



LOS
ANGELES
LGBT
CENTER®
SENIOR
SERVICES

50+



BREAST CANCER

Awareness Month

*Supporting the FIGHTERS,
Admiring the SURVIVORS,
Honoring the TAKEN,
And never giving up HOPE.*

Early Detection Saves Lives!

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@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

Fall is a time of transition as the weather changes, and we move into the autumn season.

This year, the change in season feels more pronounced as I and our management team have been working to adapt our services to the new needs of the older adults we serve with less resources available. We have actively been assessing the trends and needs of our community to make strategic choices to meet the needs of our members. This has led us to difficult decisions to reduce case management, housing navigation and employment services while maintaining much of the events and activities that promote community connection and reduce social isolation during this fiscal year. Our lunch program and Pride Pantry continues to provide essential nutrition and connection within the community.

We continue to search for additional funding opportunities and develop strategic plans to support the long-term sustainability of the program. While the reduction of core services is difficult, I and our team are steadfast in our commitment to providing essential and comprehensive models of care and support to our community and welcome feedback and suggestions from participants. Consider scanning the QR Code on Page 9 with your smart phone or tablet to complete a quick survey. I look forward to hearing from you.



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!

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.



Senior Outing

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., OCT. 2
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 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 social support group for those who have lost a loved one and are interested in exploring life after loss. This is an inclusive space for all. Please note this is not a therapy group. This group is currently closed to new members. If you need support for the loss of a loved one, please email

seniors@lgbtcenter.org or call 323-860-5830.

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

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 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

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



The City of West Hollywood and its
Disabilities Advisory Board Celebrate

DISABILITIES AWARENESS MONTH IN OCTOBER

Health and Wellness Event



Tuesday, October 1, 2024

10AM - 1PM

Plummer Park Community Center

Rooms 5 & 6

7377 Santa Monica Blvd.

West Hollywood, CA 90046

Follow the QR Code to schedule
an appointment for your flu shot*:



*Not required

Join us for a FREE event with:

- Flu Shots
- Health Screenings
- Emergency Preparedness & Trauma Prevention
- Community-Based Resources
- Lunch Provided and More!



For more information or to request accommodation,
please call (323) 848-6510 or contact
wehocares@weho.org.



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

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. Beginners welcome!

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

CYBER CENTER

OPEN HOURS

Tuesday–

Thursday

10 AM–1 PM

2–5 PM



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

2024 HIV PROGRAM CALENDAR



OCTOBER 3RD FROM 2:00 - 4:00 PM
HIV PICNIC, PLUMMER PARK

OCTOBER 17TH FROM 10:00 - 11:00 AM
HIV EN ESPAÑOL OPEN HOUSE BREAKFAST, SENIOR CENTER

OCTOBER 29TH FROM 6:00-8:00PM
HIV & AGING DINNER, SENIOR CENTER

NOVEMBER 7TH FROM 10:00 - 11:30 AM
HIV GROUPS BREAKFAST, SENIOR CENTER

DECEMBER 4TH FROM 1:30 - 4:00 PM
AIDS DIVA: THE LEGEND OF CONNIE NORMAN FILM SCREENING & DISCUSSION

EVERY THURSDAY FROM 1:30 - 3:00 PM
MEN LIVING WITH HIV

EVERY 1ST AND 3RD THURSDAY FROM 10:00 - 11:30 AM
GRUPO DE APOYO DE VIH

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



PROGRAMACIÓN SOBRE VIH PARA EL 2024



03 DE OCTUBRE, 2:00 - 4:00 PM
HIV PICNIC, PLUMMER PARK

17 DE OCTUBRE, 10:00 - 11:00 AM
DESAYUNO DE APERTURA, SENIOR CENTER

29 DE OCTUBRE, 6:00-8:00PM
CENA SOBRE HIV & AGING, SENIOR CENTER

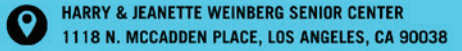
7 DE NOVIEMBRE, 10:00 - 11:30 AM
HIV GROUPS BREAKFAST, SENIOR CENTER

4 DE DECEMBER, 1:30 - 4:00 PM
AIDS DIVA: THE LEGEND OF CONNIE NORMAN FILM SCREENING & DISCUSSION

EVERY THURSDAY FROM 1:30 - 3:00 PM
MEN LIVING WITH HIV, SENIOR CENTER

CADA 1ER Y 3ER JUEVES DEL MES, 10:00 - 11:30 AM
GRUPO DE APOYO DE VIH, SENIOR CENTER

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



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



¿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

circa

QUEER HISTORIES FESTIVAL

Our Patch: LGBTQ+ Life from Cradle to Grave

ADVOCATE AND GOCHIS GALLERIES

SUNDAY, SEPTEMBER 29 - THURSDAY, OCTOBER 31

Legacy of Love: LGBTQ+ Elders Talk Sex and Relationships

RENBURG THEATRE

WEDNESDAY, OCTOBER 2 FROM 7:00 - 8:30 PM

Our Queerest Century: A Conversation with the L.A. Times

RENBURG THEATRE

FRIDAY, OCTOBER 4 FROM 8:00 - 9:30 PM

LESBO

ADVOCATE AND GOCHIS GALLERIES

SUNDAY, OCTOBER 6 FROM 5:00 - 6:30 PM

Pedaling with Purpose

RENBURG THEATRE

WEDNESDAY, OCTOBER 9 FROM 7:00 - 8:30 PM

A Shark Ate My Penis: A History of Boys Like Me

DAVIDSON/VALENTINI THEATRE

THURSDAY, OCTOBER 10 FROM 7:00 - 8:30 PM

Reel Resilience: The Circa 2024 Short Film Festival

RENBURG THEATRE

SUNDAY, OCTOBER 13 FROM 3:00 - 7:00 PM

Celebration Theatre Presents: STICKY RICE by Boni Alvarez

RENBURG THEATRE

WEDNESDAY, OCTOBER 16 FROM 7:00 - 8:30 PM

Dear Lover / Dear Habibti

ADVOCATE AND GOCHIS GALLERIES

THURSDAY, OCTOBER 17 FROM 7:00 - 8:30 PM

Transvisible: Bamby Salcedo's Story Then and Now

RENBURG THEATRE

FRIDAY, OCTOBER 18 FROM 8:00 - 9:30 PM

Succulent Senior Lesbians: Loving is a Political Act

PRIDE HALL

SATURDAY, OCTOBER 19 FROM 2:00 - 3:30 PM

The Revolutionary Power of Queer Art: Transforming Mainstream Culture Throughout History

ADVOCATE AND GOCHIS GALLERIES

SATURDAY, OCTOBER 19 FROM 6:00 - 7:30 PM

Unidad: Gay & Lesbian Latinos Unidos

DAVIDSON/VALENTINI THEATRE

SUNDAY, OCTOBER 20 FROM 3:00 - 4:30 PM

Stories from the Los Angeles Black LGBT Community

ADVOCATE AND GOCHIS GALLERIES

SUNDAY, OCTOBER 20 FROM 5:00 - 6:30 PM

The Evolution of Sapphic Spaces: From the 1920s to the 2020s

ADVOCATE AND GOCHIS GALLERIES

WEDNESDAY, OCTOBER 23 FROM 7:00 - 8:30 PM

Radical Harmonies

RENBURG THEATRE

THURSDAY, OCTOBER 24 FROM 7:00 - 8:30 PM

Queer Asian Elders On Screen

ADVOCATE AND GOCHIS GALLERIES

SATURDAY, OCTOBER 26 FROM 6:00 - 7:30 PM

Under My Skin

DAVIDSON/VALENTINI THEATRE

SATURDAY, OCTOBER 26 FROM 8:00 - 9:30 PM

The Future of Queer History: LGBTQ+ Writers on the Election

RENBURG THEATRE

SUNDAY, OCTOBER 27 FROM 7:00 - 8:30 PM

FOR MORE INFORMATION VISIT
CIRCAFESTIVAL.ORG

OCTOBER

OCTOBER		
Monday	Tuesday	Wednesday
	1 Health & Wellness (Plummer Park) 10 AM-1 PM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM	2 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
7 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 1:30 PM	8 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	9 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 Ageism Awareness Conversation 3-4:30 PM
14 Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Senior Center Closes at 1:30 PM	15 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 Veteran's Potluck Dinner 6-7:30 PM Square Dancing 6:30-9 PM	16 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
21 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 1:30 PM	22 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	23 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
28 Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Senior Center Closes at 1:30 PM	29 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	30 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

Thursday	Friday
3 Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Reading Opens Minds 1-2:30 PM HIV Picnic 2-3:30 PM Pathways to Housing 3-4:30 PM Senior Chorus 3:30-5 PM	4 Everyday Movement 9-10 AM Mahjong 1:30-3 PM Capturing Our Stores: W50+ Art & Writing 1:30-3:30 PM Ebony Sage 3-4:30 PM Cancer Support Group 3-5 PM
10 Men's Hiking 9:30 AM Vaccine Clinic 10 AM- 12 PM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM	11 Everyday Movement 9-10 AM Farmers Market @ Mi Centro 11 AM-1 PM National Coming Out Day Forum 10:30 AM-12 PM Mahjong 1:30-3:00 PM Capturing Our Stores: W50+ Art & Writing 1:30-3:30 PM Art Appreciation 3-4 PM Ebony Sage 3-4:30 PM Cancer Support Group 3-5 PM
17 Co-Ed Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Reading Opens Minds 1-2:30 PM The Getty Field Trip 1:30-5:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM	18 Everyday Movement 9-10 AM Mahjong 1:30-3:00 PM Breast/Chest & Cervical Health 2-3:30 PM Ebony Sage 3-4:30 PM TransMasc Exchange 3-4:30 PM Cancer Support Group 3-5 PM
24 Men's Hiking 9:30 AM Fraud Protection Workshop 11 AM-12 PM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Movie & Discussion 1:30-4 PM Senior Chorus 3:30-5 PM	25 Everyday Movement 9-10 AM Farmers Market @ Center South 11 AM-1 PM Mahjong 1:30-3:00 PM Ebony Sage 3-4:30 PM Cancer Support Group 3-5 PM
31 Men's Hiking 9:30 AM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM Halloween Party 3-5 PM Senior Chorus 3:30-5 PM	



Senior Engagement Team

Monday
Oct. 21, 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

AGEISM AWARENESS DAY CONVERSATION

It is estimated that 50% of people on earth are
ageist against older individuals.

What does that look like? How does it show up? What can we do to mitigate
its effects? Join us to share ideas that have worked in the past, and
brainstorm solutions for our new future.



Wednesday Oct. 9
3:00-4:30PM



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

Non-Weekly Events

AGEISM AWARENESS DAY CONVERSATION

WED., OCT. 9, 3-4:30PM

It is estimated that 50% of people on earth are ageist against older individuals. What does that look like? How does it show up? What can we do to mitigate its effects? Join us to share ideas that have worked in the past, and brainstorm solutions for our new future.

Location: Senior Center

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., OCT. 10 & 24, 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., OCT. 11, 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**

**OCTOBER'S TOPIC:
EMERGENCY
PREPAREDNESS**

Join us to learn about various ways to prepare for emergencies

**BENEFITS
WORKSHOP
FOR SENIORS**

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

Learn about different public benefits and community resources.

**MONDAY
OCTOBER 7, 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 | OCTOBER 14, 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

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

BREAST/CHEST & CERVICAL HEALTH

Presented by



CALIFORNIA HEALTH
COLLABORATIVE

Join us for an engaging and informative event dedicated to education, empowerment, and fostering a strong sense of community. Our experts will share valuable insights on a range of important topics, including:

- Early detection
- Recommended screening guidelines
- Risk reduction and prevention
- Accessing quality care and navigating available resources

This workshop is designed to be inclusive and supportive of all identities and experiences. This event is an opportunity to gain essential knowledge, ask questions, and connect with others who are committed to health and well-being.

FRIDAY, OCTOBER 18TH
2:00 - 3:30 PM



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

BENEFITS WORKSHOP FOR SENIORS

MON., OCT. 7, 11AM-12PM

Join us on the 1st Monday of each month for a benefits workshop. Learn about different public benefits and community resources. October's topic: Emergency Preparedness

Location: Senior Center

BREAKFAST BINGO

MON., OCT. 14, 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

BREAST/CHEST AND CERVICAL HEALTH

FRI., OCT. 18, 2-3:30PM

Experts will share valuable insights on a range of important topics, including early detection, recommended screening guidelines, risk reduction and prevention, accessing quality care, and navigating available resources. This workshop is designed to be inclusive and supportive of all identities and experiences.

Location: Senior Center

FIELD TRIP TO THE GETTY

THURS., OCT 17, 1:30-5:30PM

Space is limited. RSVP required by October 10th to seniors@lalgbtcenter.org or 323-860-5830. Please include any mobility requests/needs in RSVP message.

Location: Senior Center

THURSDAY, OCTOBER 17TH

Getty Center Field Trip

1:30 PM - 5:00 PM

Join Senior Services for a field trip to the Getty Center! Transportation provided. Recommended donation is \$10; no one will be turned away for inability to pay.

Food will not be provided. Please notify us of any accommodation requests with your RSVP. RSVP by October 10th.

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

Space is limited. RSVP
required by October 10th
to seniors@lalgbtcenter.org
or 323-860-5830.



HALLOWEEN



JOIN US ON HALLOWEEN FOR AN AFTERNOON OF DANCING,
FOOD, AND A HALLOWEEN COSTUME CONTEST!

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

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

FARMERS MARKET

WED., OCT. 2, 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., OCT. 25, 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., OCT. 11, 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

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

CRISPR FOR CURE

DXRE

HOPE

I4C

IP

TAG

ACT4ACTION

IPAA

theWellProject

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.

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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

FRAUD PROTECTION AND SCAMS WORKSHOP

THURS., OCT. 24, 11AM-12PM

Join us at Senior Services alongside Wells Fargo in partnership with Operation HOPE as they share valuable information on scams & fraud awareness for seniors. Space is limited. Please RSVP at seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., OCT. 8 & 22, 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

GRUPO DE APOYO DE VIH

THURS., OCT. 3 & 17, 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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

JOIN SENIOR SERVICES FOR LUNCH!

HIV PICNIC AT PLUMMER PARK

THURS., OCTOBER 3, 2024, 2:00 - 3:30 PM

7377 SANTA MONICA BLVD,
WEST HOLLYWOOD, CA 90046

COME SHARE YOUR STORIES AND EXPERIENCES IN A SAFE SPACE FOR THE HIV POSITIVE COMMUNITY.

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

FRAUD PROTECTION AND SCAMS WORKSHOP

OPERATION HOPE



THURSDAY, OCTOBER 24TH FROM 11 AM - 12 PM

Join us at Senior Services alongside Wells Fargo in partnership with Operation HOPE as they share valuable information on scams & fraud awareness for

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES



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

PATHWAYS TO HOUSING

Thursday, October 3
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

HALLOWEEN PARTY

FRI., OCT. 31, 3-5PM

Join us on Halloween for an afternoon of dancing, food, and a Halloween costume contest! Recommendation donation \$5.

Location: The Village

HEALTH AND WELLNESS EVENT

TUES., OCT. 1, 10AM-1PM

Take part in this free event to receive flu shots, health screenings, emergency preparedness & trauma prevention, and community-based resources. Lunch Provided and more! For more information or to request accommodation, please call (323) 848-6510 or contact wehocares@weho.org.

Location: Plummer Park Community Center Rooms 5 & 6, 7377 Santa Monica Blvd. West Hollywood, CA 90046

HIV & AGING: DINNER & DISCUSSION SERIES

TUES., OCT. 29, 6-8PM

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

Location: Senior Center

HIV PICNIC AT PLUMMER PARK

THURS., OCT. 3, 2-3:30PM

Come share your stories and experiences in a safe space for the HIV positive community.

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

HIV RESERVOIR WORKSHOPS

TUES., OCT. 8, 10-11:30AM

In this monthly workshop, we will learn about the latent HIV reservoir, how reservoirs prevent us from eliminating HIV

NATIONAL COMING OUT DAY FORUM

Friday, October 11TH 10:30 AM - 12:00 PM



Come connect and join us in celebrating you in this brave space, by sharing your story with fellow LGBTQ+ community members and allies.

from the body, and what needs to be done to resolve this. This month: New tests to measure reservoirs.

Location: Senior Center

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., OCT. 1 & 15, 3-4:30PM

October 1:

Halloween Scary Scam Alert workshop: Holiday fraud is a multi-billion-dollar business. Come learn how to stay safe.

October 15:

Computer & Smart Phone Clinic: Clear history, save storage space, remove unwanted apps on Mac/Windows. Wi-Fi Basics. Learn about the new Windows & Mac updates for 2025.

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

Location: Senior Center

MCC-UCCV

THURS., OCT. 31, 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

NATIONAL COMING OUT DAY FORUM

FRI., OCT. 11, 10:30AM-12PM

National Coming Out Day is celebrated on October 11 to honor people who identify as part of the LGBTQIA+ community and choose to live openly about their gender identity, sexual orientation, and/



**2024 ★ ★ ★
VETERAN'S
CALENDAR**

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

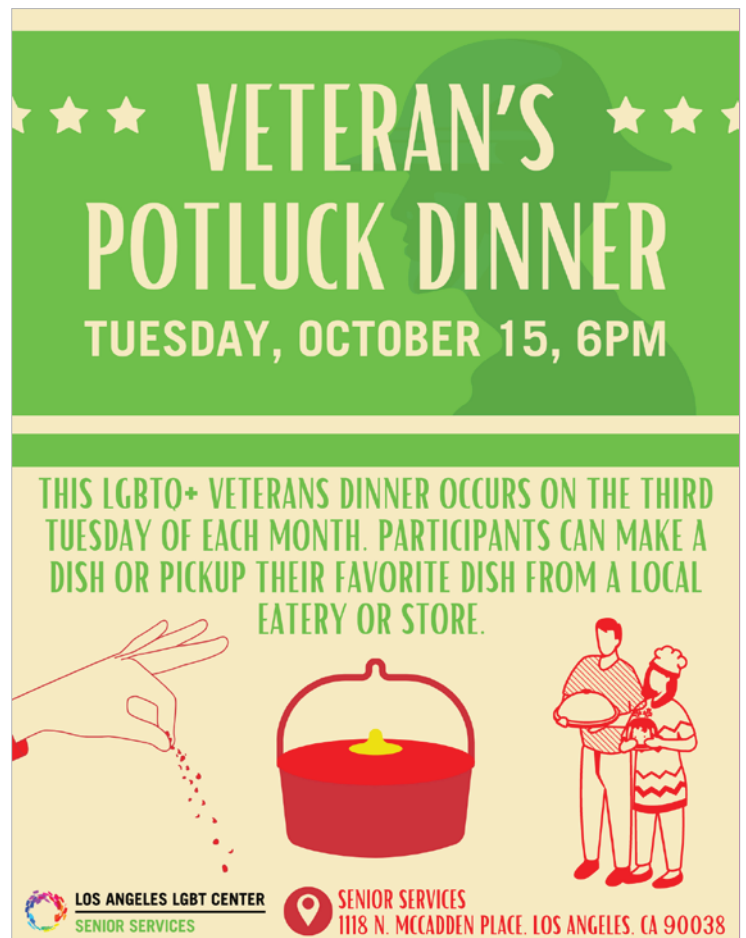
OCTOBER 15TH FROM 6:00 - 7:30 PM
VETERAN'S POTLUCK DINNER, SENIOR CENTER

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



**VETERAN'S
POTLUCK DINNER**

TUESDAY, OCTOBER 15, 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

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

or expression. Join us to connect and celebrate in this brave space by sharing your story with fellow community members and allies.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., OCT. 3, 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

THURS., OCT. 24, 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 screening the film "My Left Foot" with a discussion to follow.

Location: The Village - Davidson/Valentini Theatre

READING OPENS MINDS

THURS., OCT. 3 & 17, 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@lgbtcenter.org or call 323-860-5830.

Location: Senior Center

LOS ANGELES LGBT CENTER
SENIOR SERVICES

MOVIE & DISCUSSION

W/ K.A. LALSINGH

THURSDAY, OCTOBER 24TH 1:30 - 4:00 PM

PRIDE HALL LOS ANGELES LA LGBT CENTER NOT FOR RETAIL USE



D/V THEATRE
1125 N MCCADDEN PLACE
LOS ANGELES, CA 90038

SENIOR ENGAGEMENT TEAM

MON., OCT. 21, 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

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., OCT. 18, 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

VACCINE CLINIC

THURS., OCT., 10, 10AM-12PM

Join Senior & Youth Services to stay up to date on your COVID-19 boosters! Please bring your ID. Insurance information recommended but not required.

Location: Pride Hall 1118 N McCadden Place, Los Angeles, CA 90038

VETERANS' POTLUCK DINNER

TUES., OCT. 15, 6-8PM

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



California Department of Public Health

Pride Hall
1118 N McCadden Place, Los Angeles, CA 90038

**LA LGBT Center
Vaccine Clinic on
Thursday, October
10th from 10 - 12 PM**

Join Senior & Youth Services on Thursday, October 10th from 10 - 12 PM

Stay up to date on your COVID-19 Boosters!

Please bring your ID. Insurance information recommended but not required.

LOS ANGELES LGBT CENTER



10.05 CELEBRATING LATINX HISTORY MONTH 6 PM

Queercañera

LALGBTCENTER.ORG/QUEERCAÑERA

LOS ANGELES LGBT CENTER

THE VILLAGE AT ED GOULD PLAZA
1125 N MCCADDEN 90038



INTERGENERATIONAL

Thanksgiving CELEBRATION



November

26

3-5 pm

Pride Hall
Anita May Rosenstein Campus

1118 N McCadden Place,
Los Angeles, CA 90038

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