



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

DECEMBER 2024



WORLD AIDS DAY

DECEMBER 1

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@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

The holiday season is a time for many of us to connect in community, reflect on the year and set our intentions for the future. During this time of the year, I often spend time thinking about loss, grief and what I hold closely. It's a time for me to think about the people who are significant to me and ways I can better support those relationships. For Pagans, we look at the Winter Solstice as a time of darkness and rebirth as slowly the number of daylight hours increase as we get closer to Spring. It's important that we hold space for everyone's needs during this time of year rather it's celebratory or introspective. For those who want to connect within community, we have our World AIDS Day event supporting a Day With (out) Art on Wednesday, December 11 from 6-9pm at Renberg Theatre which will show seven videos reflecting the emotional spectrum of living with HIV today. A film screening of "AIDS Diva: The Legend of Connie Norman" will be screened on December 4 from 1:30-4:00pm at the Renberg Theatre. Our annual Holiday Party is on Monday, December 9 from 2-3:30pm at Friendship Auditorium; Hannukah Dinner on December 12 from 3-5pm. If you feel the need for self-care and introspection, we are hosting a workshop on Holiday Blues on December 2 from 10-11am and a Sound Bath on December 23 from 11:00-12:00pm. The staff and I wish you a Happy Holidays and a healthy 2025.



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:

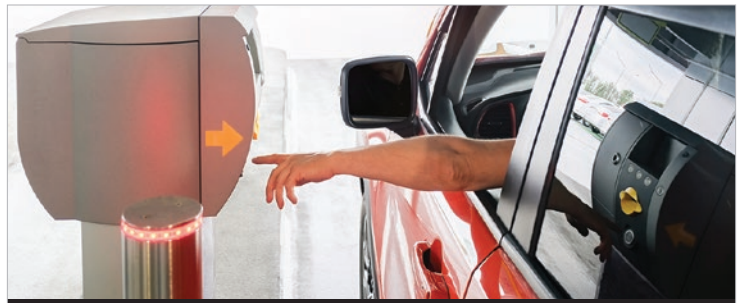
Showers and laundry are available free of charge for registered senior participants Monday 9:30AM–12:30PM, Tuesday–Friday from 9:30AM–12:30PM and 3–4:30PM.

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 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.



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., DEC. 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



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

Hot, delicious, and nutritious lunches created by the Center's Culinary Arts Education Program are available Monday through Friday at 11:30AM–12:30PM. Meals are first come, first served based on availability. Vegan options are available.

Please bring your Senior Services ID Card.
If you are new to our lunch program,
please connect with your Case Manager to enroll.

More Info: seniors@lalgbtcenter.org or 323.860.5830

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**

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. Last class meeting is December 18, 2024.

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

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

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

DROP-IN CASE MANAGEMENT

Wednesdays & Thursdays | 9:30 a.m.–3:30 p.m.

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.
Appointments based on availability.

If you are currently assigned a case manager, please contact them for an appointment. Drop-in hours are only for those not currently enrolled in case management.

Los Angeles LGBT Center
Anita May Rosenstein Campus
Harry & Jeanette Weinberg Senior Center
1118 N. McCadden Place, 90038
323-860-5830 and seniors@lalgbtcenter.org



 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

CONSULTORÍA DE CASOS

Miércoles y Jueves | 9:30 a.m.–3:30 p.m.

Obtén asistencia para completar aplicaciones relacionadas a vivienda, beneficios (de diferentes indoles), asistencia con cuidadores, salud (física y mental), entre muchos otros temas.

Inscríbete para obtener una cita por medio de nuestro quiosco. Citas según disponibilidad.

Si ya tienes un trabajador social asignado, contactálo para obtener una cita. El horario de consultoría de casos es exclusivo para aquellos clientes sin un trabajador social designado.

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

Nuestra línea Telefónica es: 323-860-5830
Nuestro correo electrónico es: seniors@lalgbtcenter.org



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 COHORT CURRENTLY CLOSED

This workshop is for individuals dealing with ongoing pain. 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. RSVP at seniors@lalgbtcenter.org or 323-860-5830.

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



¿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



MENTAL WELLNESS SERIES

Beginning December 2

10AM - 11AM



December 2 Holiday Blues
January 27 Grief & Loss
February 3 Know the Scams
March 3 Depression & Anxiety
April 7 Resiliency
May 5 Hoarding
June 2 Health Wellness & Wholeness

Presented by the Los Angeles County Department of Mental Health to help promote mental wellness, raise awareness about mental health issues, and to provide resources.



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

Mosaic Frame Art with Mary-Linn

In this two-session mosaic tile class, each participant will create small personalized frame, perfect for unique holiday gifts.

Through guided instruction, you'll learn basic mosaic techniques and bring your creative vision to life. All supplies will be provided. Space is limited.

Friday, December 6 & 13
1:30-3:30 PM



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

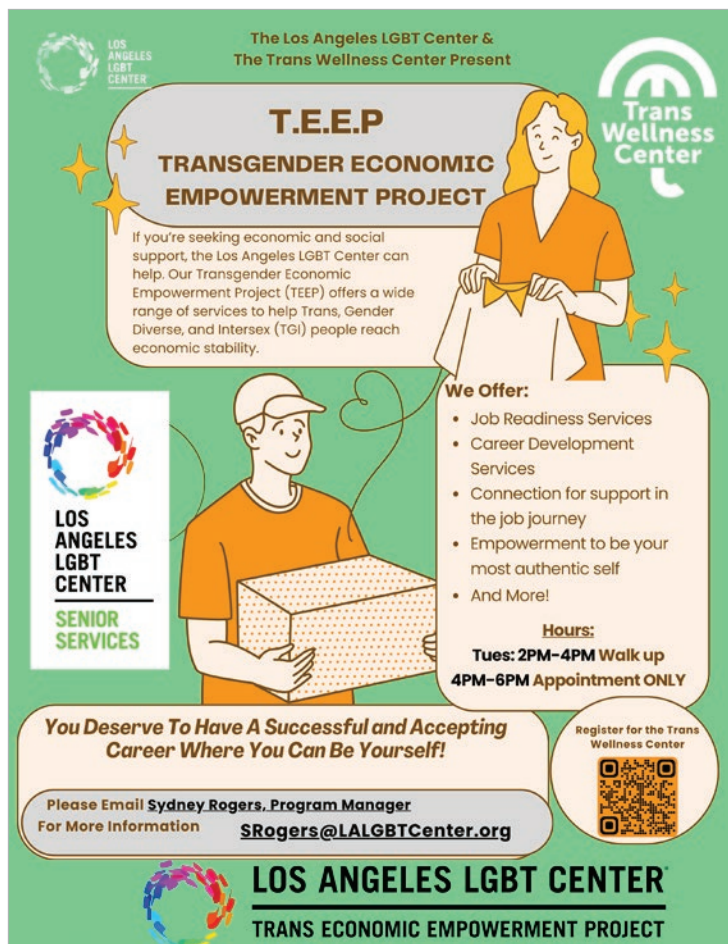
HOUSING NAVIGATION PROGRAM UPDATES:

WE'VE MADE CHANGES!

1) Drop in Hours: Have a specific housing question? Available every Tuesday 10:00am - 4:00pm, 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.*



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
SENIOR SERVICES

LOS ANGELES LGBT CENTER
TRANS ECONOMIC EMPOWERMENT PROJECT

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

- **Monday, December 9, open – lunch service only 12:30–1:30 PM**
- **Tuesday, December 24, closed for Christmas Eve**
- **Wednesday, December 25, closed for Christmas Day**
- **Monday, December 30, open – lunch service only 12:30–1:30 PM**
- **Tuesday, December 31, closes at 2 PM**
- **Wednesday, January 1, closed for New Years Day**

We apologize for any inconvenience. Please plan accordingly.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

HOLIDAY Party



Suggested
Donation of \$5
*No one will be turned
away for inability to pay

**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



WHAT IS CAMP WIDOW?

Camp Widow® is a life-changing event for widowed people, offering **practical tools** and a **supportive peer community** to help rebuild after the death of a spouse or partner. This nationally recognized program combines a **conference, retreat, and reunion**, giving widowed individuals access to **workshops, personal growth**, and lasting friendships for each stage of the widowed experience.

Change your life, or the life of a widowed person you know.

RESEARCH-BASED WORKSHOPS

LIFELONG CONNECTIONS

PERSONAL GROWTH

PRACTICAL TOOLS

PEER SUPPORT

For more Soaring Spirits International programs view: www.soaringspirits.org

AFTER ATTENDING CAMP WIDOW:

- 92%** Rated Camp Widow as an extremely valuable experience
- 80%** Found program content relevant for **personal growth**
- 69%** Reported an increase in **social support**
- 38%** Were more likely to see **new possibilities** for themselves

UPCOMING EVENT:

JAN 25, 2025
Los Angeles, California
LGBTQ+ Focused Program
Los Angeles LGBT Center
1118 N. McCadden Pl.
Los Angeles, Ca 90038

DO I QUALIFY AS A WIDOWED PERSON?

Anyone who has outlived the person with whom they planned to spend the rest of their life fits into our definition of widowed regardless of legal marital status.

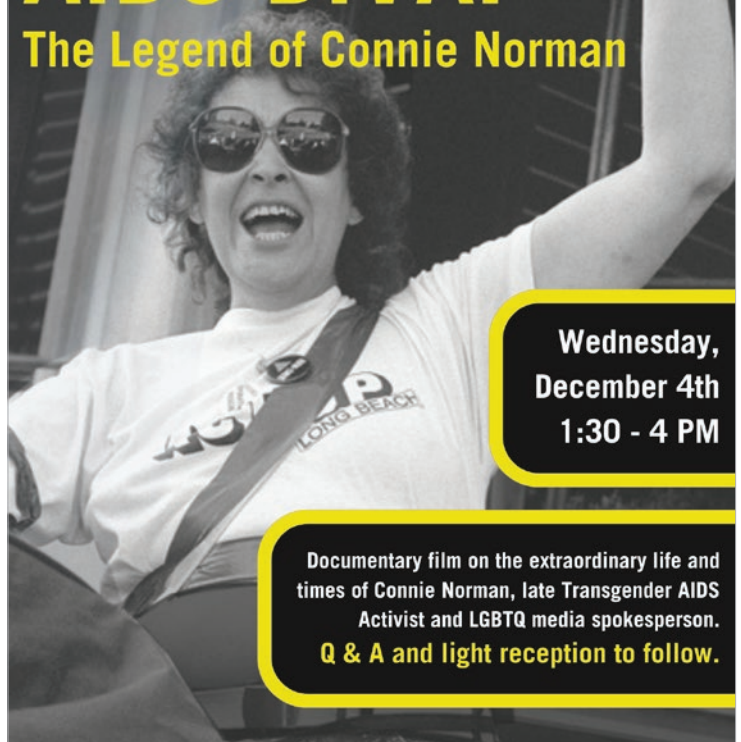
We offer Camp Widow events across the United States and in several international locations. In selected cities we also offer our side by side kids program, Camp Widow Kids. Details on both programs can be found on the Camp Widow website.

*"This program has been the #1 best thing I have done since my partner's death to support me through this life I didn't anticipate."
- Anna (widowed two years)*

VISIT WWW.CAMPWIDOW.ORG FOR
camp dates, registration, camp fees,
campership qualifications, and more.



AIDS DIVA: The Legend of Connie Norman



**Wednesday,
December 4th**
1:30 - 4 PM

Documentary film on the extraordinary life and
times of Connie Norman, late Transgender AIDS
Activist and LGBTQ media spokesperson.
Q & A and light reception to follow.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

The Renberg Theatre
1125 N. McCadden Place, Los Angeles, CA 90038

Monday	Tuesday	Wednesday
2 Mental Wellness Series 10 AM- 11 AM 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	3 Holiday Decorating Day 10-11 AM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Collective Groove 6-8 PM Square Dancing 6:30-9 PM	4 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 AIDS DIVA: Connie Norman Film Screening 1:30-4 PM Housing Application Days 2-4 PM American Sign Language 3:45-5 PM
9 Lunch Service 12:30-1:30 PM Senior Services Closed 9 AM-12:30 PM & After 1:30 PM Senior Services Holiday Party 2-5 PM	10 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	11 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 Day With(Out) Art Screening 6-9 PM
16 Racial Justice Allies 11 AM-12 PM Morning Movie 10 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Senior Center Closes at 1:30 PM	17 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	18 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 Senior Engagement Team 2- 3:30 PM Housing Application Days 2-4 PM American Sign Language 3:45-5 PM
23 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 1:30 PM	24 Senior Center Closed	25 Senior Center Closed
30 Lunch Service 12:30-1:30 PM Senior Center Closed 9 AM-12:30 PM & after 1:30pm	31 Movie Day 10 AM-12 PM R&B Line Dancing 11 AM-12 PM Senior Center Closes at 2pm	

Thursday	Friday
5 Men's 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 Pathways to Housing 3-4:30 PM Senior Chorus 3:30-5 PM	6 Everyday Movement 9-10 AM Persons with HIV Webinar 9:30-11 AM Chronic Pain Self-Management 10 AM-12:30 PM Mosaic Frame Art 1:30-3:30 PM Ebony Sage 3-4:30 PM Cancer Support Group 3-5 PM
12 Men's Hiking 9:30 AM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Hanukkah 3-5 PM Senior Chorus 3:30-5 PM	13 Everyday Movement 9-10 AM Chronic Pain Self-Management 10 AM-12:30 PM Farmers Market @ Mi Centro 11 AM-1 PM Mosaic Frame Art 1:30-3:30 PM Ebony Sage 3-4:30 PM Art Appreciation 3-4 PM Cancer Support Group 3-5 PM
19 Co-Ed Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM MCC-UCCV Potluck 12-2 PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM	20 Everyday Movement 9-10 AM Ebony Sage 3-4:30 PM TransMasc Exchange 3-4:30 PM Cancer Support Group 3-5 PM
26 Men's Hiking 9:30 AM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Holiday Movie Screening 1:30-3:30 PM	27 Everyday Movement 9-10 AM Farmers Market @ Center South 11 AM-1 PM Wishing Wall Activity 1:30-3:00 PM Cancer Support Group 3-5 PM



Non-Weekly Events

AIDS DIVA: CONNIE NORMAN FILM SCREENING

WED., DEC 4, 1:30–4PM

In honor of World's AIDS Day, join director Dante Alencastre for a film screening and Q&A about the life of Connie Norman, a self-appointed "AIDS DIVA" and masterful spokesperson for ACT UP/Los Angeles in the late '80s and early '90s. The screening will be followed by a Q&A, with light refreshments to follow.

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

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., DEC. 12, 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., DEC. 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



**LOS ANGELES
LGBT
CENTER
SENIOR
SERVICES**

**DECEMBER TOPIC:
NEW YEAR,
NEW YOU?**

**BENEFITS
WORKSHOP
FOR SENIORS**

Facilitated by Dr. Erica Rodriguez, this workshop will assist increase insight developing intentions of the year ahead. Together we'll set clear expectations to carry these into a fulfilling 2025.

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

Learn about different public benefits and community resources.

**MONDAY
DECEMBER 2, 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

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



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

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

R & B Line Dance

WITH E. TALLEY II

TUESDAYS
11AM-12PM

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

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



BENEFITS WORKSHOP FOR SENIORS

MON., DEC. 2, 11AM-12PM

Join us on the 1st Monday of each month for a benefits workshop. Learn about different public benefits and community resources. December's topic: New Year, New You? Facilitated by Dr. Erica Rodriguez, this workshop will assist increase insight developing intentions of the year ahead.

Location: Senior Center

EAT SMART LIVE STRONG/ COME INTELIGENTE VIVE FUERTE

THURS., DEC. 5, 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 attendees! Must be 60+ 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., DEC. 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

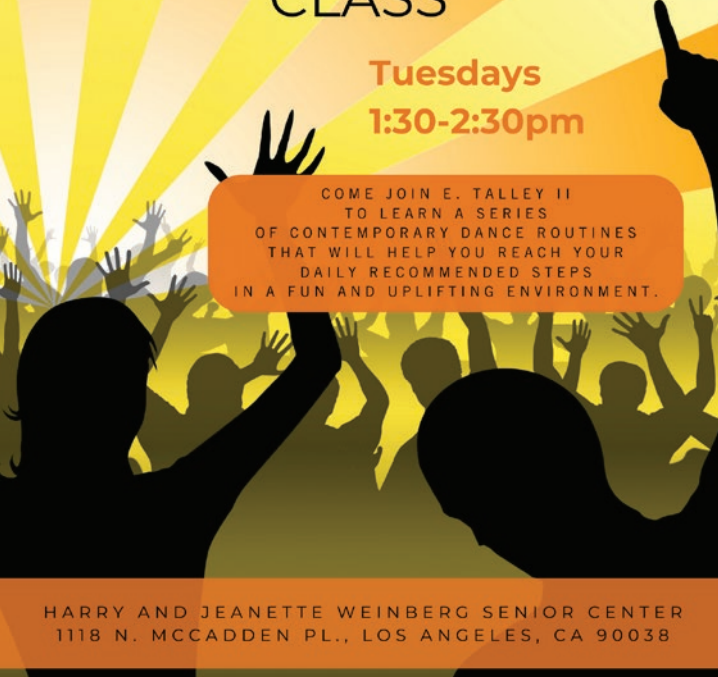
 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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



Day With(out) Art

RED REMINDS ME

DWA 24

Presented by **Visual AIDS**

WEDNESDAY, DEC. 11, from 6-8:30pm



Day With(out) Art 2024: Red Reminds Me...

Senior Services is proud to partner with
Visual AIDS and the Museum of Contemporary Art
for the LA Premiere of Day With(out) Art 2024
by presenting Red Reminds Me...,
a program of seven videos
reflecting the emotional spectrum of living with HIV today.

The program will feature newly commissioned videos by
Gian Cruz (Philippines), Milko Delgado (Panama), Imani Harrington (USA), David
Oscar Harvey (USA), Mariana Iacono and Juan De La Mar (Argentina/Colombia),
Nixie (Belgium), Vasilios Papapitsios (USA).

6pm: light reception with appetizers and refreshments

7pm: film screening, followed by Q&A with filmmakers

Location: Renberg Theatre, 1125 N. McCadden Pl, LA CA 90038

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

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., DEC. 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

FARMERS MARKET AT MI CENTRO

FRI., DEC. 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., DEC. 10, 7-9PM

UPDATES ON THE HIV RESERVOIR
TUESDAYS 10 AM PACIFIC

DATE	TOPIC
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

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.

BROUGHT TO YOU BY

HERE, TAG, CRISPR-CURE, DRE, HOPE, I4C, and others.

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

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., NOV. 5 & 19, 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

HANUKKAH

THURS., DEC. 12, 3-5PM

Join Senior Services for our annual Hanukkah dinner and celebration. Celebrate the Festival of Lights with menorah lighting, songs, and traditional foods. Space is limited. RSVP by December 4 to seniors@lgbtcenter.org or 323-860-5830.

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

HIV RESERVOIR WORKSHOPS

TUES., DEC. 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: Reservoirs and Age.

Location: Senior Center


LOS ANGELES LGBT CENTER
 SENIOR SERVICES

Suggested donation of \$5.
"No one will be turned away for inability to pay."

HANUKKAH

DINNER & CELEBRATION




Join Senior Services for our annual Hanukkah dinner and celebration. Celebrate the "festival of lights" with menorah lighting, songs and traditional foods.

12 DEC

3 - 5 P.M.

Pride Hall
1118 N. McCadden Pl.
Los Angeles, CA 90038

Space is limited. RSVP by Dec. 4th to seniors@lgbtcenter.org or (323) 860-5830.



LOS ANGELES LGBT CENTER
 SENIOR SERVICES

LGBTech Q&A

with Mom's Computer


Tuesday, December 3
3:00 - 4:30 PM
 Contact Book Cleanup. We all have old & outdated contacts, let's update or delete them. Remove that old info before it becomes bad info.
 Computer/Tablet/SmartPhone

Tuesday, December 17
3:00 - 4:30 PM
 Tech Class Graduation Party. Join our 10th Anniversary LGBTech Class. Topics: How to get cheap WiFi! Malware and virus protection for Windows and MAC. What do I do when the battery gets old on my laptop or tablet?



Good Ol' Elijah
 Founder & Tech

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@lgbtcenter.org

PATHWAYS TO HOUSING

Thursday, December 5
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

Monday, December 23
11 AM-12 PM

with Alex

Join us at Senior Services for
a sound bath lead by Alex S.

Space is Limited,
please RSVP.



HOLIDAY MOVIE SCREENING

THURS., DEC. 26, 1:30–3:30PM

Join us for an after-lunch holiday movie screening of *The Holdovers*. Set in 1970, a strict instructor at a New England prep school remains on campus during the Christmas break to babysit a handful of students with nowhere to go. He soon forms unlikely bonds that impact his life.

Location: Senior Center

HOLIDAY PARTY

MON., DEC. 9, 2–5PM

Join Senior Services for our annual holiday party. This year's theme is Holidays in Vegas! There will be music, dancing, performances, and a delicious meal. There is a suggested donation of \$5, but no one will be turned away for inability to pay. Free parking available. RSVP by Dec. 2 via the Participant Portal (seniors.lalgbtcenter.org) or to seniors@lalgbtcenter.org or 323-860-5860.

Location: Friendship Auditorium, 3201
Riverside Dr., Los Angeles, CA 90027

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., DEC. 3 & 17, 3–4:30PM

December 3: Contact Book Cleanup. We all have old & outdated contacts, let's update or delete them. Remove that old info before it becomes bad info. Computer/Tablet/SmartPhone Cleanup tips & tricks.

December 17: Tech Class Graduation Party! Join our 10th Anniversary LGBTech Class Holiday Party. Topics: How to get cheap WiFi! Malware and Virus protection for Windows and MAC. Fun tips and tricks What do I do when the battery gets old on my laptop or tablet? Hot Topic: TeleMedicine and how to use that function safely.

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

Location: Senior Center

MANAGEMENT OF PERSONS LIVING WITH HIV IN 2024

FRI., DEC. 6, 9:30–11AM

Join Eric Daar, MD, Chief, Division of HIV Medicine in a interactive webinar as he discusses HIV and STI prevention, HIV treatment, healthy living with HIV, and healthy aging with HIV. Webinar screening will take place at the Senior Center.

Location: Senior Center

MENTAL WELLNESS SERIES

MON., DEC. 2, 10–11AM

Holiday Blues: Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social support. This seasonal presentation discusses strategies to combat feelings of sadness or “the blues” during the winter holidays. A monthly series presentation by the Los Angeles County Department of Mental Health from December – June 2025.

Location: Senior Center

MCC-UCCV

THURS., DEC. 19, 12–2PM

Valley participants are invited to join our weekly social group at Metropolitan Community Church-UCCV for fun activities & socializing. In lieu of the holiday season, this month's potluck will occur on December 19.

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

MOSAIC FRAME ART

FRI., DEC. 6 & 13, 1:30–3:30PM

In this two-session mosaic tile class, each participant will create small, personalized



Free Webinar
Amazon Gift Card
Raffle Prizes!

Management of Persons Living with HIV in 2024



JOIN US!! Topics will Include:

- HIV Prevention
- STI Prevention
- HIV Treatment: Including the use of long-acting therapy
- Healthy living with HIV: Vaccination, cancer screening and beyond
- Healthy aging with HIV: Addressing comorbid conditions in PLWH

Contact Hours available to: Addiction Professionals, CAADE, CASAC, Nurses, & Social Workers. **Must log-in and view entire lecture to receive hrs.**

Friday, December 6th, 2024

Log-in time: 12:30pm EST / Presentation ends at: 2:00pm EST

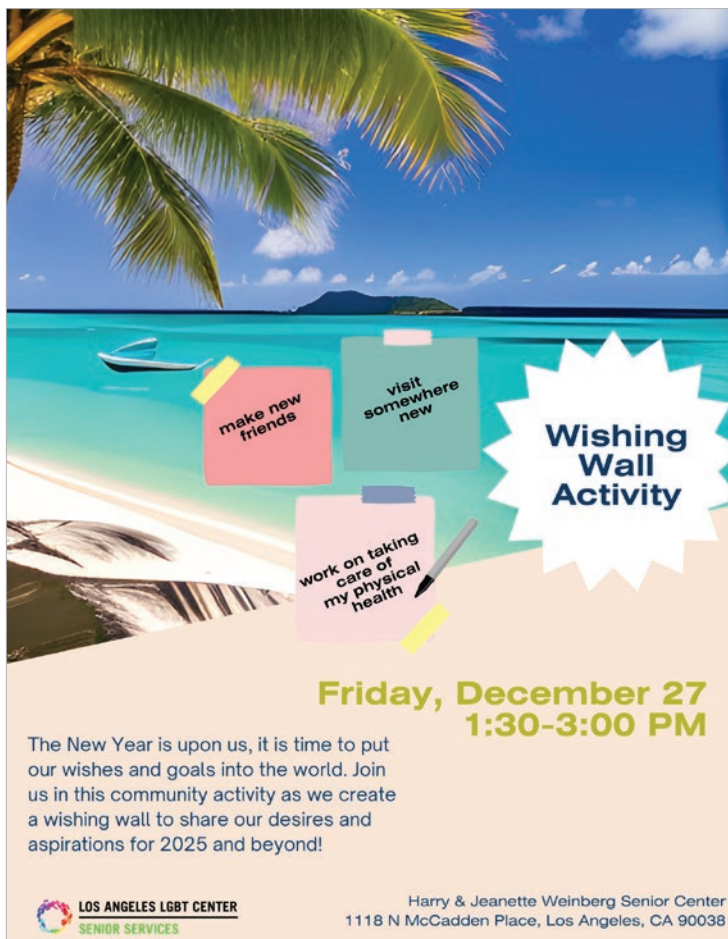
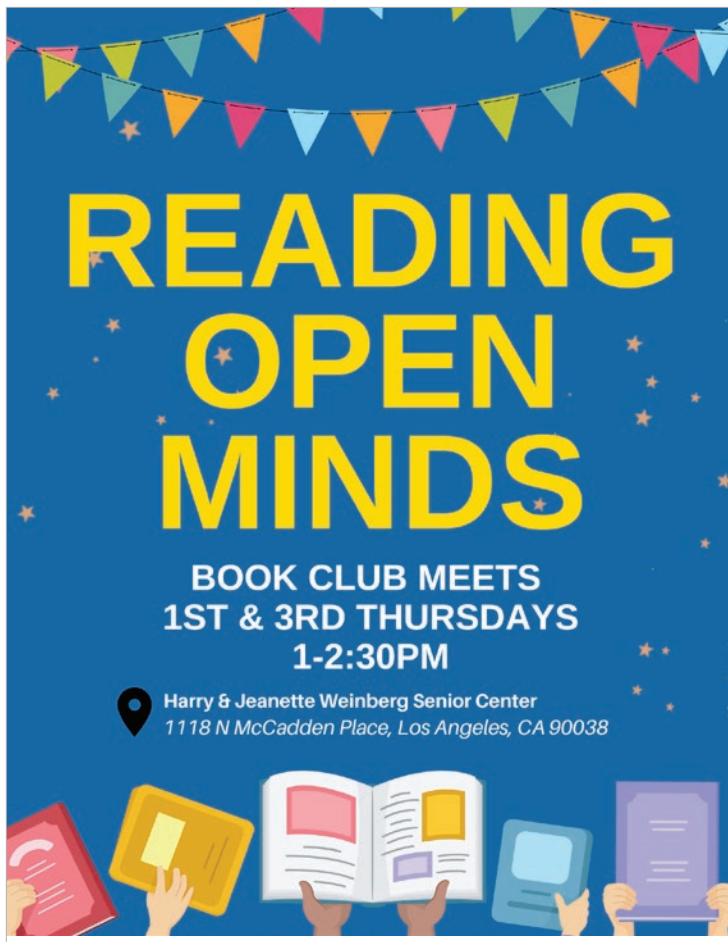
Webinar will consist of a 45 min lecture followed by a 45 min interactive Q & A discussion

Eric Daar, MD

Chief, Division of HIV Medicine, Harbor-UCLA Medical Center,
Investigator, Lundquist Institute Professor of
Medicine David Geffen School of Medicine at UCLA

A movie screening poster for "The Holdovers" featuring Paul Giamatti. The poster is set against a red curtain background. At the top left is a clapperboard with "MOVIE TIME" and a pile of popcorn. The title "The Holdovers" is in large, bold, red letters, with "PAUL GIAMATTI" above it. Below the title is a photo of the three main characters standing in front of a red umbrella. At the bottom, the screening details are listed: "Thursday, December 26 | 1:30 - 3:30 PM". The location is "Harry & Jeanette Weinberg Senior Center, 1118 N. McCadden Pl., Los Angeles, CA 90038". The Los Angeles LGBT Center Senior Services logo is at the bottom left, and a candy cane graphic is at the bottom right.

Holiday
MOVIE SCREENING
The Holdovers PAUL GIAMATTI
Thursday, December 26 | 1:30 - 3:30 PM
Harry & Jeanette Weinberg Senior Center
1118 N. McCadden Pl., Los Angeles, CA 90038
LOS ANGELES LGBT CENTER
SENIOR SERVICES



frame, perfect for unique holiday gifts. Through guided instruction, you'll learn basic mosaic techniques and bring your creative vision to life. All supplies will be provided. Space is limited.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., DEC. 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., DEC. 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

SOUND BATH

MON., DEC. 23, 11-12PM

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

Location: Senior Center

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., DEC. 20, 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

WISHING WALL ACTIVITY

FRI., DEC. 27, 1:30–3PM

A new year is upon us, meaning it is time to put our wishes and goals into the world. Join us in this community activity as we create a wishing wall to share our desires and aspirations for 2025 and beyond!

Location: Senior Center

UPCOMING JANUARY ACTIVITIES

Still We Rise: Creative Writing Workshop

presented by Mimi Gonzalez-Barillas

Women 50+ Writing Workshop Lesbian, Bi, & Trans Women

This 4-week generative writing classes are built on a prompt-driven model with optional sharing, and culminate in a group performance in the fifth and final week.

Tuesdays 6:30-8:30 PM
Jan. 7, 14, 21 & 28, 2025


Final Reading: Feb. 4 at 6:30pm

Since earning her MFA from Mills College in 2018, Mimi Gonzalez-Barillas has taken the workshop format and brought it to classrooms that function independently in search of craft, form and expression.





Space is limited, RSVP required.

To RSVP, contact seniors@lalgbtcenter.org or (323) 860-5830

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

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES





LOS ANGELES LGBT CENTER
SENIOR SERVICES

Living Your Best LIFE IN 2025!

**A Fun Collage
Workshop**

Come and create a vision
board of how you want
your year to be.
Seeing it, is believing it!
Facilitated by Dawn
Moreno-Freedman

Friday, January 3
1:30–3:00 PM



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

Framing Our Truths

A Creative Photography Workshop

Led by Mary-Linn Hughes, Chris Velasco, and Alicia Alderete

Fridays, January 10th to March 21st
with a culminating exhibition in May.

Unleash the power of your cell phone camera in
this 11 week FREE workshop for LGBTQ Seniors.
Learn to edit, print, and exhibit your images.

Two Class Options:

- Mornings 10 AM to 12 PM
- Afternoons 1:30 to 3:30 PM

Space is limited.

RSVP for either the morning or afternoon workshop
at 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



Funded by the
DEPARTMENT OF CULTURAL AFFAIRS
City of Los Angeles



Photo by Luis Zayas



Photo by Liz Galt



Photo by Rachael Hissong



Photo by David Parker Epstein



LOS ANGELES LGBT CENTER
SENIOR SERVICES

THURSDAY, JANUARY 30
1:30 - 3:30 PM



DISABILITY HEALTH FAIR



For ages 50+. Stop by to learn about community resources and connect with service providers, advocates, and support groups!

**Resources, raffle prizes,
refreshments & more!**

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

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

