



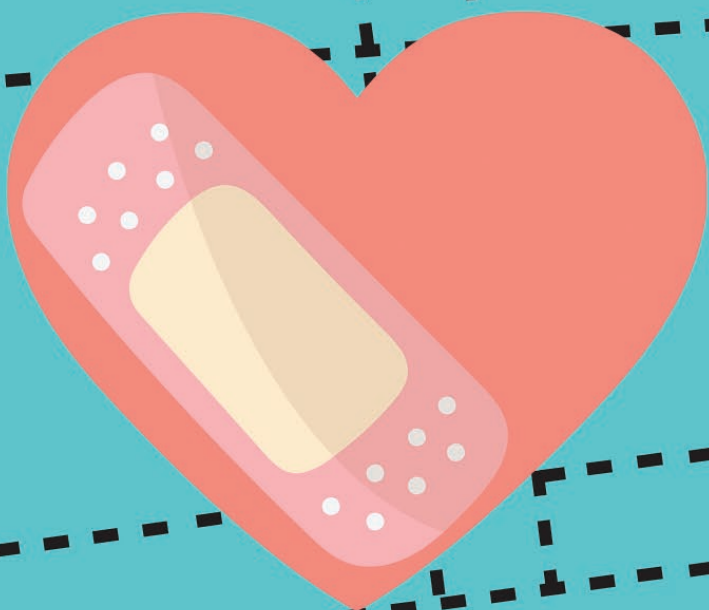
LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## JANUARY 2025

9TH ANNUAL NATIONAL  
DAY OF RACIAL HEALING



# HEALING FROM HATE – CREATING THE COLLABORATIVE BLUEPRINT

**TUESDAY, JANUARY 21, 2025**  
**1:30 - 4:00 PM**

**PRIDE HALL**  
**1118 N MCCADDEN PLACE, LOS**  
**ANGELES, CA 90038**

RSVP/Hotline: 323-860-5830 or Toll-Free: 877-688-4838 • [seniors@lalgbtcenter.org](mailto: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

As we move into January, it's a time of renewal and exploration of new ideas, hobby's and the development of new connections with community. We developed a number of arts workshops this month to grow creative opportunities. Our popular Still We Rise women's writing series returns this month with author Mimi Gonzalez providing a multisection series culminating in a group performance. Artist Instructor Mary-Linn Hughes returns with an 11-week series, "Framing our Truths." For music lovers, "LGBTQ Perspectives in Popular Music" may be a new class series to explore.

Our month ends with opportunities for participants to engage with each other for the "Day of Racial Healing" on January 21 where participants will learn: How to move forward, be safe, assist others who need it, care for ourselves, fight misinformation, remain kind, strengthen ourselves, stay alert, know your rights, and retain hope. On January 30, plan to stop by our Disability Health Fair from 1:30-3:30 in Pride Hall and connect with community resources.



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](https://seniors.lalgbtcenter.org/#/login)

# Farmers Market

**WED., JAN. 8  
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](mailto: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@lalgbtcenter.org or 323-860-5830 to join.

Meeting ID:

**949 3045 5017**

Passcode: **218422**

## TUESDAYS

### R&B LINE DANCING

**11AM–12PM**

Come and shake your groove thing with instructor E Talley II! Learn some

new moves and dance to songs you love. All levels welcome!

Location: **Senior Center**

### CARDIO SOUL DANCE

**1:30–2:30PM**

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

Location: **Senior Center**

### MOVING FORWARD AFTER LOSS

**1:30–3PM**

A 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@lalgbtcenter.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. Please note: there is no class on Tuesday, Jan 7th.

Location: **Senior Center**

### STILL WE RISE

**6:30–8:30PM**

A writing workshop for lesbian, bi, and trans women ages 50+. These four-week generative writing classes are built on a prompt-driven model with optional sharing, culminating in a group performance on the fifth

and final week. Presented by Mimi Gonzalez-Barillas.

**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

### LGBTQ PERSPECTIVES IN POPULAR MUSIC

**3-4:30PM**

This 8-week workshop beginning on Jan 15th explores some of the many ways in which gay men, lesbians, bisexuals, transgender and other queer folk have been engaged in popular music and musical theater: as composers, as performers, and as audiences. We will begin around 1900 and continue up to the present day. You need no formal musical background in order to participate!

**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



# 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**



is a safe space for the HIV-positive community.

**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

### FRAMING OUR TRUTHS

#### 10AM–12PM & 1:30–3:30PM

Unleash the power of your cellphone camera in this free 11-week workshop for LGBTQ+ seniors. Learn to edit, print, and exhibit your images. Two class options, mornings and afternoons. Led by Mary-Linn Hughes, Chris Velasco, and Alicia Alderete. Workshops begin on January 10th. Space is limited, RSVP for either the morning or afternoon workshop at [seniors@lalgbtcenter.org](mailto: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](mailto: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

# LGBTQ PERSPECTIVES IN POPULAR MUSIC

WEDNESDAYS FROM 3:00 - 4:30 PM

THIS WORKSHOP EXPLORES SOME OF THE MANY WAYS IN  
WHICH GAY MEN, LESBIANS, BISEXUALS, TRANSGENDER  
AND OTHER QUEER FOLK HAVE BEEN ENGAGED IN  
POPULAR MUSIC AND MUSICAL THEATER: AS COMPOSERS,  
AS PERFORMERS, AND AS AUDIENCES. WE WILL BEGIN  
AROUND 1900 AND CONTINUE UP TO THE PRESENT DAY.

YOU NEED NO FORMAL MUSICAL BACKGROUND IN ORDER TO  
PARTICIPATE! SPACE IS LIMITED.



8-WEEK WORKSHOP BEGINS  
ON WEDNESDAY, JANUARY 15

SPACE IS LIMITED, RSVP VIA  
[SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG) OR (323) 860-5830



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



LOS ANGELES LGBT CENTER  
SENIOR SERVICES



## 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](mailto: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

## 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](mailto: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 January:

- **Wednesday, January 1, closed for New Years Day**
- **Friday, January 17, closed at 2:00 PM**
- **Monday, January 20, closed for MLK Day**
- **Wednesday, January 29, closed at 1:30 PM**

We apologize for any inconvenience. Please plan accordingly.



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# Breakfast BINGO

**MONDAY | JANUARY 13, 2024**

Join us the 2nd Monday of each month for Breakfast Bingo!

Coffee, tea, and snacks begin at 9:30 a.m.

Bingo starts promptly at 10 a.m.

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

LOS ANGELES COUNTY  
COMMISSION ON HIV

## Aging Caucus

**Tuesday, January 7 from 1 - 2:30pm**

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

CAMP WIDOW  
www.campwidow.org

### 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](http://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

### 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)

### UPCOMING EVENT:

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

VISIT [WWW.CAMPWIDOW.ORG](http://WWW.CAMPWIDOW.ORG) FOR camp dates, registration, camp fees, campership qualifications, and more.

## Still We Rise: Creative Writing Workshop

presented by Mimi Gonzalez-Barillas

### Women 50+ (Lesbian, Bi, & Trans Women) Writing Workshop

These 4-week generative writing classes are built on a prompt-driven model with optional sharing, and culminate in a group performance on 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](mailto: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

# JANUARY

Monday	Tuesday	Wednesday
		<p>1</p> <p>Senior Center Closed</p>
<p>6</p> <p>Benefits Workshop 11 AM-12 PM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM</p> <p>Senior Center Closes at 1:30 PM</p>	<p>7</p> <p>R&amp;B Line Dancing 11 AM-12 PM HIV &amp; Aging Caucus 1-2:30 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 Still We Rise 6:30-8:30 PM Square Dancing 6:30-9 PM</p>	<p>8</p> <p>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</p>
<p>13</p> <p>Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM</p> <p>Senior Center Closes at 1:30 PM</p>	<p>14</p> <p>R&amp;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 Still We Rise 6:30-8:30 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM</p>	<p>15</p> <p>Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Senior Engagement Team 2- 3:30 PM Housing Application Days 2-4 PM LGBTQ Perspectives in Popular Music 3:00-4:30 PM</p>
<p>20</p> <p>Senior Services Closed</p>	<p>21</p> <p>R&amp;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 Racial Day of Healing 1:30-4 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Veteran's Pot-Luck Dinner 6-7:30 PM Still We Rise 6:30-8:30 PM Square Dancing 6:30-9 PM</p>	<p>22</p> <p>Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Housing Application Days 2-4 PM LGBTQ Perspectives in Popular Music 3:00-4:30 PM</p>
<p>27</p> <p>Mental Wellness Series 10 AM- 11 AM Racial Justice Allies 11 AM-12 PM Sound Bath 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM</p> <p>Senior Center Closes at 1:30 PM</p>	<p>28</p> <p>R&amp;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 Dinner &amp; Discussion 6-8 PM Still We Rise 6:30-8:30 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM</p>	<p>29</p> <p>Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Senior Center Closes at 1:30 PM</p>



Thursday	Friday
<b>2</b> Men's Hiking 9:30 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	<b>3</b> Everyday Movement 9-10 AM Living Your Best Life for 2025 1:30-3 PM Cancer Support Group 3-5 PM
<b>9</b> Men's Hiking 9:30 AM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Pathways to Housing 3-4:30 PM	<b>10</b> Everyday Movement 9-10 AM Framing our Truths 10 AM-12 PM Farmers Market @ Mi Centro 11 AM-1 PM Framing our Truths 1:30-3:30 PM Art Appreciation 3-4 PM Ebony Sage at Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>16</b> Co-Ed Hiking 9:30 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	<b>17</b> Everyday Movement 9-10 AM Framing our Truths 10 AM-12 PM TransMasc Exchange 3-4:30 PM Cancer Support Group 3-5 PM  Senior Center Closes at 2 PM
<b>23</b> Men's Hiking 9:30 AM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Field Trip to The Broad 1:30-5 PM	<b>24</b> Everyday Movement 9-10 AM Framing our Truths 10 AM-12 PM Farmers Market @ Center South 11 AM-1 PM Framing our Truths 1:30-3:30 PM Ebony Sage at Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>30</b> Men's Hiking 9:30 AM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM Disability Health Fair 1:30-3:30 PM	<b>31</b> Everyday Movement 9-10 AM Framing our Truths 10 AM-12 PM Framing our Truths 1:30-3:30 PM Cancer Support Group 3-5 PM



## Non-Weekly Events

### ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS., JAN. 9 & 23, 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](mailto:ywyte@alz.org)

**Location:** Virtual

### ART APPRECIATION

**FRI., JAN. 10, 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., JAN. 6, 11AM-12PM**

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

**Location:** Senior Center

### BREAKFAST BINGO

**MON., JAN. 13, 9:30–11AM**

Join us at the Senior Center the 2nd Monday of each month for fun and lively

THE SECOND FRIDAY  
EACH MONTH 3-4PM

## ART APPRECIATION

VIRTUAL  
MEETING ID: 984 9274 8385  
PASS: 081457



JANUARY TOPIC:  
EYE HEALTH

## 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  
JANUARY 6, 2025  
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@LAGBTCENTER.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





**EVERY SECOND TUESDAY OF THE MONTH!  
6 - 8 PM**

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.



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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

RSVP via [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830

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

## COLLECTIVE GROOVE

**TUES., JAN 14, 6-8PM**

Every second Tuesday, 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

## DISABILITY HEALTH FAIR

**THURS., JAN. 30 1:30-3:30PM**

Stop by and learn about community resources and connect with service providers, advocates, and support groups. Resources, raffle prizes, refreshments, and more provided! For ages 50+.

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

## FARMERS MARKET

**WED., JAN. 8, 11AM-1PM**

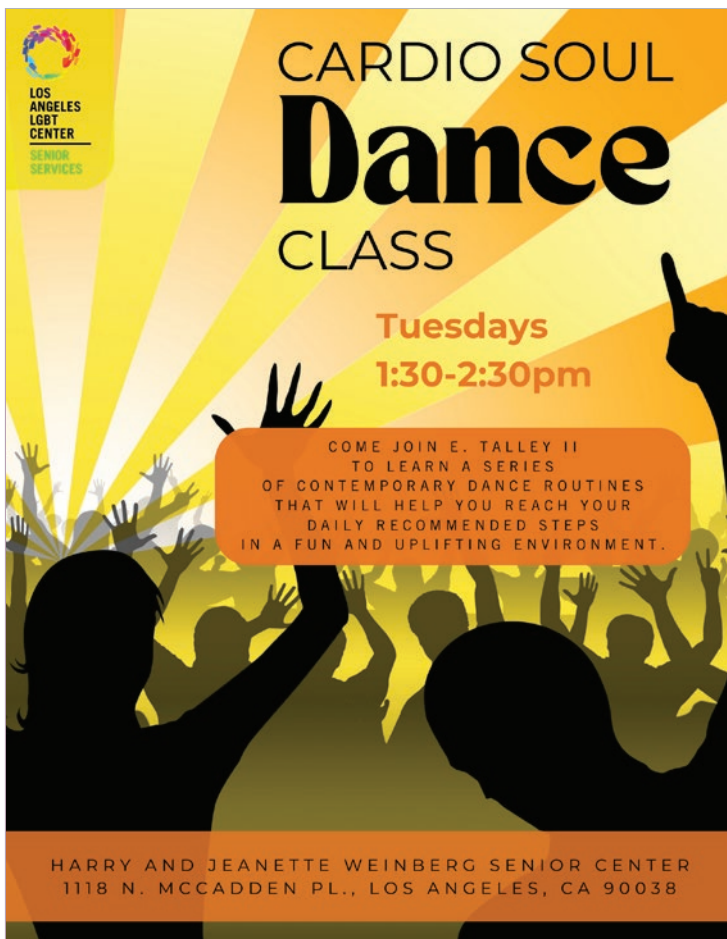
Come and select fresh produce in the Bayard Rustin Courtyard. Provided in collaboration with Seeds of Hope, the Farmers Market takes place from 11AM to 1PM. Produce is limited. First come, first served. Must be a registered participant with Senior Services.

**Location:** Senior Center

## FARMERS MARKET AT CENTER SOUTH

**FRI., JAN. 24, 11AM-1PM**

Come and select fresh produce at our community site, Center South. Provided in collaboration with Seeds of Hope, the



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  
Zoom ID: 951 8193 5482  
Contraseña: 934307

## **HIV/AIDS** Support Groups

### **Men Living with HIV**

Thursdays  
**1:30-3PM**

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

Location: Senior Center

## **HIV & AGING** Dinner & Discussion

### **Impacted by HIV**

Last Tuesday  
**6-8PM**

This monthly dinner  
and discussion series is  
geared for individuals  
living with HIV and/or  
impacted by HIV.  
A different topic is  
presented each month.

Location: Senior Center

**Para más información, contacto a:**  
**For more information, contact:**

**[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) ó (323) 860- 5830**

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





# HIV & AGING DINNER+ DISCUSSION



6:00 - 8:00 PM

TUESDAY,  
JANUARY 28TH  
2024

January Topic:  
Health & Wellness

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

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., JAN. 10, 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

## FIELD TRIP TO THE BROAD

**THURS., JAN 23, 1:30-5PM**

Join Senior Services for a field trip to the Broad Museum! Transportation provided. Recommended donation is \$10; no one will be turned away for inability to pay. Limited space. Please notify us of any accommodation requests with your RSVP.

**Location:** Senior Center

## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

**TUES., JAN. 14 & 28, 7–9PM**

In partnership with Cancer Support Community LA, the gay and bisexual men's prostate cancer support group

# MENTAL WELLNESS SERIES

10AM - 11AM

LOS ANGELES LGBT CENTER  
SENIOR SERVICES



**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.

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](mailto:info@cancersupportla.org).

**Location:** Virtual

## GRUPO DE APOYO DE VIH

**THURS., JAN. 2 & 16, 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

## LGBTECH Q&A WITH MOM'S COMPUTER

**TUES., JAN. 7 & 21, 3-4:30PM**

January 7: Learn Google Docs. A free word processor that anyone can use! What is a QR code? How do I send large attachments in my emails?

January 21: Scam Awareness Workshop. Prevent Identity Theft.

Learn how to use your smart phone for safety I'm case of a slip or fall.

All questions answered. Beginners welcome!



**Location:** Senior Center

## HIV & AGING: DINNER & DISCUSSION SERIES

**TUE., JAN. 28, 6-8PM**

This monthly dinner and discussion series is geared for individuals living with HIV or impacted by HIV. All are welcome. Bring a friend! This month's topic: Health & Wellness.

**Location:** Senior Center





**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



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

# FIELD TRIP TO THE BROAD

**THURSDAY, JANUARY 23  
1:30 PM - 5:00 PM**

JOIN SENIOR SERVICES FOR A FIELD TRIP TO THE BROAD MUSEUM! 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.

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

SPACE IS LIMITED. RSVP REQUIRED  
BY JANUARY 16TH  
TO [SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG)  
OR (323) 860-5830



## PATHWAYS TO HOUSING

Thursday, January 9th  
3:00pm - 4:30pm

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



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

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

## LIVING YOUR BEST LIFE FOR 2025

**FRI., JAN. 3, 1:30–3:00PM**

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

**Location:** Senior Center

## MENTAL WELLNESS SERIES

**MON., JAN. 27, 10–11AM**

Grief & Loss: Grief associated with loss is a common stressor faced by older adults. This presentation will define the terms “grief” and “loss,” explaining the symptoms and components of the grief process to prepare participants for what to expect with loss. We’ll share tips to improve our ability to cope with and move on from loss. A monthly series presentation by the Los Angeles County Department of Mental Health.

**Location:** Senior Center

## MCC-UCCV

**THURS., JAN. 30, 12–2PM**

Valley participants are invited to join our weekly social group at Metropolitan Community Church-UCCV for fun activities & socializing. Occurs the last Thursday of the month.

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

## PATHWAYS TO HOUSING

**THURS., JAN. 9, 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

# READING OPEN MINDS

BOOK CLUB MEETS  
1ST & 3RD THURSDAYS  
1-2:30PM

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

navigation program, but everyone is invited to learn more about the options available.

**Location:** Senior Center

## RACIAL DAY OF HEALING

**TUES., JAN. 21, 1:30-4PM**

Help create the blueprint we'll need. Come join us at the 9th Annual Day of Racial Healing! Contribute to multiple conversations that will propel us forward and create communities of allies we didn't know we had! Space is Limited.

**Location:** Senior Center

## READING OPENS MINDS

**THURS., JAN. 2 & 16, 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](mailto:seniors@lalgbtcenter.org) or call 323-860-5830.

**Location:** Senior Center

## SOUND BATH

**MON., JAN. 27, 11-12PM**

Join us at Senior Services for a sound bath led by Triangle Square resident Alex S. Sound Bath is a meditative practice that involves being immersed in resonant music or sound vibrations to help people relax and feel better. Space is Limited.

**Location:** Senior Center

## TRANSMASC INTERGENERATIONAL EXCHANGE

**FRI., JAN. 17, 3-4:30PM**

In collaboration with InvisibleMen, "The Exchange" provides an intergenerational social space for the transmasculine community. The Exchange meets online on

## SOUND BATH

Monday, January 27TH  
11 AM-12 PM

with Alex

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

Space is Limited,  
please RSVP.



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

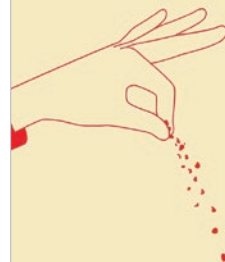
Harry & Jeanette Weinberg Senior Center  
1118 N. McCadden Pl. Los Angeles, CA 90038

RSVP via [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830

## VETERAN'S POTLUCK DINNER

TUESDAY, JANUARY 21, 6PM

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



LOS ANGELES LGBT CENTER  
SENIOR SERVICES



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





LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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  
[seniorselalgbtcenter.org](http://seniorselalgbtcenter.org) or 323-860-5830



**Kingdom Day Parade**  
"Peace and Unity, Let it Start with Us"



**SATURDAY, JANUARY 18TH**  
TO GET SEATS 9:00AM, PARADE STARTS AT 10:00AM  
**10 - 2PM**

FOR MORE INFORMATION PLEASE  
SCAN THE QR CODE TO VISIT  
[KINGDOMDAYPARADE.ORG](http://KINGDOMDAYPARADE.ORG)

COME AND BE A PART OF HISTORY.

**POST-ELECTION  
& HOLIDAY  
SUPPORT  
SPACE**

FREE, DROP-IN, VIRTUAL ON ZOOM  
SEMI-STRUCTURED SPACES  
WITH EDUCATION, TOOLS,  
AND OPEN SHARING TIME.

RSVP & READ MORE:



**JAN 8** 5:30-7pm  
POLICY & ENGAGEMENT TEAM UPDATES

**JAN 14** 5:30-7pm  
LEGAL SERVICES UPDATES

**JAN 22** 5:30-7pm  
DISTRESS TOLERANCE & EMOTION REGULATION

**JAN 27** 5:30-7pm  
WISDOM FROM QUEER ELDERLY

**FEB 4** 6-7:30pm  
GETTING INTO ACTION

**FEB 12** 6-7:30pm  
FINDING SAFETY IN THE PRESENT MOMENT

**MENTAL HEALTH SERVICES**

the 3rd Friday of every month.

**Meeting ID: 970 2805 6270**

**Passcode: 803002**

## VETERAN'S POTLUCK DINNER

**TUES., JAN. 21, 6-7:30PM**

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**

## UPCOMING FEBRUARY ACTIVITIES

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

SENIOR SERVICES PRESENTS THE  
**VALENTINE'S DAY  
DANCE**

**13**  
February

**3-5**  
PM

THE VILLAGE  
AT ED GOULD PLAZA  
1125 N. MCCADDEN PL.  
LOS ANGELES, CA 90038

Encouraged Attire:  
RED & PINK

**LATLC**  
LOS ANGELES  
TRIAL LAWYERS' CHARITIES

♡ **FRIDAY, FEBRUARY 14** ♡



**DRINKS - MUSIC - LOVE - DANCE**

**SENIOR CENTER**  
1118 N MCCADDEN PLACE,  
LOS ANGELES, CA 90039

JOIN US ON FRIDAY, FEBRUARY 14TH FOR A DAY  
FILLED WITH LOVE ALONGSIDE THE LOS  
ANGELES TRIAL LAWYERS' CHARITIES (LATLC),  
STAY TUNED IN FOR MORE INFORMATION!

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES


*Still We Rise*  
**Women 50+ Memoir  
WRITING WORKSHOP**

The stories that we share about our lives are what people  
remember most about us. And capturing those stories, by  
writing them down, help us process those experiences.

Join professional Memoir Writer, Pat Kramer for this memorable  
writing workshop and get started writing your memoir!


**Tuesdays, 6:00-8:00 PM**  
**February 25, March 4, 11, 18 & 25**

In person and Via Zoom  
To RSVP, contact [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830



Pat Kramer is the founder of Writer For Hire, a professional writing service that creates memoirs and books. She has written dozens of personal memoirs for seniors and family histories. She has worked as a broadcast news journalist in radio, and in print for Variety, L.A. Times and many other publications.

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

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

Space is limited.

RSVP Required.





**SUGGESTED  
DONATION:  
\$5\***

**\*NO ONE WILL  
BE TURNED AWAY  
FOR INABILITY  
TO PAY**

SENIOR SERVICES  
PRESENTS

# SOULFUL LUNCH

**FEB. 27TH, 3 - 5PM**

IN HONOR OF BLACK HISTORY MONTH AND  
NATIONAL BLACK HIV/AIDS AWARENESS DAY,  
JOIN US FOR AN AFTERNOON OF  
INSPIRATION, CELEBRATION, CONVERSATION AND MUSIC.

SPACE IS LIMITED. RSVP REQUIRED BY FEBRUARY 13  
TO [SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG) OR (323) 860-5830

PRODUCED IN COLLABORATION WITH MOCA 50+ AND EBONY SAGE CIRCLE



LOCATION: PRIDE HALL  
ANITA MAY ROSENSTEIN CAMPUS  
1118 N. MCCADDEN AVE.  
FREE PARKING AVAILABLE.