



LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

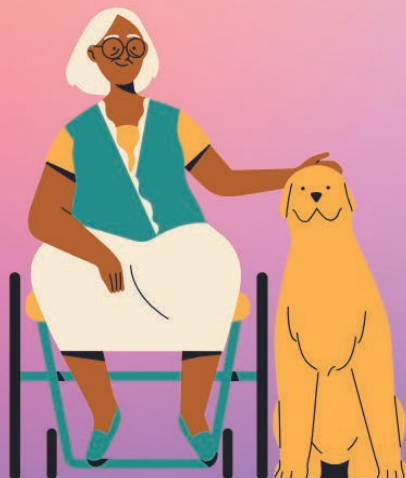
# 50+

## AUGUST 2024



# NATIONAL SENIOR CITIZENS DAY

## Wednesday, August 21, 2024



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

August 21st is National Senior Citizens Day. It is a day to honor and recognize the achievements of our beloved community members. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and service. To celebrate, Senior Services will be hosting a day of activities focusing on wellness and connection. The morning will offer multiple ways to engage with others, traditional lunch service in the Senior Center will occur, followed by a film in the afternoon. We hope you will join us.

This month, we will also host the "Eat Healthy, Be Active" Nutrition Workshop. This four-week workshop, taught by a registered dietitian, will include topics on budget friendly eating tips, how to prepare healthy meals and snacks, ways to include exercise into your day, and helpful food facts.

The summer months can be difficult, and we are here to help make it more comfortable for you all. We will continue to have the Senior Center available as a cooling center whenever the temperatures are predicted to reach 90 degrees or above. Come watch a movie, have some water and cool down with us!



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.



Prom at the Zoo 2024



## 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.

# 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)

# Farmers Market

**WED., AUG. 7  
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.



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

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



## Beginning August 1, 2024:

The 2nd Floor Lounge will be designated for scheduled activities and programming only



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



## Weekly Events

### MONDAYS

#### SENIOR WRITING GROUP

**1–3PM**

Join our Senior Writing Group! Create prose or poetry from writing prompts and assignments. Contact seniors@lalgbtcenter.org or 323-860-5830 to join.

**Meeting ID:**

**949 3045 5017**

**Passcode: 218422**

#### MOVIE MONDAYS

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

Take a break from the heat, kick up your feet, and enjoy a selection of family favorite films. Popcorn and beverages provided.

**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

**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. Beginners welcome! Contact [seniors@lalgbtcenter.org](mailto: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

### ESPAÑOL FÁCIL

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**3–4:30PM**

Join us for Spanish for Beginners—Part Two. This weekly workshop, running through September 18, will provide an insider's perspective on the Castilian language. The format will be conversational, with basic grammatic support from printed materials. Guest presenters will share vocabulary, pronunciation, and expressions from various Spanish-speaking countries. Space is limited; RSVP required at [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

**Location:** Senior Center

## THURSDAYS

### MEN'S HIKING GROUP

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**9:30AM**

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

**Location:**

**Griffith Park**

### GRUPO DE APOYO DE VIH

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**10–11:30AM**

Comparta sus historias y experiencias de vivir con el VIH y conozca nuevos amigos! Este nuevo grupo de apoyo es un espacio seguro para la comunidad positiva. Todos invitados. Para más información, contacto a [seniors@lalgbtcenter.org](mailto: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





LOS  
ANGELES  
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SERVICES

# Summer MOVIE MONDAYS

Take a break from the heat, kick up your feet, and enjoy a selection of family favorite films.  
Popcorn and beverages will be provided.

**EVERY MONDAY 1:30 - 3:30 PM  
FOR THE MONTH OF AUGUST**

## 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

## 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

HIV and meet some new friends! This support group is a safe space for the HIV-positive community.

**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

### 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



## FLASHBULB:





# PROM AT THE ZOO 2024





 **LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

# R & B Line Dance


WITH E. TALLEY II

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

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

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



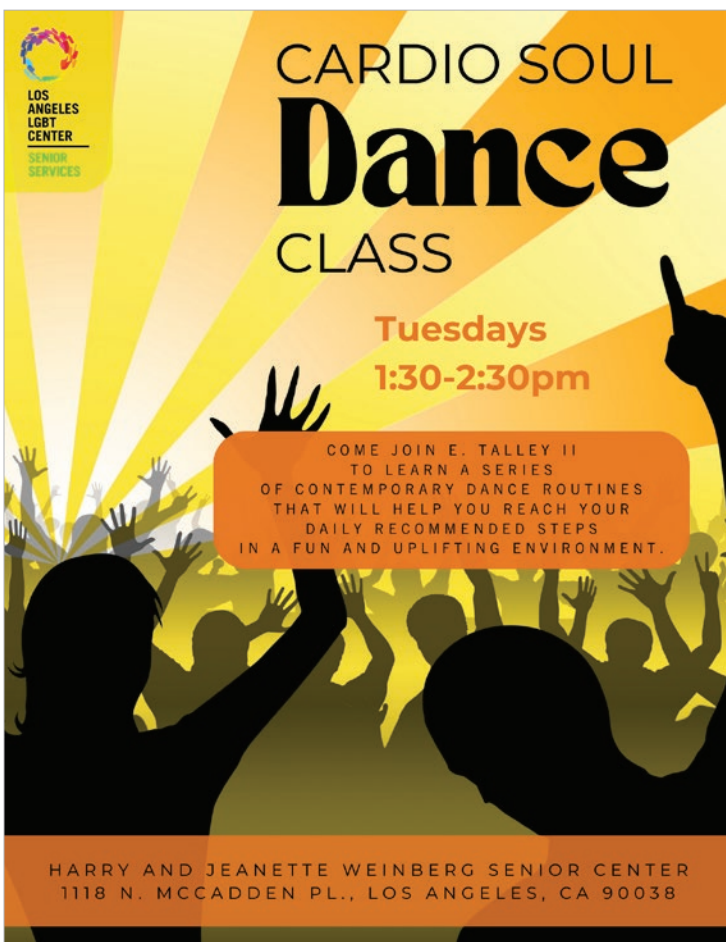
 **LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

# CARDIO SOUL Dance CLASS

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

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

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



## Non-Weekly Events

### ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS., AUG. 8 & 22, 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., AUG. 9, 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

### BREAKFAST BINGO

**MON., AUG. 12, 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

JOIN THE TINSELTOWN SQUARES FOR

# SQUARE DANCING

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



FOR MORE INFO OR TO RSVP, CONTACT SENIORS@LALGBTCENTER.ORG OR (323) 860-5830

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@lalgbtcenter.org

**Tuesdays**  
2:30-3:30 PM  
Senior Center



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## Breakfast BINGO



**MONDAY | AUGUST 12, 2024**

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.

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## BEGINNING TAP DANCE



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

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

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

# AUGUST

Monday	Tuesday	Wednesday
<b>5</b> Focus Group 9:30-11:30 AM Senior Writing Group 1-3 PM Movie Mondays 1:30-3:30 PM Grupo Focal En Español 2-4 PM	<b>6</b> R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM	<b>7</b> Men's Social Group 10 AM-12 PM Nutrition Workshop 10 AM-11 AM Chair Yoga 11 AM-12 PM Farmers Market 11 AM-1 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Español Fácil 3-4:30 PM
<b>12</b> Breakfast Bingo 9:30-11 AM Senior Writing Group 1-3 PM Movie Mondays 1:30-3:30 PM	<b>13</b> HIV Reservoir Workshop 10 AM-12:00 PM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM	<b>14</b> Men's Social Group 10 AM-12 PM Nutrition Workshop 10 AM-11 AM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Español Fácil 3-4:30 PM
<b>19</b> Senior Engagement Team 11 AM- 12 PM Senior Writing Group 1-3 PM Movie Mondays 1:30-3:30 PM	<b>20</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 LGBTech 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM	<b>21</b> National Senior Citizen Day 9:30AM-4:00 PM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Español Fácil 3-4:30 PM
<b>26</b> Caminos a La Vivienda 10 AM-11:30 AM Senior Writing Group 1-3 PM Movie Mondays 1:30-3:30 PM	<b>27</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 Senior Services Closed 3-5 PM HIV & Aging Dinner + Discussion 6-8 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM	<b>28</b> Men's Social Group 10 AM-12 PM Nutrition Workshop 10 AM-11 AM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Español Fácil 3-4:30 PM Veteran's Dinner 6 PM



Thursday	Friday
<b>1</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 Pathways to Housing (WeHo) 3-4:30 PM	<b>2</b> Everyday Movement 9-10 AM Mahjong 1:30-3 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>8</b> Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Alzheimer's Support Group 12-1:30 PM MCC-UCCV Drop-in 12-2 PM Men Living with HIV 1:30-3 PM	<b>9</b> Everyday Movement 9-10 AM Farmers Market @ Mi Centro 11 AM-1 PM Drop-in @ Mi Centro 11 AM-1 PM Mahjong 1:30-3:00 PM Art Appreciation 3-4 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>15</b> Co-Ed Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Resume Workshop 10:30-11:30 AM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM	<b>16</b> Everyday Movement 9-10 AM Drop-in @ TransWellness 11 AM-1 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
<b>22</b> Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM	<b>23</b> Everyday Movement 9-10 AM Drop-in @ Center South 10 AM-2 PM Farmers Market @ Center South 11 AM-1 PM Mahjong 1:30-3:00 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>29</b> 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	<b>30</b> Everyday Movement 9-10 AM  Senior Services Closes at 2:00 PM



## Senior Engagement Team

**Monday**  
**August 19, 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**

## CAMINOS A LA VIVIENDA

LUNES, 26 DE AGOSTO  
10:00 - 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 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

**LUNES, 26 DE AGOSTO, 10–11:30AM**

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.

**Ubicación:** Centro De Mayores

## CENTER SOUTH DROP-IN

**FRI., AUG. 23, 10AM–2PM**

Center South provides comprehensive resources and services for the LGBTQ+ community in South LA. Join Senior Services the fourth Friday of the month 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

## EAT HEALTHY BE ACTIVE NUTRITION WORKSHOP

**WED., AUG. 7, 14 & 28, 10–11AM**

This four-week workshop, taught by a registered dietitian, will cover budget-friendly eating tips, how to prepare healthy, quick meals and snacks, ways to include exercise into your day, and other helpful food facts. Must be 60 years or older to attend. Please RSVP to seniors@lalgbtcenter.org or 323-860-5830.

**Location:** Senior Center

## FARMERS MARKET

**WED., AUG. 7, 11AM–1PM**

**Eat Healthy**

+

**Be Active**

+

**Nutrition Workshop**

**August 7, 14, 28  
September 4  
10-11AM**

Join this four week nutrition workshop with a registered dietitian. Must be 60+ to attend.

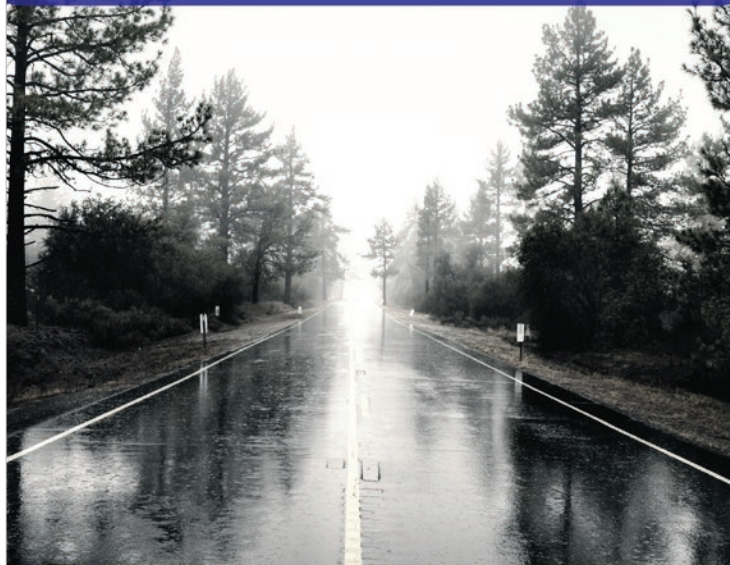
Incentives for those who attend both August 7 & 14



# 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  
1118N. MCCADDEN PL.  
LOS ANGELES, CA 90038



# HIV & AGING DINNER+ DISCUSSION



6:00 - 8:00 P.M.

TUESDAY  
AUGUST 27TH  
2024

August Topic:  
Various Health Considerations for LGBTQ Communities

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

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

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., AUG. 23, 11AM-1PM**

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

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

## FARMERS MARKET AT MI CENTRO

**FRI., AUG. 9, 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

**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-HIV CURE DRE HOPE I4C HIV-1 THERAPY FOR HIV CURE HIV-1 THERAPY FOR HIV CURE HIV-1 THERAPY FOR HIV CURE

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

## FOCUS GROUP PROJECT PROYECTO DE GRUPO FOCAL

**MON., AUG. 5, 9:30-11:30AM  
ENGLISH, 2-4PM EN ESPAÑOL**

California's first-ever statewide focus group project, focusing on the needs and experiences of mid-life and older LGBTQIA+ and same-gender-loving residents. The initiative aims to shed light on our community's unique challenges, aspirations, and contributions. Your voice is pivotal!

La primera campaña estatal de California de grupos focales, centrada en las necesidades y experiencias de las personas de mediana edad y de edades mayores LGBTQIA+ y/o amantes del mismo género. Esta iniciativa crucial iluminará a los desafíos, aspiraciones y contribuciones de la comunidad. ¡Su voz es muy importante!

RSVP/Confirmar asistencia: [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830

**Location/Ubicación: Senior Center/  
Centro Mayores**

## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

**TUES., AUG. 13 & 27, 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**



# LGBTech Q&A with Mom's Computer

**Tuesday, August 6, 2024  
3:00 - 4:30 PM**

Smartphone tune up. Organize your photos, videos, documents in one manageable place. Check your security preferences and stay secure. All levels welcome.

**Tuesday, August 20, 2024  
3:00 - 4:30 PM**

Telemedicine Basics. Video editing basics on phone, or computer. Learn to use free cloud storage for valuable documents. Scam awareness workshop. All levels welcome.

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

 **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)



Berkeley Center for the Advanced  
Study of Aging Services  
School of Social Welfare

**Are you...**

- 50 years old or older?
- LGBTQ+ or same-gender loving?

**Monday, August 5, 2024  
English 9:30-11:30AM, En español 2-4PM**

California's first-ever statewide focus group project!  
Focusing on the needs and experiences of mid-life and older LGBTQIA+ and same-gender-loving residents.  
This initiative aims to shed light on our community's unique challenges, aspirations, and contributions.

**RSVP/Confirmar asistencia:**  
[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or  
(323)860-5830

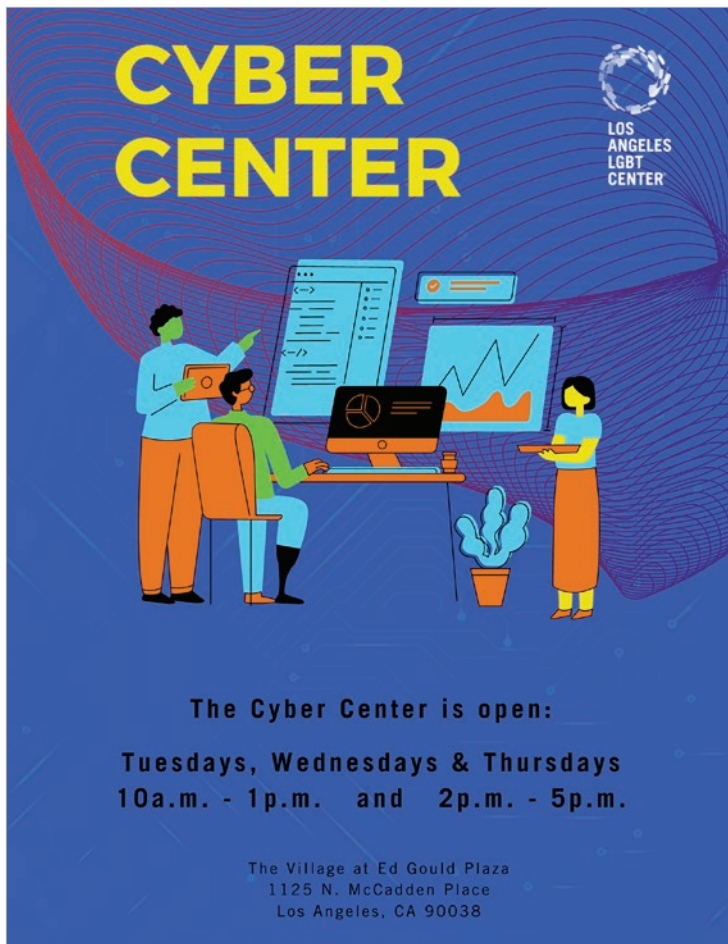
**Location:** Harry & Jeanette Weinberg  
Senior Center 1118 N McCadden Place  
Los Angeles, CA 90038

**Receive a \$50  
gift card for your  
participation!**

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES







## HIV & AGING: DINNER & DISCUSSION SERIES

**TUES., AUG. 27, 6–8PM**

This monthly dinner and discussion series is geared for those who are living with or are impacted by HIV. Open to folks living with or impacted by HIV. Bring a friend!

**Location:** Senior Center

## HIV RESERVOIR WORKSHOPS

**TUES., AUG. 13, 10-11:30AM**

In 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. This month: New tests to measure reservoirs.

**Location:** Senior Center

## LGBTECH Q&A WITH MOM'S COMPUTER

**TUES., AUG. 6 & 20, 3–4:30PM**

August 6: Smartphone tune up. Organize your photos, videos, documents in one manageable place. Delete old apps, photos, videos. Check your security preferences and stay secure. All questions answered.

August 20: Telemedicine Basics. Video editing basics on phone, or computer. Learn to use free cloud storage for valuable documents. Scam awareness workshop.

**Location:** Senior Center

## MCC-UCCV

**THURS., AUG. 8 & 29, 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

## MI CENTRO DROP-IN

**FRI., AUG. 9, 11AM–1PM**

Mi Centro brinda recursos y servicios integrales para la comunidad LGBTQ+ Latinx en Boyle Heights. Únase a Servicios para personas mayores el Segundo 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 the second Friday 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

## NATIONAL SENIOR CITIZENS DAY

**WED., AUG. 21, 9:30AM–4PM**


Celebrate National Senior Citizens Day with a day of wellness and connection. The day will begin with multiple ways to engage with others, followed by regular lunch service at the Senior Center and a film screening in the afternoon. Please RSVP at [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

**Location:** Senior Center

## PATHWAYS TO HOUSING (WEHO)

**THURS., AUG. 1, 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



# RESUME WRITING WORKSHOP

ATTEND THIS WORKSHOP TO REFRESH AND UPDATE YOUR RESUME

10:30-11:30AM 🕒  
AUGUST 15, 2024 📅

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



# PATHWAYS TO HOUSING

Thursday, August 1st  
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



# SENIOR SERVICES COOLING CENTER

When the temperature is above 90 degrees  
(During Senior Center Operating Hours)

CHECK IN WITH STAFF DURING LUNCH IF YOU ARE  
INTERESTED IN PARTICIPATING.

FOR MORE INFORMATION OR TO RSVP CONTACT SENIOR  
SERVICES AT 323-860-5830 OR SENIORS@LALGBTCENTER.ORG



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 Blvd.  
West Hollywood, CA 90046

## READING OPENS MINDS

**THURS., AUGUST 1 & 15, 1-2:30PM**

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

**Location:** Senior Center

## RESUME REVISION WORKSHOP

**THURS., AUG. 15, 10:30-11:30AM**

Give your resume a fresh upgrade at this revision workshop before attending the Intergenerational Opportunity Fair on Sept. 19. Led by Employment Coordinator Dillan Martin.

**Location:** Senior Center

## SENIOR ENGAGEMENT TEAM

**MON., AUG. 19, 11-12PM**

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

**Location:** Senior Center

## TRANSMASC INTERGENERATIONAL EXCHANGE

**FRI., AUG. 16, 3-4:30PM**

In collaboration with InvisibleMen, "The Exchange" provides an intergenerational social space for the transmasculine



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

 **LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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

# SPILLING THE TEA

TUESDAYS 1:30-3PM

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

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

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

## TRANS-MASC INTERGENERATIONAL EXCHANGE

3RD FRIDAY OF THE MONTH

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)



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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



- **Tues., Aug. 27: Closed 3-5PM**
- **Fri., Aug 30: Closes at 2:00PM**
- **Mon., Sept. 2: Closed All Day**  
(No Lunch Service)

**We apologize for any inconvenience.  
Please plan accordingly.**



**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





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., AUG. 16, 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 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 3rd Friday of each month, 11AM–1PM.

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

## VETERANS' DINNER

**WED., AUG. 28, 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: Chin Chin West Hollywood, 8618 Sunset Blvd., West Hollywood, CA 90069**





LOS  
ANGELES  
LGBT  
CENTER  
SENIOR  
SERVICES

# 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**



