



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

NOVEMBER 2024



SCAN HERE FOR
THE 2024 CENTER
VOTING GUIDE



**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 we swing into the fall and holiday season, I am looking forward to seeing many of our participants at upcoming events. On Monday, November 11th we will host our annual Veterans Day Breakfast for those who have served and their partners. On November 20th we will honor and remember Transgender community members who were lost to violence and discrimination this past year on November 20th from 6-8pm at the Village. The event will culminate with a candlelight vigil and the reading of names.

Our Intergenerational Thanksgiving Celebration will be in Pride Hall on November 26 and our Las Vegas themed Holiday Party, on December 9.

There are a few new programs we are starting this month including a new class to learn American Sign Language based on feedback from participants. A new 6 week workshop series will also be offered on Chronic Pain Self-Management starting November 1 for older adults age 60+ with staff from Partners in Care Foundation.



Sincerely,
Kiera Pollock, M.S.W.
Director of Senior Services



LOS ANGELES LGBT CENTER
SENIOR SERVICES



THE FOUNDATION



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!

Shower & Laundry Facilities:

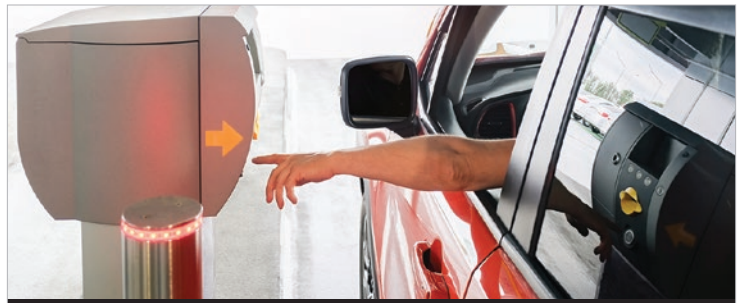
Showers and laundry are available free of charge for registered senior participants Monday 9:30AM–12:30PM, Tuesday–Friday from 9:30AM–12:30PM and 3–4:30PM.

Sign up at the kiosk at the front desk. Shower and laundry facilities are drop-in and based on availability.

*Laundry available every other day.

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.



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.



Yoga at Plummer Park

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., NOV. 6
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

11:30AM-1:30PM

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**

TUESDAYS

R&B LINE DANCING

11AM–12PM

Come and shake your groove thing with instructor

E Talley III! Learn some new moves and dance to songs you love. All levels welcome!

Location: **Senior Center**

CARDIO SOUL DANCE

1:30–2:30PM

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

Location: **Senior Center**

MOVING FORWARD AFTER LOSS

1:30–3PM

A social group for those who have lost a loved one and are interested in exploring life after loss. This is an inclusive space for all. Space is limited. For those interested in joining or for a referral to other supports, please contact us at 323-860-5830 or seniors@lgbtcenter.org

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.

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

HOUSING APPLICATION DAYS

2–4 PM

Need assistance in applying for housing? Meet us every Wednesday in the Cyber Center. Space is limited, please arrive on time to secure a computer.

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

AMERICAN SIGN LANGUAGE

3:45–5PM

Join this six-week workshop where you will learn American Sign Language and how to incorporate it with your expressions, letting your hands speak for you. Facilitated by Michael Spady.

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

MEN LIVING WITH HIV

1:30–3PM

Share your stories and experiences of living with HIV and meet some new

SHOWER & LAUNDRY* FACILITIES ARE AVAILABLE FOR FREE

for registered senior participants.

STARTING OCTOBER 7, 2024

OPEN HOURS:

Monday

9:30 AM - 12:30 PM

Tuesday - Friday

9:30 AM - 12:30 PM

& 3:00 - 4:30 PM

Los Angeles LGBT Center

Anita May Rosenstein Campus

Harry & Jeanette Weinberg Senior Center

1118 N McCadden Place, Los Angeles, CA 90038

Sign up at the kiosk at the front desk. Shower and laundry facilities are drop-in and based on availability. Shower and laundry soap and toiletries are provided.

*Participants can use laundry every other day.

*Shower maximum length is 35 minutes.



LOS ANGELES LGBT CENTER

SENIOR SERVICES

LUNCH DELIVERY TO YOUR HOME

The Center's Culinary Arts Department is now delivering hot meals to senior members that have a hard time traveling outside of their home.



Delivery may be available for those living in the following zip codes: 90004, 90010, 90020, 90028, 90029, 90036, 90038, 90039 and 90048

Contact 323-860-7359



LOS ANGELES LGBT CENTER
SENIOR SERVICES



Senior Center Reminders

Participants can bring only one bag into the Senior Center (carts are allowed only for carrying laundry or Senior Pride Pantry items).

All belongings must remain on your person at all times, in the Senior Center.

Participants can pick up Senior Pride Pantry bags two times, monthly.

Senior Pride Pantry

Participants who bring their own bag to the Senior Pride Pantry can pick one additional pantry item.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

CHRONIC PAIN SELF-MANAGEMENT

10–12:30PM

This workshop will help individuals who deal with ongoing pain identify ways to decrease pain, gain more energy, and learn about improved independence. Participants

must be 60+, or 50+ with a chronic disease. Space is limited to 16 participants. RSVP at 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

ART WITH DANNY

1:30–3PM

An informal group for art lovers to improve skills in drawing and creating art. No experience is necessary. Bring ideas and images to share.

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. This group is hybrid and meets in person at the Senior Center on the first Friday, Center South the second, third, and fourth Friday.

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



WHAT'S ON
YOUR MIND?

TO GIVE US FEEDBACK, MAKE A
SUGGESTION, OR SUBMIT A GRIEVANCE,
OPEN YOUR CELL PHONE CAMERA AND
POINT IT AT THE QR CODE BELOW.

SCAN
ME!



or <https://www.surveymonkey.com/r/SSFeedbackForm>

HELPLINE: 323-860-4833 OR SENIORS@LALGBTCENTER.ORG



Art Workshop With Danny Rios

INFORMAL ART LOVERS GROUP TO IMPROVE YOUR SKILLS IN
DRAWING AND CREATE ART. NO EXPERIENCE IS NECESSARY.
FEEL FREE TO BRING IDEAS AND IMAGES TO SHARE

FRIDAYS 1:30-3PM
11/1-11/22/24
See you there!

HARRY & JEANNETTE WEINBERG SENIOR CENTER
1118 N. McCadden Place, Los Angeles, CA 90038



¿QUÉ TIENES
EN MENTE?

PARA DARNOS SU OPINIÓN, HACER UNA
SUGERENCIA O PRESENTAR UNA QUEJA,
ABRA LA CÁMARA DE SU TELÉFONO
CELULAR Y APUNTE AL CÓDIGO QR A
CONTINUACIÓN.

SCAN
ME!



or <https://www.surveymonkey.com/r/SSFeedbackForm>

HELPLINE: 323-860-4833 OR SENIORS@LALGBTCENTER.ORG

CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

**MUST BE 60+ AND/OR LIVE WITH A
CHRONIC DISEASE TO PARTICIPATE**

This workshop is for individuals who are dealing with ongoing pain. After this workshop participants will be able to identify ways to decrease pain, gain more energy, and learn about improved independence. Participants must be 60+, and/or with a chronic disease. Space is limited to 16 participants.



6-WEEK WORKSHOP

**EVERY FRIDAY FROM
10 - 12:30 PM
NOVEMBER 1ST - DECEMBER 13TH**

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

RSVP via seniors@lalgbtcenter.org or 323-860-5830



CALIFORNIA
HEALTHIER LIVING
www.cahealthierliving.org



LOS ANGELES LGBT CENTER
SENIOR SERVICES



MOVING FORWARD AFTER LOSS

Tuesdays 1:30 - 3:00 PM

A social support group for those who have lost a loved one and are interested exploring life after loss.

Please note, this is not a therapy group.



This group is currently closed to new members. For those interested in joining or for referral to other supports, please contact us at 323-860-5830 or seniors@lalgbtcenter.org



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



The Los Angeles LGBT Center &
The Trans Wellness Center Present



T.E.E.P

TRANSGENDER ECONOMIC EMPOWERMENT PROJECT

If you're seeking economic and social support, the Los Angeles LGBT Center can help. Our Transgender Economic Empowerment Project (TEEP) offers a wide range of services to help Trans, Gender Diverse, and Intersex (TGI) people reach economic stability.



We Offer:

- Job Readiness Services
- Career Development Services
- Connection for support in the job journey
- Empowerment to be your most authentic self
- And More!

Hours:
Tues: 2PM-4PM Walk up
4PM-6PM Appointment ONLY

You Deserve To Have A Successful and Accepting Career Where You Can Be Yourself!

Please Email **Sydney Rogers, Program Manager**
For More Information **SRogers@LALGBTCenter.org**

Register for the Trans Wellness Center





LOS ANGELES LGBT CENTER
TRANS ECONOMIC EMPOWERMENT PROJECT

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

- Mondays, Senior Services closes at 1:30PM
- Tuesday, November 5th,
 - Election Day, no evening programs (after 5pm)
- Tuesday, November 26th, Intergenerational Thanksgiving
 - Lunch service 12:30-1:30pm, programs will not occur and will resume the following week.
- Wednesday, November 27th Senior Services closes at 1:30PM
- Thursday & Friday, November 28th & 29th Senior Services closed for Thanksgiving Holiday

We apologize for any inconvenience. Please plan accordingly.



INTERGENERATIONAL Thanksgiving CELEBRATION

November | 26 | 3-6 PM

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

WE ARE CURRENTLY AT CAPACITY.

RSVPS WILL BE PUT ON THE WAITLIST.

seniors@lalgbtcenter.org or 323-860-5830



LOS ANGELES LGBT CENTER
SENIOR SERVICES



CULINARY ARTS TRAINING PROGRAM

WHAT IS IT?

A tuition free
3-month Culinary
Arts Job Training
Program

WHAT WILL YOU LEARN?

All the basic skills
that you need to
work successfully
in a commercial
kitchen, including
food safety, knife
skills, flavor profiles,
and proper cooking
techniques

WHAT WILL YOU GAIN?

A new career path
and an invaluable
set of life skills

WE PROVIDE

Instruction from
experts with years of
culinary experience
•
On the job
experience in a real
commercial kitchen
•
A chef's uniform
that will make you
look good!

YOU PROVIDE

A passion for
exploring new
foods
•
A positive attitude
and a strong
work ethic



SIGN UP FOR AN INTERVIEW TODAY!

Youth Clients (18-24)
Contact Youth Employment Services at 323-860-3639

Senior Clients (50+)
Contact Senior Employment Services at 213-466-5147

Los Angeles LGBT Center
Anita May Rosenstein
Campus
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!

NOVEMBER

Monday	Tuesday	Wednesday
4 Benefits Workshop for Seniors 11 AM-12 PM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Senior Center Closes at 1:30PM	5 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 Election Day	6 Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Farmers Market 11 AM-1 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Housing Application Days 2-4 PM American Sign Language 3:45-5 PM
11 Breakfast Bingo 9:30-11 AM Veteran's Breakfast 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Senior Center Closes at 1:30PM	12 HIV Reservoir Workshop 10-11:30 AM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM	13 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 Housing Application Days 2-4 PM American Sign Language 3:45-5 PM
18 Racial Justice Allies 11 AM-12 PM Senior Engagement Team 11 AM- 12 PM Senior Writing Group 11:30 AM-1:30 PM Senior Center Closes at 1:30PM	19 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	20 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 Housing Application Days 2-4 PM American Sign Language 3:45-5 PM Trans Day of Remembrance 6-8:30 PM
25 Racial Justice Allies 11 AM-12 PM Sound Bath 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Senior Center Closes at 1:30PM	26 Intergenerational Thanksgiving Celebration 3-6pm	27 Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Senior Center Closes at 2pm

Thursday	Friday
	1 Everyday Movement 9-10 AM Chronic Pain Self-Management 10-12:30 PM Art with Danny 1:30-3 PM Mahjong 1:30-3 PM Ebony Sage 3-4:30 PM Cancer Support Group 3-5 PM
7 Men's Hiking 9:30 AM Come Inteligente Vive Fuerte 10-11 AM Eat Smart Live Strong 10-11 AM HIV Groups Breakfast 10-11:30 AM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Pathways to Housing 3-4:30 PM Senior Chorus 3:30-5 PM	8 Everyday Movement 9-10 AM Chronic Pain Self-Management 10-12:30 PM Farmers Market @ Mi Centro 11 AM-1 PM Art with Danny 1:30-3 PM Mahjong 1:30-3 PM Ebony Sage 3-4:30 PM Art Appreciation 3-4 PM Cancer Support Group 3-5 PM
14 Men's Hiking 9:30 AM Come Inteligente Vive Fuerte 10-11 AM Eat Smart Live Strong 10-11 AM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM	15 Everyday Movement 9-10 AM Chronic Pain Self-Management 10-12:30 PM Art with Danny 1:30-3 PM Mahjong 1:30-3 PM Ebony Sage 3-4:30 PM TransMasc Exchange 3-4:30 PM Cancer Support Group 3-5 PM
21 Co-Ed Hiking 9:30 AM Come Inteligente Vive Fuerte 10-11 AM Eat Smart Live Strong 10-11 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 MCC-UCCV Potluck 12-2 PM Senior Chorus 3:30-5 PM	22 Everyday Movement 9-10 AM Chronic Pain Self-Management 10-12:30 PM Farmers Market @ Center South 11 AM-1 PM Art with Danny 1:30-3 PM Mahjong 1:30-3 PM Ebony Sage 3-4:30 PM Cancer Support Group 3-5 PM
28 Senior Center Closed	29 Senior Center Closed



Senior Engagement Team

Monday Nov. 18 , 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**

THE SECOND FRIDAY
EACH MONTH 3-4PM

ART APPRECIATION

VIRTUAL
MEETING ID: 984 9274 8385
PASS: 081457

Non-Weekly Events

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., NOV. 14, 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., NOV. 8, 3–4PM

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

Meeting ID: 984 9274 8385

Passcode: 081457

BENEFITS WORKSHOP FOR SENIORS

MON., NOV. 4, 11AM-12PM

Join us on the 1st Monday of each month for a benefits workshop. Learn about different public benefits and community resources. November's topic: Be Red Cross Ready—Older Adults.

Location: Senior Center



**LOS ANGELES
LGBT
CENTER
SENIOR
SERVICES**

**BENEFITS
WORKSHOP
FOR SENIORS**

**NOVEMBER TOPIC:
BE RED CROSS
READY - OLDER
ADULTS**

These tips from the Red Cross can help you know what to do before, during and after a disaster or emergency.

Join us on the 1st Monday of each month for a benefits workshop.

Learn about different public benefits and community resources.

**MONDAY
NOVEMBER 4, 2024
11AM - 12PM**


Location: Harry & Jeanette Weinberg Senior Center
1118 N McCadden Place
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 | NOVEMBER 11, 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

EVERY FRIDAY 3-4:30 P.M.

EBONY SAGE CIRCLE

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.

in person & online via Zoom.

First Friday: Senior Center (1118 N McCadden Place)
Second, Third and Fourth Fridays: Center South
(2313 W. Martin Luther King Jr. Blvd)
Fifth Fridays: No Meeting

Meeting ID: 735 732 7145 Passcode: n90pm

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



BREAKFAST BINGO

MON., NOV. 11, 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

EAT SMART LIVE STRONG/ COME INTELIGENTE VIVE FUERTE

THURS., NOV. 7, 14, & 21, 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. Plus, live food demonstrations, and free giveaways for those that attend! Must be 60 years or older to attend. // Este taller de cuatro semanas, impartido por una dietista registrada, cubrirá consejos para comer de manera económica; cómo preparar comidas y bocadillos saludables y rápidos; y maneras de incorporar ejercicio en tu día. ¡Además, habrá demostraciones en vivo de comida y obsequios gratuitos para quienes asistan! Debes tener 60 años o más para participar.

Location/Ubicación: Senior Center/
Centro De Mayores

FARMERS MARKET

WED., NOV. 6, 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

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



Grupos de Apoyo de **VIH/SIDA**

Todos invitados

Se reúnen cada primer y tercer
jueves del mes.
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

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 Groups Breakfast

November 7th
10:00 - 11:30 AM

Attention HIV+ participants:
join us for breakfast for our
HIV+ support
groups.//Atención
participantes VIH+: únanse
a nosotros para un
desayuno con nuestros
grupos de apoyo para
personas VIH+.

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



GAY MEN'S PROSTATE CANCER SUPPORT GROUP

This group welcomes gay and bisexual men with prostate cancer and their partners.

This group provides a safe space to meet others with similar experiences and talk openly about issues such as treatment options, doctors, health insurance, sex, relationships, fears, coping with after-effects, and more.

THIS GROUP MEETS ONLINE
ON THE 2ND AND 4TH TUESDAY
OF EVERY MONTH.

FOR MORE INFO, CONTACT: INFO@CANCERSUPPORTLA.ORG



served. Must be a registered participant with Senior Services.

Location: Senior Center

FARMERS MARKET AT CENTER SOUTH

FRI., NOV. 22, 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., NOV. 8, 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., NOV. 12 & 26, 7–9PM

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

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

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.

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

GRUPO DE APOYO DE VIH

THURS., NOV. 7 & 21, 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. Se reúnen cada primer y tercer jueves del mes.

Ubicación: Centro De Mayores

Zoom ID: 951 8193 5482

Contraseña: 934307

HIV GROUPS BREAKFAST

THURS., NOV. 7, 10-11:30 AM

Attention HIV+ participants: Join us for breakfast with our HIV+ support groups. Connect with others, share your experiences of living with HIV, and make new friends in a welcoming and supportive environment! // Atención participantes VIH+: únanse a nosotros para un desayuno con nuestros grupos de apoyo para personas VIH+. Conéctense con otros, compartan sus experiencias de vivir con el VIH y hagan nuevos amigos en un ambiente acogedor y de apoyo.

Ubicación/Location: Senior Center

HIV RESERVOIR WORKSHOPS

TUES., NOV. 12, 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



HIV GROUPS




BREAKFAST

NOVEMBER 7TH FROM 10 - 11:30 AM

Attention HIV+ participants: join us for breakfast for our HIV+ support groups. Connect with others, share your experiences of living with HIV, and make new friends in a welcoming and supportive environment!

Atención participantes VIH+: únanse a nosotros para un desayuno con nuestros grupos de apoyo para personas VIH+. Conéctense con otros, compartan sus experiencias de vivir con el VIH y hagan nuevos amigos en un ambiente acogedor y de apoyo.

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



LGBTech Q&A with Mom's Computer


Tuesday, November 5
3:00 - 4:30 PM

Learn Google Drive, Google Docs, Google Sheets and more. Password Clinic; How to save & update your password list.

Tuesday, November 19
3:00 - 4:30 PM

Thanksgiving Laptop/Tablet/Smartphone Tune-Up Day.
Bring your device & sit with an individual tech to solve your issues!
Computer/Tablet/SmartPhone Cleanup tips & tricks.

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

PATHWAYS TO HOUSING

Thursday, November 7
3:00pm - 4:30pm

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

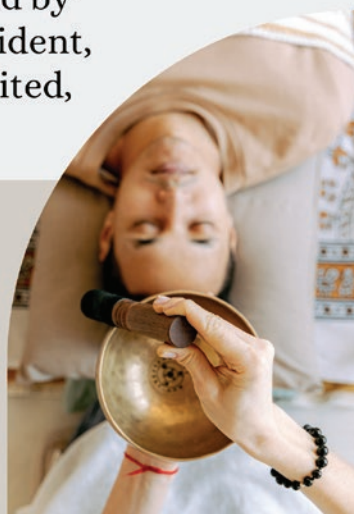


Are you over 50+? This workshop will help older adults navigate and understand the reality of looking for affordable housing in Los Angeles. Participants will learn about the housing crisis and receive community resources to identify realistic and unrealistic housing goals when searching for housing.

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

SOUND BATH with Alex

Join us at Senior Services for a sound bath lead by Triangle Square resident, Alex S. Space is Limited, please RSVP.



be done to resolve this. This month: New tests to measure reservoirs.

Location: Senior Center

INTERGENERATIONAL THANKSGIVING CELEBRATION

TUES., NOV. 26, 3-6PM

Join us for the Center's annual Intergenerational Thanksgiving Dinner, lovingly prepared by the Culinary Arts Program. This event brings LGBTQ+ youth and seniors together for a delicious meal, lively entertainment, and an afternoon of gratitude. Space is Limited, RSVP required. RSVP by Nov. 8 to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., NOV. 5 & 19, 3-4:30PM

November 5: Learn Google Drive, Google Docs, Google Sheets and more. Password Clinic: How to save & update your password list.

November 19: Thanksgiving Laptop/Tablet/Smartphone Tune-Up Day: Bring your device & sit with an individual tech to solve your issues! Computer/tablet/smartphone cleanup tips & tricks.

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

Location: Senior Center

MCC-UCCV

THURS., NOV. 21, 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

PATHWAYS TO HOUSING

THURS., NOV. 7, 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., NOV. 7 & 21, 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., NOV. 18, 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. Third Monday of each month.

Location: Senior Center

SOUND BATH

MON., NOV. 25, 11-12PM

Join us at Senior Services for a sound bath



2024 ★ ★ ★ VETERAN'S CALENDAR

SEPTEMBER 17TH FROM 6:00 - 7:30 PM
VETERAN'S POTLUCK DINNER, SENIOR CENTER

OCTOBER 15TH FROM 6:00 - 7:30 PM
VETERAN'S POTLUCK DINNER, SENIOR CENTER

NOVEMBER 11TH FROM 9:30 - 11:00 AM
VETERAN'S DAY BREAKFAST: HONORING THOSE WHO SERVED, SENIOR CENTER

EVERY WEDNESDAY 1:00 - 2:00 PM
VETERAN'S SUPPORT GROUP, SENIOR CENTER
OR VIA ZOOM, MEETING ID: 997 4154 4863
PASSCODE: 301481

HELPLINE: 323-860-4833 OR SENIORS@LALGBTCENTER.ORG

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

TRANS DAY OF REMEMBRANCE

**WEDNESDAY, NOVEMBER 20TH
6- 8:30PM**

Join us for Trans Day of Remembrance as we honor and remember the lives of transgender individuals lost to violence and discrimination over the past year. This solemn evening will feature a candlelight vigil and a reading of names, providing a space for reflection, mourning, and solidarity.



THE VILLAGE AT ED GOULD PLAZA
1125 N MCCADDEN PL, LOS ANGELES CA

 **LOS ANGELES LGBT CENTER**

VETERAN'S DAY BREAKFAST

HONORING THOSE WHO SERVED



NOVEMBER 11TH FROM 9:30 - 11:00 AM

IN HONOR OF VETERAN'S DAY, SENIOR SERVICES WILL HOST A BREAKFAST FOR LGBTQ+ VETERANS.

WE THANK YOU FOR YOUR SERVICE.

SPACE IS LIMITED.

RSVP REQUIRED BY NOV. 8 TO

HELPLINE: 323-860-4833 OR SENIORS@LALGBTCENTER.ORG



LOS ANGELES LGBT CENTER
SENIOR SERVICES



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

lead by Triangle Square resident Alex S. Space is Limited, please RSVP.

Location: Senior Center

TRANS DAY OF REMEMBRANCE

WED., NOV. 20. 6–8:30PM

Join us for Trans Day of Remembrance as we honor and remember the lives of transgender individuals lost to violence and discrimination over the past year. This solemn evening will feature a candlelight vigil and a reading of names, providing a space for reflection, mourning, and solidarity.

Location: The Village

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., NOV. 15, 3–4:30PM

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

Meeting ID: 970 2805 6270

Passcode: 803002

VETERAN'S BREAKFAST

MON., NOV. 11, 9:30–11AM

In honor of Veteran's Day, Senior Services will host a breakfast for LGBTQ+ Veterans. We thank you for your service. Space is limited. RSVP required by Nov. 8 to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

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

HOUSING APPLICATION DAY

Need assistance applying to housing?

Meet us the Cyber Center at the Village at Ed Gould Plaza (across from the Senior Center) on Wednesdays from 2:00 - 4:00pm.

Space is limited, please arrive on time to secure a computer.

1125 N McCadden Place, Los Angeles, CA 90038



LOS ANGELES LGBT CENTER
SENIOR SERVICES

AMERICAN SIGN LANGUAGE



11/6, 11/13, 11/20, 12/4, 12/11, 12/18
FROM 3:45 - 5 PM

JOIN THIS SIX-WEEK WORKSHOP WHERE YOU WILL LEARN AMERICAN SIGN LANGUAGE AND HOW TO INCORPORATE IT WITH YOUR EXPRESSIONS, LETTING YOUR HANDS SPEAK FOR YOU. FACILITATED BY MICHAEL SPADY.

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



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

CYBER 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

Suggested
Donation of \$5

*No one will be turned away
for inability to pay



LOS ANGELES LGBT CENTER
SENIOR SERVICES

HOLIDAY *Party*



**Music, Food,
Dancing & More!**

**Sign language interpretation
will be provided**

**MONDAY, DECEMBER 9
2:00 - 5:00 PM**

**Friendship Auditorium
3201 Riverside Drive, Los Angeles, CA 90027**

RSVP opens November 1. You must be
registered with Senior Services to RSVP.

RSVP at seniors@lalgbtcenter.org or 323-860-5830