



LOS ANGELES
LGBT
CENTER

SENIOR
SERVICES

50+

SEPTEMBER 2024

CELEBRANDO NUESTRA CULTURA

Acompáñanos a festejar las culturas latinoamericanas y su fuerza dentro de la comunidad LGBTQ+.

Join us in celebrating Latinoamerica and the strength that their LGBTQ+ community holds.

VIERNES

20

SEPTIEMBRE

4:00 - 6:00 P.M.

THE VILLAGE AT ED GOULD PLAZA

1125 N. MCCADDEN PL,
LOS ANGELES, CA 90038

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



**LOS ANGELES
LGBT CENTER**
SENIOR SERVICES

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

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

Helpline:
323-860-5830

Toll Free:
877-688-4833

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

GO GREEN



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

LETTER FROM KIERA

September is National Senior Center Month. It is important opportunity for us to reflect on the ways we create and maintain safe spaces for LGBTQ older adults. Our program is one of few senior centers across the nation specifically designed for the LGBTQ community. Our team takes this responsibility very seriously. We work each day to ensure the needs of our entire community are met through our programs and services. Every month we develop programs with the goal of meeting the diverse needs of our community with a focus on increasing social connection and reducing isolation.

In September, we also celebrate National Hispanic Heritage Month. In the spirit of forging connections and celebrating our rich diversity, the Senior Center will host its 2nd annual Celebrando Nuestra Cultura event on Friday, September 20 in the Village Courtyard. It will be a vibrant evening of music, food and dancing!

Last, the Senior Center is honored to host the Women's Summer Screening: a premiere of "The Lovers" on Saturday, Sept 21. Through seven episodes and nine characters, an inter-related network of sexual and spiritual workers finds their ways through rapidly changing unknowns. We hope you will join us for both the screening and celebration afterwards with the cast and creators.



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 are based on availability, Monday & Wednesday, 1:30PM–4:30PM, and Tuesday & Thursday, 9:30AM–12:30PM.

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.



Angel City FC Game



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 9:30–11am**

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

Farmers Market

**WED., SEPT. 4
11AM–1PM**



**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 11am to 1pm.

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 or 323.860.5830

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

HOUSING NAVIGATION PROGRAM UPDATES:

WE'VE MADE CHANGES!

- 1) **Drop in Hours:** Have a specific housing question? Available every Tuesday 10:00am - 1:00pm, on a first-come, first-served basis. *Hablamos español.*
- 2) **Pathways to Housing:** Learn about the housing process, housing types, and more. 1st Thursday of the month at 3:00pm (location confirmed via newsletter)
- 3) **Housing Application Days:** Need assistance applying to housing? Meet us the Cyber Center at the Village at Ed Gould Plaza (across from the Senior Center) on Wednesdays 2:00-4:00pm. *Space is limited, please arrive on time to secure a computer.*



Weekly Events

MONDAYS

RACIAL JUSTICE ALLIES

11AM–12PM

Come study the history of race, racism, and white privilege in America. Learn the ways history and legacy create policy and trauma that impacts all identities. This group meets weekly on Zoom and in person at the Senior Center.

Meeting ID:

913 4967 4772

Passcode: 427757

SENIOR WRITING GROUP

1–3PM

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

Meeting ID:

949 3045 5017

Passcode: 218422

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. New class cycle begins Sept. 17. 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 LGBTQ+ 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, 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 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

SEPTEMBER 9
THE DEVIL WEARS PRADA (2006)

SEPTEMBER 16
BREAKFAST AT TIFFANY'S (1961)

SEPTEMBER 23
THE BIRDCAGE (1996)

SEPTEMBER 30
CABARET (1972)

SUMMER MOVIE MONDAYS SCHEDULE

EVERY 
MONDAY 
1:30-3:30 PM



LOS ANGELES LGBT CENTER
SENIOR SERVICES

MEN'S SOCIAL GROUP



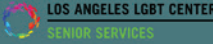
EVERY WEDNESDAY FROM 10 - 12 PM

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



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

amigos! Este nuevo grupo de apoyo es un espacio seguro para la comunidad positiva. Todos invitados. Para más información, contacto a seniors@lgbtcenter.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 Senior Chorus for 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

A COURSE IN MIRACLES

10-11:30AM

The non-denominational, spiritual practice of “A Course in Miracles” book-study welcomes you! Space is limited, RSVP to seniors@lgbtcenter.org or 323-860-5830.

Location: Senior Center

MAHJONG

1:30–3PM

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

Location: Senior Center

CAPTURING OUR STORIES: A PHOTOGRAPHY AND WRITING WORKSHOP FOR W50+

1:30–3:30PM

Join facilitators Mary-Linn Hughes and Alicia Arballo for a unique workshop that blends the art of photography with the power of storytelling.

Designed for W50+ Lesbian, Bi & Trans Women, this workshop invites participants to explore their personal histories, identities, and experiences through the lens of a cell phone camera and the written word.

Location: Senior Center

NEW LOCATION 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. This is a hybrid group, both in person at the Senior Center and online.

Location: Senior Center or
Meeting ID:
735 732 7145
Password: n90pm

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: THE YEAR SO FAR...



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., SEPT. 12 & 26, 12-1:30PM

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

Location: Virtual

ART APPRECIATION

FRI., SEPT. 13, 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., SEPT. 9, 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

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

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

INTRO TO *Brazilian*
JIU JITSU

EVERY TUESDAY, 2:30 - 3:30 PM

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

Jiu-Jitsu is a ground-based martial art, this 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.

NEW CYCLE FOR BEGINNERS
STARTS ON SEPTEMBER 17TH

LOS ANGELES LGBT CENTER
SENIOR SERVICES

LOS ANGELES LGBT CENTER
SENIOR SERVICES

Breakfast BINGO

MONDAY | SEPTEMBER 9, 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

SEPTEMBER

SEPTEMBER		
Monday	Tuesday	Wednesday
<p>2</p> <p style="text-align: center;">Senior Center Closed</p> <p style="text-align: center;">Labor Day</p>	<p>3</p> <p>R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM LGBTech 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM</p>	<p>4</p> <p>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</p>
<p>9</p> <p>Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Movie Mondays 1:30-3:30 PM</p>	<p>10</p> <p>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 Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM</p>	<p>11</p> <p>Men's Social Group 10 AM-12 PM Yoga in the Park 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Español Fácil 3-4:30 PM</p>
<p>16</p> <p>Racial Justice Allies 11 AM-12 PM Senior Engagement Team 11 AM- 12 PM Senior Writing Group 1-3 PM Movie Mondays 1:30-3:30 PM</p>	<p>17</p> <p>R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Veteran's Potluck Dinner 6 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM</p> <p>National HIV/AIDS & Aging Awareness Day</p>	<p>18</p> <p>Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Español Fácil 3-4:30 PM</p>
<p>23</p> <p>Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Movie Mondays 1:30-3:30 PM</p>	<p>24</p> <p>R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM 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</p>	<p>25</p> <p>Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM</p>
<p>30</p> <p>Caminos a La Vivienda 10 AM-11:30 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 1-3 PM Movie Mondays 1:30-3:30 PM Deconstructing White Privilege 3:30-4:30PM</p>		

Thursday	Friday
<p>5</p> <p>Men's 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>Pathways to Housing 3-4:30 PM</p> <p>Senior Chorus 3:30-5 PM</p>	<p>6</p> <p>Everyday Movement 9-10 AM</p> <p>A Course in Miracles 10-11:30 AM</p> <p>Capturing Our Stories 1:30-3:30 PM</p> <p>Mahjong 1:30-3 PM</p> <p>Ebony Sage 3-4:30 PM</p> <p>Cancer Support Group 3-5 PM</p>
<p>12</p> <p>Men's Hiking 9:30 AM</p> <p>Grupo de Apoyo de VIH 10-11:30 AM</p> <p>Alzheimer's Support Group 12-1:30 PM</p> <p>Men Living with HIV 1:30-3 PM</p> <p>Senior Chorus 3:30-5 PM</p>	<p>13</p> <p>Everyday Movement 9-10 AM</p> <p>A Course in Miracles 10-11:30 AM</p> <p>Farmers Market @ Mi Centro 11 AM-1 PM</p> <p>Capturing Our Stories 1:30-3:30 PM</p> <p>Mahjong 1:30-3:00 PM</p> <p>Art Appreciation 3-4 PM</p> <p>Ebony Sage 3-4:30 PM</p> <p>Cancer Support Group 3-5 PM</p>
<p>19</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>20</p> <p>Everyday Movement 9-10 AM</p> <p>A Course in Miracles 10-11:30 AM</p> <p>Capturing Our Stories 1:30-3:30 PM</p> <p>Mahjong 1:30-3:00 PM</p> <p>Ebony Sage 3-4:30 PM</p> <p>TransMasc Exchange 3-4:30 PM</p> <p>Cancer Support Group 3-5 PM</p> <p>Celebrando Nuestras Culturas 4-6 PM</p>
<p>26</p> <p>Men's Hiking 9:30 AM</p> <p>Grupo de Apoyo de VIH 10-11:30 AM</p> <p>Alzheimer's 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>27</p> <p>Everyday Movement 9-10 AM</p> <p>A Course in Miracles 10-11:30 AM</p> <p>Farmers Market @ Center South 11 AM-1 PM</p> <p>Capturing Our Stories 1:30-3:30 PM</p> <p>Mahjong 1:30-3:00 PM</p> <p>Ebony Sage 3-4:30 PM</p> <p>Cancer Support Group 3-5 PM</p>



Senior Engagement Team

Monday
Sept. 16, 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, 30 DE SEPT.
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, 30 DE SEPT., 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

CELEBRANDO NUESTRA CULTURA

FRI., SEPT. 20, 4–6PM

Acompañanos a festejar las culturas latinoamericanos y su fuerza dentro de la comunidad LGBTQ+. Join us in celebrating Latinoamerica and the strength that their LGBTQ+ community holds.

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

DECONSTRUCTING WHITE PRIVILEGE

MON., SEPT. 30, 3:30–4:30PM

This group is for white people to examine the ways in which society is structured to benefit white folks. We will explore the ways in which we have internalized society's messaging, explore ways to challenge these unjust privileges, and identify ways to resist white supremacy, racism, and sexism. Openness and self-examination is the foundation of our work together

Location: Senior Center

Eat Healthy

+

Be Active

+

Nutrition Workshop

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

Join this four week nutrition workshop with a registered dietician. 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@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**

HIV & AGING DINNER+ DISCUSSION



6:00 - 8:00 P.M.

TUESDAY,
SEPTEMBER 24TH
2024

September Topic:
Puro Pinche Papi Team Meet & Greet
Pedaling with Pride Documentary Screening

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

EAT HEALTHY BE ACTIVE NUTRITION WORKSHOP

WED., SEPT. 4, 10-11AM

This final session of the four-week workshop. Led by a registered dietitian, this workshop covers topics including budget-friendly eating tips, how to prepare quick and healthy meals and snacks, ways to incorporate exercise into your day, and more. Must be 60 years or older to attend. Please RSVP to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

FARMERS MARKET

WED., SEPT. 4, 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., SEPT. 27, 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

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 WITH CURE DIXIE HOPE I4C IMMUNOTHERAPY FOR HIV CURE JIP

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

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.

FARMERS MARKET AT MI CENTRO

FRI., SEPT. 13, 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., SEPT. 10 & 24, 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., SEPT. 24, 6-8PM

This monthly dinner and discussion series



LOS ANGELES LGBT CENTER
SENIOR SERVICES

LGBTech Q&A with Mom's Computer

Tuesday, September 3
3:00 - 4:30 PM

Tune Up Clinic. Back to school or work fall computer/tablet/smart phone tips & tricks for faster & longer device life. Affordable WiFi solutions. Tech Trivia & Prizes.

Tuesday, September 17
3:00 - 4:30 PM

Autumn Google Clinic. Save money, save time & save the life of your device by using Google & it's fabulous products. Computer/Tablet/SmartPhone Cleanup tips & tricks. Tech Trivia & Prizes.

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

Good Of Elijah
Founder & Tech



LOS ANGELES LGBT CENTER
SENIOR SERVICES

The non-denominational, spiritual practice of "A Course in Miracles" book-study welcomes you!

Fridays
10 - 11:30 AM
September 6 -
October 25

Limited to 10 participants per session

A COURSE IN MIRACLES

PREFACE
TEXT
WORKBOOK FOR STUDENTS
MANUAL FOR TEACHERS
CLARIFICATION OF TERMS
SUPPLEMENTS

THE COMPLETE COURSE PLUS SUPPLEMENTS

ACIM
FOUNDATION FOR INNER PEACE

HARRY AND JEANETTE WEINBERG SENIOR CENTER
1118. N. McCadden Place Los Angeles, CA 90038

CYBER CENTER

LOS ANGELES LGBT CENTER

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

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

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., SEPT. 10, 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: Reservoirs and Age

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., SEPT. 3 & 17, 3-4:30PM

September 3: Tune-Up Clinic. Back to school/work tips & tricks for faster and longer device life. Affordable WiFi solutions.

September 17: Autumn Google Clinic. Save money, time, and improve the life of your device with Google products. Computer/tablet/smartphone cleanup tips & tricks.

Tech Trivia & Prizes. All questions answered, all levels welcome.

Location: Senior Center

MCC-UCCV

THURS., SEPT. 26, 12-2PM

Valley participants are invited to join our weekly social group at Metropolitan Community Church-UCCV for fun activities & socializing. 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

YOGA AT PLUMMER PARK

WEDNESDAY, SEPTEMBER 11TH
 11:00 AM - 12:00 PM

Join us at Plummer Park alongside our 'Chair Yoga' facilitator, Lucero! Limited transportation services will be provided.

Plummer Park
 7377 Santa Monica Blvd, West Hollywood, CA 90046



LOS ANGELES
LGBT
CENTER

SENIOR
SERVICES

DECONSTRUCTING WHITE PRIVILEGE

MONDAY, SEPTEMBER 30
3:30-4:30PM

This group is for white people to examine the ways in which society is structured to benefit white folks. We will explore the ways in which we have internalized society's messaging, explore ways to challenge these unjust privileges, and identify ways to resist white supremacy, racism, and sexism. Openness and self-examination is the foundation of our work together.

LOCATION:
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

VETERAN'S POTLUCK DINNER

TUESDAY, SEPTEMBER 17, 6PM

THIS LGBTQ+ VETERANS DINNER OCCURS ON THE THIRD TUESDAY OF EACH MONTH. PARTICIPANTS CAN MAKE A DISH OR PICKUP THEIR FAVORITE DISH FROM A LOCAL EATERY OR STORE.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

SENIOR SERVICES
1118 N. MCCADDEN PLACE, LOS ANGELES, CA 90038

LOS ANGELES LGBT CENTER
SENIOR SERVICES

SENIOR CHORUS RAINBOW NOTES

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

SENIOR SERVICES
1118 N MCCADDEN PL
LOS ANGELES, CA 90038

JOIN THE "RAINBOW NOTES" SENIOR CHORUS AS WE ENJOY SINGING AND SOCIALIZING. NEW MEMBERS AND ALL SINGING LEVELS WELCOME!

LOS ANGELES LGBT CENTER
SENIOR SERVICES

PATHWAYS TO HOUSING

Thursday, Sept 5th
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

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



PATHWAYS TO HOUSING

THURS., SEPT. 5, 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

READING OPENS MINDS

THURS., SEPT. 5 & 19, 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., SEPT. 16, 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., SEPT. 20, 3–4:30PM

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

Capturing Our Stories: A Photography and Writing Workshop for W50+

Join us for a unique workshop that
blends the art of photography with the
power of storytelling.

Designed for W50+ Lesbian, Bi & Trans
women, this workshop invites
participants to explore their personal
histories, identities, and experiences
through the lens of a cell phone camera
and the written word.

Whether you're a seasoned artist or a
curious beginner, this supportive
environment will encourage self-
expression, creativity, and connection.

FRIDAYS SEPTEMBER 6 - OCTOBER 11
1:30 - 3:30PM

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES



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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

- Monday, September 2nd closed for Labor Day
- Tuesday, September 24th closed 3 - 5 PM

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. This is a hybrid group, both in person at the Senior Center and online.

Location: 1118 N McCadden Pl, Los Angeles, CA or Meeting ID: 735 732 7145 Passcode: n90pm



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**

community. The Exchange meets online on the 3rd Friday of every month.

Meeting ID: 970 2805 6270

Passcode: 803002

VETERANS' POTLUCK DINNER

TUES., SEPT. 17, 6PM

This LGBTQ+ Veterans dinner occurs on the third Tuesday of each month. Participants can make a dish or pickup their favorite dish from a local eatery or store

Location: Senior Center

WOMEN'S SUMMER SCREENING - THE LOVERS PREMIERE

SAT., SEPT. 21, 4-8:30PM

Join us for the premiere screening of the 7-episode series, "The Lovers."

On the surface, "The Lovers" is a pandemic love story. Dafnah, going mad without touch, tries a dating app for the first time despite her aversion to technology. She meets Antonie, a postal worker on a spiritual journey, and they get creative with their distanced dates. On a deeper level, the series is about the interconnectedness of all the characters, becoming aligned with our values, what we hold sacred, and what we are willing to risk.

Gather with the cast and crew afterwards for some music, mingling and dancing.


Location: Renberg Theater, 1125 N. McCadden Pl, Los Angeles, CA 90038

YOGA AT PLUMMER PARK

WED., SEPT. 11, 11AM-12 PM

Join us at Plummer Park alongside our 'Chair Yoga' facilitator, Lucero! Limited transportation services will be provided.

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



Senior Services Presents:

WOMEN'S SUMMER SCREENING



Join us for the premiere screening of the seven episode series, "The Lovers."

On the surface, "The Lovers" is a pandemic love story. On a deeper level, the series is about the interconnectedness of all the characters, becoming aligned with our values, what we hold sacred, and what we are willing to risk.

Gather with the cast and crew afterwards for some music, mingling and dancing.

SAT., SEPT. 21, 4-8:30PM

Location: Renberg Theater
1125 N. McCadden Pl, Los Angeles, CA 90038

Senior Services Updates

Drop-In Case Management Hours

Monday & Wednesday
1:30 - 4:30 PM
Tuesday & Thursday
9:30 - 12:30 PM

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.

Housing Navigation

Drop-In Hours:
Tuesday
10:00 AM - 1:00 PM

Drop in Hours: Have a specific housing question? Available every Tuesday 10:00am - 1:00pm, on a first-come, first-served basis. Hablamos español.

Pathways to Housing: Learn about the housing process, housing types, and more. 1st Thursday of the month at 3:00pm (location confirmed via newsletter)

Housing Application Days: Need assistance applying to housing? Meet us the Cyber Center at the Village at Ed Gould Plaza (across from the Senior Center) on Wednesdays 2:00-4:00pm . Space is limited, please arrive on time to secure a computer.

Senior Center Services

Monday - Friday

Shower/Laundry: 9:30 -12:30 PM & 3:00 - 4:30 PM (Monday - Friday)*

Lunch: 12:30 - 1:30 PM (Monday - Friday)*

*Services are on a first come, first serve basis. Sign ups are available the day of.

HALLOWEEN



PARTY

OCTOBER 31TH / 3-5 PM / THE VILLAGE AT ED GOULD PLAZA
1125 N MCCADDEN PL, LOS ANGELES, CA 90038



one
INSTITUTE

PRESENTS

circa

QUEER HISTORIES FESTIVAL

OCTOBER 1-31, 2024

LGBTQ+ HISTORY MONTH

Showcasing the trailblazing histories and vibrant cultural contributions of the LGBTQ+ community.



Sign up to receive the latest news from Circa

Featured Exhibition Our Patch: LGBTQ+ Life from Cradle to Grave

Sunday, September 29, 2024, 5-8 PM

Los Angeles LGBT Center's Advocate & Gochis Galleries

Co-Presented with the Los Angeles LGBT Center
Sponsored by the City of West Hollywood and the Los Angeles County Department of Arts and Culture

Opening Plenary Our Queerest Century: A Conversation with the Los Angeles Times

Friday, October 4, 2024, 8-9:30 PM

Los Angeles LGBT Center's Renberg Theatre

Co-Presented with the Los Angeles LGBT Center
In collaboration with the Los Angeles Times
Sponsored by Ares Management

