KIERA

June is a jam-packed month of wonderful celebrations. We hope you will join us at any or all of the Pride festivities throughout the month. Please see pages 26 & 27 for information on WeHo Pride, Dyke Day, LA Pride, TransPride and the AIDS/Lifecycle Closing Ceremonies.

My hope is that the Pride celebrations renew our energy and commitment to LGBTQ rights. Last year, over 500 anti-LGBTQ bills were introduced in state legislatures across the United States—a new record, according to ACLU data. There has been a renewed push to ban access to gender-affirming health care for transgender youth and a heavy focus on regulating curriculum in public schools, including discussions around gender identity and sexuality. Our fight is not over.

Pride month is not complete without our annual Senior Prom. This year, we are thrilled to host Senior Prom at the L.A. Zoo on Friday, June 28 at 6pm. It will be a magical night of music, dancing, dining, and connecting with old and new friends alike. I look forward to seeing you there!



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:

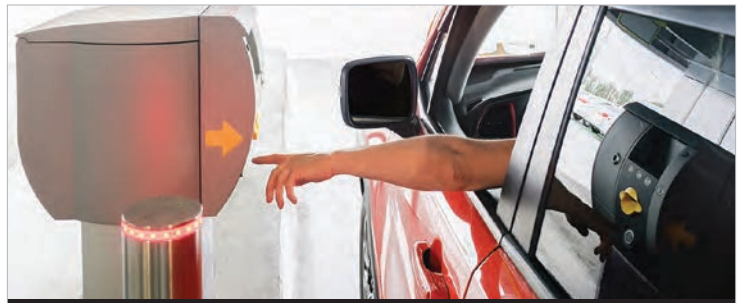
Showers and laundry are available for free for registered senior participants Monday through Friday from 9:30 AM–12:30 PM and 3–4:30 PM Sign up at the kiosk at the front desk. Shower and laundry facilities are drop-in and based on availability.

## 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.



Lesbian Roots Poetry Reading



## 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](mailto:seniors@lalgbtcenter.org) or (323) 860-5830.



## PANTRY PICK-UP



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

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

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



JOIN US  
MONDAY THROUGH  
FRIDAY FOR:

## Hot, Delicious & Nutritious Lunch



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](mailto:seniors@lalgbtcenter.org) or 323.860.5830

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

## Farmers Market

**WED., JUNE 5  
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](mailto: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](mailto:seniors@lgbtcenter.org) or 323-860-5830 to join.

Location: **Senior Center**

## TUESDAYS

### R&B LINE DANCING

**11AM–12PM**

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

Location: **Senior Center**

### CARDIO SOUL DANCE

**1:30–2:30PM**

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

Location: **Senior Center**

### MOVING FORWARD AFTER LOSS

**1:30–3PM**

A peer-facilitated, ongoing

support group for those who have suffered loss(es) and are interested in exploring life after loss.

Location: **Senior Center**

### SPILLING THE TEA

**1:30–3PM**

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

Location: **Senior Center**

or Meeting ID:

**994 0798 2438**

Passcode: **964564**

### JIU-JITSU

**2:30–3:30PM**

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

Location: **Senior Center**



## COLLECTIVE GROOVE

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**6–8PM**

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

**Location:** Senior Center

## SQUARE DANCING

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**6:30–9PM**

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

**Location:** Pride Hall

## WEDNESDAYS

### MEN'S SOCIAL GROUP

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**10AM–12PM**

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

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

**932 7122 4639**

**Passcode:** 249740

### CHAIR YOGA

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**11AM–12PM**

Challenge your body and

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

**Location:** Senior Center

or **Meeting ID:**

**981 4546 9997**

**Passcode:** 418978

### VETERAN'S SUPPORT GROUP

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**1–2PM**

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

**Location:** Senior Center

or **Meeting ID:**

**997 4154 4863**

**Passcode:** 301481

### BEGINNING TAP DANCE

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**1:30–2:30 PM**

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

**Location:** Senior Center

## THURSDAYS

### MEN'S HIKING GROUP

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**9:30AM**

Join Senior Services volunteer Daryl Dean at the corner of Fern Dell Dr. and Black Oak Dr., 200 ft. north of Los Feliz Blvd. for

a weekly hike. Comfortable shoes, water, and snacks are recommended.

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

**Location:**

**Griffith Park**

### GRUPO DE APOYO DE VIH

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**10–11:30AM**

Comparta sus historias y experiencias de vivir con el VIH y conozca nuevos amigos! Este nuevo grupo de apoyo es un espacio seguro para la comunidad positiva. Todos invitados.

Para más información,

contacto a seniors@

lalgbtcenter.org or

323-860-5830.

**Meeting ID:**

**951 8193 5482**

**Passcode:** 934307

### MEN LIVING WITH HIV

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**1:30–3PM**

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

**Location:** Senior Center

### SENIOR CHORUS

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**3:30–5PM**

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



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES



## Grupos de Apoyo de VIH/SIDA

Todos invitados  
Los Jueves  
10-11:30AM

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.

Ubicación: Centro De Mayores  
Zoom ID: 951 8193 5482  
Contraseña: 934307

## HIV/AIDS Support Groups

Men Living with HIV  
Thursdays  
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

## HIV & AGING Dinner & Discussion

Impacted by HIV  
Last Tuesday  
6-8PM

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.

Location: Senior Center

Para más información, contacto a:  
For more information, contact:

seniors@lalgbtcenter.org ó (323) 860- 5830

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



LOS ANGELES COUNTY  
COMMISSION ON HIV

LA COUNTY COMMISSION

## HIV/AIDS

### AGING TASK FORCE

June 4, 2024

1 - 2:30PM

The Aging Task Force (ATF) addresses the broad health needs of people over 50 living with HIV and long-term survivors. While individuals living with HIV in Los Angeles County show higher rates of viral suppression and engagement and retention in care, there are still racial/ethnic, socioeconomic, geographic, and age disparities that must be addressed.

Join us on the first Tuesday of every other month to participate in these important conversations.

Join us  
to have  
your voice  
heard



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

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

## 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

HERE

TAG

CRISPR

HOPE

4AC

IRP

THE WELL PROJECT

SHARED

THE WELL PROJECT

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@lalgbtcenter.org or (323) 860-5830



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

### CREATIVE ARTMAKING WITH MARY-LINN

**10AM-12PM or  
1:30-3:30PM**

Join artist Mary-Linn Hughes for this exploration into printmaking. On June 7 & 14, the group will learn how to create a one-of-a-kind monoprint. There are 2 separate class times will be offered: 10AM-12PM and 1:30-3:30pm. RSVP required to seniors@lalgbtcenter.org or (323) 860-5830.

Space is limited. Please indicate either the AM or PM class in RSVP.

**Location:** Senior Center

### 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](mailto:info@cancersupportla.org)

**Location:** Virtual



SAVE THE DATE!



# WELLNESS DAY AT MI CENTRO JUNE 15, 2024 10 - 5 PM



553 S CLARENCE ST,  
LOS ANGELES, CA 90033

JOIN ARTIST MARY-LINN HUGHES FOR THIS 2 - WEEK  
EXPLORATION INTO PRINTMAKING. ON JUNE 7 & 14, THE GROUP  
WILL LEARN HOW TO CREATE A ONE-OF-A-KIND MONOPRINT.

2 separate class times will be offered:

10AM-12PM and 1:30-3:30pm

RSVP required to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830.  
Space is limited. Please indicate either the AM or PM class in RSVP.



## CREATIVE ARTMAKING

PRESENTED BY MARY-LINN HUGHES



FRIDAY, JUNE 7 & 14,  
SELECT:  
10AM -12PM  
OR 1:30PM - 3:30PM

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.

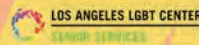
Join Senior Services volunteer Daryl Dean for a weekly hike.  
Meet the group at the corner of Fern Dell Dr. and Black Oak Dr.,  
which is approximately 200 ft. north of Los Feliz Blvd.

Comfortable shoes, water and snacks are encouraged.

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



LOS ANGELES LGBT CENTER  
SENIOR SERVICES



JOIN THE TINSELTOWN SQUARES FOR

## SQUARE DANCING

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

Next open cycle begins July 9th



For more info or to RSVP, contact [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.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

### ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS., JUNE 13 & 27, 12-1:30PM**

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

**Location:** Virtual

### ART APPRECIATION

**FRI., JUNE 14, 3-4PM**

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

**Meeting ID:** 984 9274 8385

**Passcode:** 081457

### BENEFITS WORKSHOPS FOR SENIORS


**MON, JUNE 17, 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: Social Security Benefits

**Location:** Senior Center

or **Meeting ID:** 955 2280 5268

**Passcode:** 255033


 **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





Second & Fourth  
Thursdays 12-1:30PM  
Virtual

# ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT



CONTACT: Yael WYTE  
(310)912-9120  
YWYTE@ALZ.ORG

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# CHAIR YOGA



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

EVERY WEDNESDAY  
11AM-12PM

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

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# 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

(323) 860-5830  
seniors@lgbtcenter.org

Tuesdays  
2:30-3:30 PM  
Senior Center



LOS ANGELES  
LGBT  
CENTER  
SENIOR  
SERVICES

# BEGINNING TAP DANCE



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

WEDNESDAYS  
1:30-2:30 PM

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






## Empowered Relief Workshop

This workshop teaches participants how pain is processed in the body and rapidly equips them with pain management skills, helping you to empower your own relief.



Thursday, June 13  
10:00 A.M. - 12:00 P.M.

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

## CAMINOS A LA VIVIENDA

**MARTES, 18 DE JUNIO, 10-11:30AM**

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 envitados en aprender.

**Ubicación:** Centro De Mayores

## EMPOWERED™ RELIEF

**THURS, JUNE 13, 10AM–12PM**

This single-session class teaches participants how pain is processed in the body and equips them with pain management skills. Developed and tested by pain psychology scientists at Stanford University, this class will help you identify ways to understand and manage pain, helping to empower your own relief.

**Location:** Senior Center

## FARMERS MARKET

**WED., JUNE 5, 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., JUNE 28, 11AM–1PM**




**JUNE'S TOPIC: SOCIAL SECURITY BENEFITS**

**BENEFITS WORKSHOP FOR SENIORS**

Join us to learn about Social Security Benefits you may be able to access!

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  
JUNE 17, 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@lgbtcenter.org](mailto:seniors@lgbtcenter.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@lgbtcenter.org](mailto:seniors@lgbtcenter.org) or (323) 860-5830

THE SECOND FRIDAY  
EACH MONTH 3-4PM

## ART APPRECIATION

VIRTUAL  
MEETING ID: 984 9274 8385  
PASS: 081457



## LGBTQ VETERANS SUPPORT GROUP



HONORING ALL  
WHO SERVED

WEDNESDAYS FROM 1-2 PM

HARRY AND JEANETTE WEINBERG SENIOR CENTER  
1118 N. McCadden Pl.  
LOS ANGELES, CA 90038



# JUNE

Monday	Tuesday	Wednesday
<b>3</b> Housing Rights 10 AM- 11:15 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Pride Decoration @ Senior Center 1:30-2:30 PM Stand-Up 4 Your Power 2-4 PM	<b>4</b> R&B Line Dancing 11 AM-12 PM HIV Aging Task Force 1-2:30 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	<b>5</b> Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Farmers Market 11 AM-1 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Intergenerational HIV Stories Circle 4-5:30 PM
<b>10</b> Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Stand-Up 4 Your Power 2-4 PM  Senior Center Opens at 11 AM	<b>11</b> R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM SHINE Survey Solutions & Discussion 2-3:30 PM Jiu-Jitsu 2:30-3:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM	<b>12</b> Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Juneteenth Celebration 2:30-4 PM
<b>17</b> Benefits Workshop 10AM-11AM Senior Engagement Team 11 AM- 12 PM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM	<b>18</b> Caminos a La Vivienda 10-11:30 AM HIV Reservoir Workshop 10-11:30 AM R&B Line Dancing 11 AM-12 PM  Senior Center Closes at 2pm	<b>19</b>  Senior Center Closed  Juneteenth
<b>24</b> Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM LAUSD Career Education Workshop 1:30-2:30 PM	<b>25</b> Rainbow Scratch Art 10-11:30 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 HIV & Aging Dinner + Discussion 6-8 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM  Senior Center Closed 3-5PM	<b>26</b> Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Veteran's Dinner 6 PM



Thursday	Friday
<b>6</b> Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM Pathways to Housing (WeHo) 3-4:30 PM	<b>7</b> Everyday Movement 9-10 AM Creative Artmaking 10 AM-12 PM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Mahjong 1:30-3 PM Creative Artmaking 1:30 PM-3:30 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM  Senior Center Closes at 3 PM
<b>13</b> Men's Hiking 9:30 AM Empowered Relief 10 AM-12 PM Grupo de Apoyo de VIH 10-11:30 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	<b>14</b> Everyday Movement 9-10 AM Creative Artmaking 10 AM-12 PM Farmers Market @ Mi Centro 11 AM-1 PM Drop-in @ Mi Centro 11 AM-1 PM Mahjong 1:30-3:00 PM Creative Artmaking 1:30 PM-3:30 PM Art Appreciation 3-4 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>20</b> Co-Ed Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM	<b>21</b> Everyday Movement 9-10 AM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Vida Asistida @ TransWellness 11 AM-12 PM Juneteenth w/ Patrisse Cullors 2:30-4:30 PM Ebony Sage @ Center South 3-4:30 PM TransMasc Exchange 3-4:30 PM Cancer Support Group 3-5 PM  Senior Center Closes at 1:30pm
<b>27</b> Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Alz Support Group 12-1:30 PM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM	<b>28</b>  Farmers Market @ Center South 11 AM-1 PM  Lunch Service 12:30-1:30pm  Senior Center Closed 9 AM-12:30 PM & 1:30 PM- 5 PM  Senior Prom 6-9 PM



## Senior Engagement Team

**Monday**  
**June 17, 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**





## MEN'S SOCIAL GROUP

EVERY WEDNESDAY FROM 10 - 12 PM

MEET NEW FRIENDS AND SHARE STORIES.  
OPEN TO ALL SELF-IDENTIFYING MEN  
TO SHARE IN A SAFE AND SUPPORTIVE SPACE.

LOCATION: SENIOR CENTER OR ZOOM  
MEETING ID: 932 7122 4639  
PASSCODE: 249740




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



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## CAMINOS A LA VIVIENDA

MARTES, 18 de Junio  
10-11:30AM

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 participación en este taller es requerido si está interesado en participar en nuestro programa de navegar viviendas, pero todos están invitados en aprender.

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

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

**VIERNES, 14 DE JUNIO, 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

## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

**TUES., JUNE 11 & 25, 7–9PM**

In partnership with Cancer Support Community LA, the gay and bisexual men's 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](mailto:info@cancersupportla.org).

**Location:** Virtual



## HIV AGING TASK FORCE

**TUES., JUNE 4, 1-2:30PM**

LA County Commission on HIV - Aging Task Force (ATF) was formed in February 2019 to address the broad health needs of those over 50 years living with HIV and long-term survivors. While individuals living with HIV in Los Angeles County show higher engagement and retention in care, and viral suppression rates, within the 50+ population there exists disparities by racial/ethnic, socioeconomic, geographic, and age groups stratification. Join us on the First Tuesday of every other month to participate in these important meeting.

**Location:** Senior Center

## HIV RESERVOIR WORKSHOPS

**TUES., JUNE 18, 10-11:30AM**

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. Join us for this monthly series, "Updates on the HIV Reservoir," where experts and community advocates will share the current science around HIV reservoirs.

**Location:** Senior Center

## HIV & AGING: DINNER & DISCUSSION SERIES

**TUES., JUNE 25, 6-8PM**

This monthly dinner and discussion series is geared for individuals who are

## 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](mailto: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

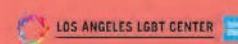
**11AM-1PM** 2do Viernes de cada mes, a partir del 12 de enero

### 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](mailto:INFO@CANCERSUPPORTLA.ORG)




living with or are impacted by HIV. With June being Long-Term Survivors Awareness Day, we will explore the changes to HIV treatment over time and the future of HIV treatment. All are welcome.

Bring a friend!

**Location:** Senior Center

## HOUSING RIGHTS

**MON., JUNE 3, 10-11:15AM**

As a tenant, you have many rights when renting a residential unit. Learn about the basics of tenants' housing rights, housing protections, and the eviction process at this informational workshop presented by the Center's Legal Services department. Attendees will have the opportunity to consult with an attorney (sign up on-site).

**Location:** Senior Center

## INTERGENERATIONAL STORIES CIRCLE HIV LONG-TERM SURVIVORS AWARENESS DAY

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

This Intergenerational HIV STORIES Circle is an opportunity to bring both youth and adults together in community to share personal stories about how HIV/AIDS impacted your lives. This event is a collaboration with the Foundation for The AIDS Monument (FAM). For more information, contact [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

**Location:** Senior Center

## JUNETEENTH CELEBRATION: "MY FREEDOM STORY"

**WED., JUNE 12, 2:30-4PM**

Juneteenth commemorates the freedom of enslaved people per the Emancipation Proclamation. What does "Freedom" look like to you? Do you have it yet? When will you feel you've achieved it? Or, like

**HIV/AIDS Storytelling Event**

for young people (aged 18-25) and older people (40+)

**INTERGENERATIONAL STORIES CIRCLE**

**WEDNESDAY JUNE 5**

**4:00-5:30 PM**

**LA LGBT CENTER**

**Pride Hall**



**1118 N. McCadden Pl.**

**Los Angeles, CA 90038**

**\*free parking available with validation in the parking structure**

Scan to RSVP





many, are you still a work in progress? Join Associate Director of Participant Engagement & Equity Gerry Walker for an afternoon of conversation and storytelling that celebrates our aspiration toward Freedom. Bring your best personal story and be prepared to learn something! Refreshments will be served.

**Location:** Senior Center

## JUNETEENTH CELEBRATION AND WORKSHOP FOR BLACK CLIENTS AND STAFF FEATURING PATRISSE CULLORS

**FRI., JUNE 21, 2:30-4:30PM**

Join author and Black Lives Matter co-founder Patrisse Cullors for an intergenerational conversation and workshop to engage Black clients of all ages and Black Center staff. Attendees will be encouraged to adapt a mindset that involves listening closely to what others share in the space.

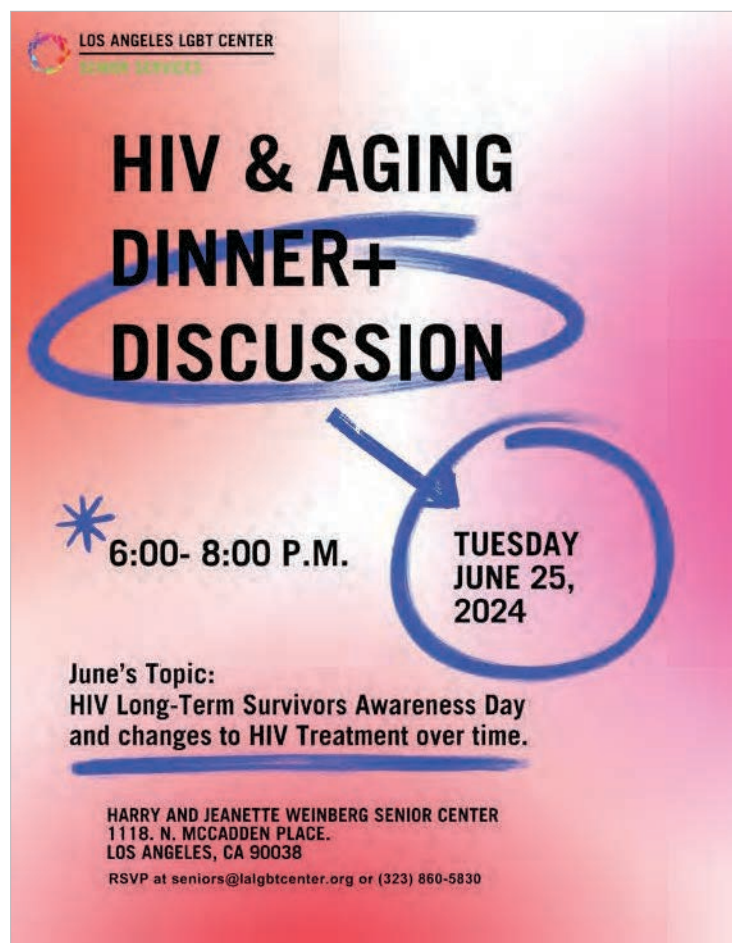
**Location:** Liberation Café, 6725 Santa Monica Blvd, Los Angeles, CA 90038

## LAUSD DIVISION OF ADULT AND CAREER EDUCATION WORKSHOP

**MON., JUNE 24, 1:30-2:30PM**

Los Angeles Unified School District's D.A.C.E. program provides skills and career training pathways for adults, including: English as a Second Language, Adult Basic Education, Adult Secondary Education, and Career Technical Education. Join us to learn about the program and how to enroll. A representative from LAUSD will be on site to provide details and answer any questions.

**Location:** Senior Center





LOS ANGELES LGBT CENTER  
SENIOR SERVICES

June 12, 2024 2:30 - 4:00 PM

# Juneteenth Celebration

*"My Freedom Story"*

Join Associate Director of Participant Engagement & Equity Gerry Walker for an afternoon of conversation and storytelling that celebrates our aspiration toward Freedom. Bring your best personal story – and be prepared to learn something as well! Refreshments will be served.

**2:30 - 4:00 PM**

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

## LGBTECH Q&A WITH MOM'S COMPUTER

**TUES., JUNE 4, 3–4:30PM**

Smart Phone Tune Up Clinic: Tips & tricks for the health of your device.

Contact Organization: Update your contacts, add your imprint #s, and avoid scam calls by knowing who is calling. What is a digital wallet? Apple Pay/Google Pay? Scam awareness & more. Beginners and all levels welcome.

**Location:** Senior Center

## MCC-UCCV

**THURS., JUNE 13 & 27, 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

## PATHWAYS TO HOUSING

**THURS, JUNE 6, 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 is invited to learn more about the options available.

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



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# RAINBOW SCRATCH WORKSHOP

WITH INGRID

Join us for an art workshop where scratching off the surface of this magical paper reveals distinctive, colorful art.

**JUNE 25, 2024**  
10-11:30 AM

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

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





**SENIOR SERVICES**

## Community Needs Assessment

Solutions & Strategic Planning

Thank you for  
completing  
the survey.

Help us plan  
our next steps

**Tuesday**  
**June 11**  
**2:00-3:30PM**

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.

This meeting will be held  
virtually on Zoom.

Meeting ID: 950 1190 4184  
Passcode: 783828

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



# Pride Decorations at Senior Center

June 3rd, 2024  
1:30 PM

*Come and help us decorate Senior  
Services with Pride Themed decorations!*

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



## PATHWAYS TO HOUSING

Thursday, June 6th  
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@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830

## PRIDE DECORATION @SENIOR CENTER

**MON., JUNE 3, 1:30–2:30PM**

Come jazz up the Senior Center's lunch room with some Pride decorations to kick off Pride Month.

**Location:** Senior Center

## RAINBOW SCATCH ART

**TUES, JUNE 25, 10-11:30 AM**

Join us for an art workshop where scratching off the surface of this magical paper reveals distinctive, colorful art.

**Location:** Senior Center

## READING OPENS MINDS

**THURS., JUNE 6 & 20, 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](mailto:seniors@lalgbtcenter.org) or call 323-860-5830.

**Location:** Senior Center

## SENIOR ENGAGEMENT TEAM

**MON., JUNE 17, 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

## 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 \$10. Dress to impress (though not required)! Must be a

## LGBTech Q&A with Mom's Computer

Tuesday, June 4th, 2024  
3:00 - 4:30 PM

Smart Phone Tune Up Clinic. Tips & Tricks for the health of your device. Contact' Organization. Update your contacts, add your imprint #'s and avoid scam calls by knowing who is calling.

What is a digital wallet? Apple Pay/Google Pay?

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



Good Of Eljiah  
Founder & Tech

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

For more info  
323.860.5830 or  
[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)



registered Senior Center participant. RSVP required by June 3 to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

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

## SHINE SURVEY: SOLUTIONS & STRATEGIC PLAN DISCUSSION

**TUES., JUNE 11, 2-3:30 PM**

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.

**Meeting ID:** 950 1190 4184

**Passcode:** 783828

## TRANSMASC INTERGENERATIONAL EXCHANGE

**FRI., JUNE 21, 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., JUNE 21, 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.

## 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

**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**

## LGBTQ+ PEOPLE LIVING WITH CANCER SUPPORT GROUP



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

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

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







## SENIOR SERVICES COMMUNITY SITE PROGRAMS

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



### Mi Centro

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



### Center South

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



### Trans Wellness Center- TWC

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



### Metropolitan Community Church- MCC

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

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



**323-860-5830**



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

## VETERANS' DINNER

**WED., JUNE 26, 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:** Pinocchio Restaurant, 3103 Magnolia Blvd., Burbank, CA 91505

## VIDA ASISTIDA TRANSWELLNESS CENTER

**VIERNES, 21 DE JUN., 11AM–12PM**

Todo el mundo necesita hacer planes para el final de su vida en algún momento. Cada tercer viernes, únase a nosotros para una conversación sobre un tema diferente. Este mes: Vida Asistida.

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



**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



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

- Fri., June 7: Closed at 3pm
- Mon., June 10: Open at 11am
- Tues., June 18: Closed at 2pm
- Wed., June 19: Closed (Juneteenth)
- Fri., June 21: Closed at 1:30pm
- Tues., June 25: Closed 3–5pm
- Fri., June 28: Closed except for Lunch Service 12:30–1:30pm

We apologize for any inconvenience. Please plan accordingly.



# WEHO PRIDE

FOR MORE INFORMATION, GO TO [WEHOPRIDE.COM](https://wehopride.com)

## OUTLOUD @ WeHo Pride

SATURDAY, JUNE 1  
SUNDAY, JUNE 2

An award-winning, ticketed concert highlighting LGBTQ artistry, this star-studded, high-energy line-up celebrates and advocates for queer voices in music, kicking off Pride Season! This year's headliners include Kylie Minogue, Janelle Monáe, and Diplo!

## WeHo Pride Street Fair

SATURDAY, JUNE 1  
SUNDAY, JUNE 2

The Street Fair is free and will include community group booths, exhibitors, sponsor activations, a stage with live performances, and other entertainment elements.

## Dyke March

SATURDAY, JUNE 1

Featuring a motorcycle-led march, this annual rally will begin immediately following the Women's Freedom Festival along Santa Monica Boulevard.

## Women's Freedom Festival

SATURDAY, JUNE 1  
12 PM - 6 PM

Co-sponsored and produced by the L-Project, the festival will feature emerging LGBTQ and BIPOC women, non-binary musicians, comedians, poets, and activists.

## WeHo Pride Parade

SUNDAY, JUNE 2  
12 PM

A colorful and entertaining event for the whole family, the parade will feature contingents such as floats, bands, drill teams, dance teams, entertainment entries, marchers and special guests.

## WeHo Pride Arts Festival

FRIDAY, JUNE 14 through  
SUNDAY, JUNE 16

Celebrating the artistic contributions of the LGBTQ community, the WeHo Pride Arts Festival (formerly known as the One City One Pride LGBTQ Arts Festival) takes place Friday, June 14 through Sunday, June 16, 2024.



## **Dyke Day LA**

SATURDAY, JUNE 8  
12 PM - 6 PM

Annual day in the park for dykes, queers, and allies that celebrates queers of all genders and ages.

Sycamore Grove Park (4702 Figueroa St)

## **AIDS/LifeCycle 2024 Finish Line Festival**

SATURDAY, JUNE 8  
10:30 AM - 4 PM

Get ready to witness an incredible feat of determination and resilience as our extraordinary Cyclists and Roadies conclude their remarkable 7-day journey from San Francisco to Los Angeles.

2030 Ocean Ave, Santa Monica, CA 90405

## **LA Pride Parade**

SUNDAY, JUNE 9

An award-winning, ticketed concert highlighting LGBTQ artistry, this star-studded, high-energy line-up celebrates and advocates for queer voices in music, kicking off Pride Season! This year's headliners include Kylie Minogue, Janelle Monáe, and Diplo!

## **Trans Pride LA**

FRIDAY, JUNE 14  
SATURDAY, JUNE 15

Trans Pride Los Angeles is hosted by the Trans\* Lounge program, the Los Angeles LGBT Center's groundbreaking education & empowerment program dedicated to serving Los Angeles' trans and gender expansive community.

## **LA Black Pride**

SATURDAY, JULY 6  
2 PM - 7 PM

Los Angeles Black Pride 2024 is dedicated to fostering a community that celebrates and uplifts the diverse voices within the Black LGBTQ+ community.

Catch One (4097 W. Pico Blvd.)

# PRIDE

# FESTIVITIES



# PROM AT THE ZOO

## SENIOR PROM 2024

**FRIDAY, JUNE 28 6 P.M. - 9 P.M.**

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**RSVP BY JUNE 3RD\***

at [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or  
323-860-5830.

**\*Indicate if you are Vegan/Vegetarian**

**DRESS CODE**

Dress to impress!\*

**\*Not required.**

Suggested Donation - \$10.00

**FREE PARKING**

**L.A. Zoo**

**5333 Zoo Drive, Los Angeles, CA 90027**



**LOS ANGELES LGBT CENTER**

**SENIOR SERVICES**

