



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

JULY 2024

DISABILITY PRIDE MONTH

RSVP/Hotline: 323-860-5830 or Toll-Free: 877-688-4833 • seniors@lalgbtcenter.org



LOS
ANGELES
LGBT
CENTER
SENIOR
SERVICES

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

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

Helpline:
323-860-5830

Toll Free:
877-688-4833

For questions, more information or to RSVP for upcoming events, please contact us at **seniors@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

As the weather shifts to the hottest parts of the year, extreme heat warnings and air quality alerts will become more frequent. It's important to connect with your friends and check in with each other during the summer season where there can be heat related complications for older adults. On days when the senior center is open and it is forecasted to be 90 degrees or higher, we will open the Senior Center as a Cooling Center to provide a space to escape from the heat, get hydrated, play a game or watch a movie with friends.

We will be bringing back our popular Espanol Facil class for volume 2 on Wednesdays from 3-4:30pm from July 17 to September 18 to continue your Spanish language education. On July 15 we will have a workshop on Social Security Benefits and Employment. Learn how employment or changes in income relate to your social security benefits. The event will be part presentation by a representative from the Social Security Administration and Q and A. On July 15 we will have our Racial Healing Circle with facilitator K.A. Lalsingh where we will screen Ava DuVernay's movie *Origin*, with discussion to follow.



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.



Senior Art Exhibition



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

Farmers Market

**WED., JULY 3
11 A.M.–1 P.M.**



**Anita May Rosenstein Campus
Bayard Rustin Courtyard**

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

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



JOIN US
MONDAY THROUGH
FRIDAY FOR:

Hot, Delicious & Nutritious Lunch



Triangle Square
Community Rm
11:30 AM -
12:30 PM

Hot, delicious, and nutritious lunches created by the Center's Culinary Arts Education Program are available Monday through Friday at 11:30AM–12:30PM. 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 connect with your Case Manager to enroll.

More Info: 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



LOS ANGELES LGBT CENTER
ANITA MAY ROSENSTEIN CAMPUS
HARRY & JEANETTE WEINBERG
SENIOR CENTER
1118 N. MCCADDEN PLACE
LOS ANGELES, CA 90038



LOS
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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@lalgbtcenter.org or 323-860-5830 to join.

Meeting ID:

949 3045 5017

Passcode: **218422**

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

6:30–9PM

Join the Tinseltown Squares for an evening of swings, promenades, and sashays. Beginners

welcome! Contact seniors@lalgbtcenter.org or 323-860-5830 for more information.

Location: Pride Hall

WEDNESDAYS

MEN'S SOCIAL GROUP

10AM–12PM

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

Location: Senior Center or
Meeting ID:

932 7122 4639

Passcode: 249740

CHAIR YOGA

11AM–12PM

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

Location: Senior Center or
Meeting ID:

981 4546 9997

Passcode: 418978

VETERAN'S SUPPORT GROUP

1–2PM

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

Location: Senior Center or
Meeting ID:

997 4154 4863

Passcode: 301481

BEGINNING TAP DANCE

1:30–2:30 PM

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

Location: Senior Center

ESPAÑOL FÁCIL

3–4:30PM

Join us for Spanish for Beginners—Part Two. This weekly workshop, starting July 17, 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 or 323-860-5830.

Location: Senior Center

THURSDAYS

MEN'S HIKING GROUP

9:30AM

Join Senior Services volunteer Daryl Dean at the corner of Fern Dell Dr.

and Black Oak Dr., 200 ft. north of Los Feliz Blvd. for a weekly hike. Comfortable shoes, water, and snacks are recommended.

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

Location:

Griffith Park

GRUPO DE APOYO DE VIH

10–11:30AM

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

Para más información, contacto a seniors@lalgbtcenter.org or 323-860-5830.

Meeting ID:

951 8193 5482

Passcode: 934307

MEN LIVING WITH HIV

1:30–3PM

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

Location: Senior Center

SENIOR CHORUS

3:30-5PM

Join the "Rainbow Notes"



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

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

Senior Chorus as we enjoy singing and socializing. New members and all singing levels welcome!
Location: Senior Center

FRIDAYS

EVERYDAY MOVEMENT FOR ALL

9–10AM

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

Meeting ID:

202 631 4079

Password: 7tmxHL

MAHJONG

1:30–3PM

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

Location: Senior Center

EBONY SAGE CIRCLE

3–4:30PM

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

of color.

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

LGBTQ+ SENIORS CANCER SUPPORT GROUP

3–5PM

This online support group for LGBTQ+ seniors impacted by cancer offers a comfortable online environment to share experiences and learn from others. RSVP to

info@cancersupportla.org

Location: Virtual

FLASHBULB:



PRIDE 2024 EVENTS



 **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



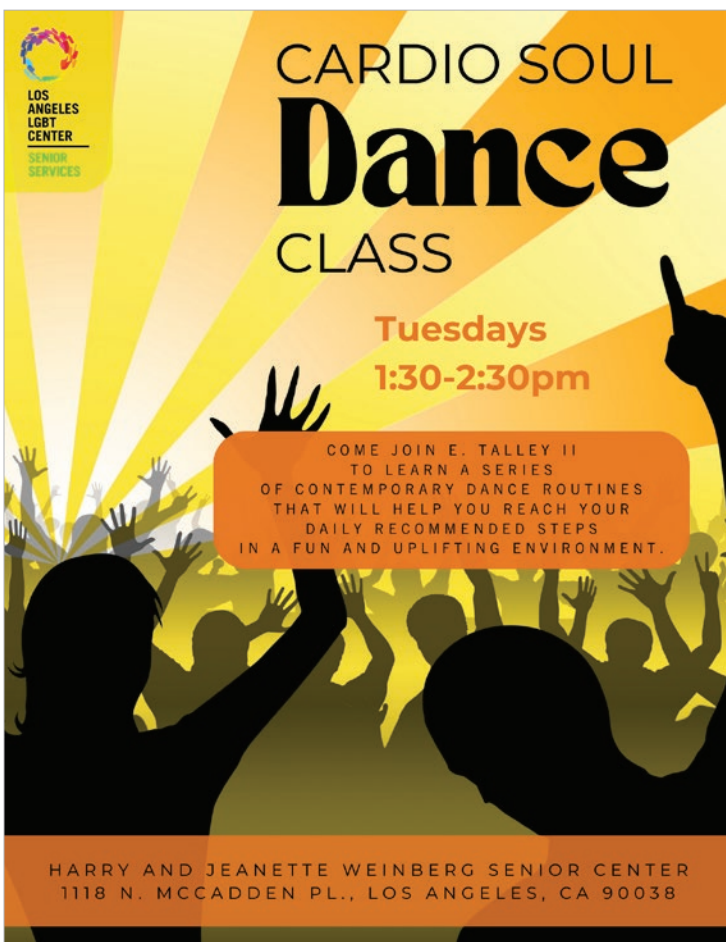
 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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., JULY 11 & 25, 12-1:30PM

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

Location: Virtual

ARREGLOS FUNERALES TRANS WELLNESS CENTER

VIERNES, 19 DE JULIO, 11AM-12PM

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

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

ART APPRECIATION

FRI., JULY 12, 3-4PM

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

Meeting ID: 984 9274 8385


Passcode: 081457

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@LAGBTCENTER.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@lagbtcenter.org

Tuesdays
2:30-3:30 PM
Senior Center




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

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

CAMINOS A LA VIVIENDA

MARTES, 22 de Julio
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

BREAKFAST BINGO

MON., JULY 8, 9:30-11AM

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

Location: Senior Center

CALFRESH BENEFITS WORKSHOP

MON., JULY 29, 1:30-2:30PM

Learn how to obtain CalFresh benefits (monthly dollars to spend on groceries - whole foods like fruits, vegetables, proteins, grains etc.) and how/where the benefits can be used.

Location: Senior Center

CAMINOS A LA VIVIENDA

LUNES, 22 DE JULIO, 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., JULY 26, 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.

Second & Fourth
Thursdays 12-1:30PM
Virtual

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT



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

Moving Forward After Loss

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

Tuesdays
1:30-3PM



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

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



BEGINNERS
WELCOME



MAHJONG

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



Every Friday
1:30-3 PM

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

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

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

Monday	Tuesday	Wednesday
1 Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM	2 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	3 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 Senior Center Closes at 2:00 PM
8 Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM	9 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 Support Group 7-9 PM	10 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
15 Social Security Benefits & Employment 10:30-11:30 AM Senior Engagement Team 11 AM- 12 PM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Origin Film & Discussion 1:30-4 PM	16 HIV Reservoir Workshop 10:00-11:30 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 LGBTech 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM	17 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
22 Caminos a La Vivienda 10-11:30 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM	23 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 Support Group 7-9 PM	24 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
29 Disability Pride Month Forum 10-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM CalFresh Benefits 1:30-2:30 PM	30 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 Senior Center Closed 3-5 PM	31 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 Veteran's Dinner 6 PM

Thursday	Friday
<p>4</p> <p>Senior Center Closed</p> <p>Fourth of July</p>	<p>5</p> <p>Everyday Movement 9-10 AM</p> <p>Mahjong 1:30-3 PM</p> <p>Ebony Sage @ Center South 3-4:30 PM</p> <p>Cancer Support Group 3-5 PM</p>
<p>11</p> <p>Men's Hiking 9:30 AM</p> <p>Grupo de Apoyo de VIH 10-11:30 AM</p> <p>MCC-UCCV Drop-in 12-2 PM</p> <p>Alz Support Group 12-1:30 PM</p> <p>Men Living with HIV 1:30-3 PM</p> <p>Pathways to Housing 3-4:30 PM</p> <p>Senior Chorus 3:30-5 PM</p>	<p>12</p> <p>Everyday Movement 9-10 AM</p> <p>Farmers Market @ Mi Centro 11 AM-1 PM</p> <p>Drop-in @ Mi Centro 11 AM-1 PM</p> <p>Mahjong 1:30-3:00 PM</p> <p>Art Appreciation 3-4 PM</p> <p>Ebony Sage @ Center South 3-4:30 PM</p> <p>Cancer Support Group 3-5 PM</p>
<p>18</p> <p>Co-Ed Hiking 9:30 AM</p> <p>Grupo de Apoyo de VIH 10-11:30 AM</p> <p>Reading Opens Minds 1-2:30 PM</p> <p>Men Living with HIV 1:30-3 PM</p> <p>Senior Chorus 3:30-5 PM</p>	<p>19</p> <p>Everyday Movement 9-10 AM</p> <p>Drop-in @ TransWellness 11 AM-1 PM</p> <p>Arreglos Funerales @ TransWellness 11 AM-12 PM</p> <p>Mahjong 1:30-3:00 PM</p> <p>Ebony Sage @ Center South 3-4:30 PM</p> <p>TransMasc Exchange 3-4:30 PM</p> <p>Cancer Support Group 3-5 PM</p>
<p>25</p> <p>Men's Hiking 9:30 AM</p> <p>Grupo de Apoyo de VIH 10-11:30 AM</p> <p>Alz Support Group 12-1:30 PM</p> <p>MCC-UCCV Potluck 12-2 PM</p> <p>Men Living with HIV 1:30-3 PM</p> <p>Senior Chorus 3:30-5 PM</p>	<p>26</p> <p>Everyday Movement 9-10 AM</p> <p>Drop-in @ Center South 10 AM-2 PM</p> <p>Farmers Market @ Center South 11 AM-1 PM</p> <p>Mahjong 1:30-3:00 PM</p> <p>Ebony Sage @ Center South 3-4:30 PM</p> <p>Cancer Support Group 3-5 PM</p>



Senior Engagement Team

Monday
July 15, 2024
11AM-12PM

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

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

HIV & AGING DINNER+ DISCUSSION



6:00 - 8:00 P.M.

TUESDAY
JULY 30TH,
2024

July Topic:
Zero HIV Stigma Day

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

RSVP at seniors@lgbtcenter.org or (323) 860-5830

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

DISABILITY PRIDE MONTH FORUM

MON., JULY 29, 10-11AM

Celebrate Disability Pride Month this July, marking the anniversary of the Americans with Disabilities Act (ADA)! Join Senior Services on Monday, July 29th, for an engaging open forum where we delve into the powerful lived experiences and diverse stories of the disability community.

Ubicación: Senior Center

FARMERS MARKET

WED., JULY 3, 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., JULY 26, 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.

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 DORE HOPE I4C THE WELL PROJECT

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

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

FARMERS MARKET AT MI CENTRO

FRI., JULY 12, 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., JULY 9 & 23, 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.

Location: Virtual

HIV & AGING: DINNER & DISCUSSION SERIES

TUES., JULY 30, 6–8PM

This monthly dinner and discussion

Planificación para el final de la vida

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

Semana 1 - 16 de Febrero

Cinco Deseos

Semana 2 - 15 de Marzo

Testamentos/Herencias

Semana 3 - 19 de Abril

Poder Legal

Semana 4 - 17 de Mayo

Plan para mascotas: PAWS/LA

Semana 5 - 21 de Junio

Vida Asistida

Semana 6 - 19 de Julio

Arreglos funerales

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

3055 Wilshire Blvd Suite 360, Los Angeles, CA 90010



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

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

MI CENTRO

553 S. Clarence St., Los Angeles 90033

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

CENTER SOUTH

2313 W. Martin Luther King Jr. Blvd., Los Angeles 90008

11AM–1PM 4to Viernes de cada mes, a partir del 26 de enero

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



LOS ANGELES LGBT CENTER





CYBER CENTER

LOS ANGELES
LGBT
CENTER

The Cyber Center is open:
Tuesdays, Wednesdays & Thursdays
10a.m. - 1p.m. and 2p.m. - 5p.m.

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

series is geared for individuals who are living with or are impacted by HIV. This month we will recognize Zero HIV Stigma Day. All are welcome. Bring a friend!

Location: Senior Center

HIV RESERVOIR WORKSHOPS

TUES., JULY 16, 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: Where does HIV reside?

Location: Senior Center

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., JULY 2 & 16, 3-4:30PM

July 16 2024: Photo/Video Organization. How to save and send videos and pictures! Scam Awareness Workshop & Tech Trivia. Telemedicine review. All levels welcome.

July 30 2024: Smart Phone Maintenance. Remove old apps, old media and freshen up that phone! Scam Awareness Workshop & Tech Trivia. Affordable WiFi options for Seniors. All levels welcome.

Location: Senior Center

MCC-UCCV

THURS., JULY 11 & 25, 12-2PM

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

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

MOVIE & DISCUSSION

W/ K.A. LALSINGH

MONDAY, JULY 15TH 1:30 - 4:00 PM

PRIDE HALL LOS ANGELES LA LGBT CENTER NOT FOR RETAIL USE

ORIGIN

PRIDE HALL
1118 N MCCADDEN PLACE
LOS ANGELES, CA 90038

MI CENTRO DROP-IN

FRI., JULY 12, 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

PATHWAYS TO HOUSING

THURS., JULY 11, 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: Senior Center

RACIAL HEALING CIRCLE

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

Senior Services hosts its quarterly Racial Healing Circle, a conversation about racism, slavery, and caste systems with facilitator K.A. Lalsingh. We will be

Social Security & Benefits Workshop

Learn how employment or changes in income relate to your social security benefits.

Monday July 15, 10:30-11:30am

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



Presented by the Social Security Administration

Space is limited RSVP to
seniors@lalgbtcenter.org or
323-860-5830



LOS ANGELES LGBT CENTER
SENIOR SERVICES



PATHWAYS TO HOUSING

**Thursday, July 9th
3:00pm - 4:30pm**

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



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

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

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

DISABILITY PRIDE MONTH FORUM

**MONDAY, JULY 29
10:00 - 11:00 AM**

Celebrate Disability Pride Month this July, marking the anniversary of the Americans with Disabilities Act (ADA)! Join Senior Services on Monday, July 29th, for an engaging open forum where we delve into the powerful lived experiences and diverse stories of the disability community.



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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

screening Ava DuVernay's movie *Origin*, with discussion to follow.

Location: Senior Center

READING OPENS MINDS

THURS., JULY 18, 1-2:30PM

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

Location: Senior Center

SENIOR ENGAGEMENT TEAM

MON., JULY 15, 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

SOCIAL SECURITY BENEFITS & EMPLOYMENT

MON., JULY 15, 10:30-11:30AM

Learn how employment or changes in income relate to your Social Security benefits. This workshop will include a presentation by a representative from the Social Security Administration and Q&A. Please join us whether you are currently receiving benefits or plan to soon. Space is limited, please RSVP to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., JULY 19, 3-4:30PM

In collaboration with InvisibleMen, "The Exchange" provides an intergenerational



LOS ANGELES
LGBT CENTER
SENIOR SERVICES

LGBTech Q&A with Mom's Computer

**Tuesday, July 2nd, 2024
3:00 - 4:30 PM**

Photo/Video Organization. How to save and send videos and pictures!
Scam Awareness Workshop & Tech Trivia.
Telemedicine review. All levels welcome.

**Tuesday, July 16th, 2024
3:00 - 4:30 PM**

Smart Phone Maintenance. Remove old apps, old media and freshen up that phone!
Scam Awareness Workshop & Tech Trivia.
Affordable WiFi options for Seniors. All levels welcome.

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



Good Ol' Elijah
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

SPILLING THE TEA

TUESDAYS 1:30-3PM

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

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

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

TRANS-MASC INTERGENERATIONAL EXCHANGE

1ST + 3RD FRIDAY

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

VIRTUAL -MEETING ID: 970 2805 6270 PASSCODE: 803002

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

- **Wed., July 3: Closed 2-5pm**
- **Thurs., July 4: Closed All Day
(No Lunch Service)**
- **Tues., July 30; Closed 3-5pm**

**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



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., JULY 19, 11AM-1PM

El Trans Wellness Center (TWC) brinda recursos y servicios integrales para personas transgénero y no binarias bajo un mismo techo. Unase 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., JULY 31, 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: Morrison Burbank, 3821 W. Magnolia Blvd., Burbank, CA 91505



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



323-860-5830

PRIDE

FESTIVITIES

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.

South LA Pride

SATURDAY, JULY 13

12 PM - 8 PM

South Los Angeles Pride exists to celebrate, uplift, and empower the diverse LGBTQ+ community of South LA.

South Los Angeles Pride is a vibrant and dynamic community-powered event.

Michelle and Barack Obama Sports Complex
5001 Obama Blvd.