



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

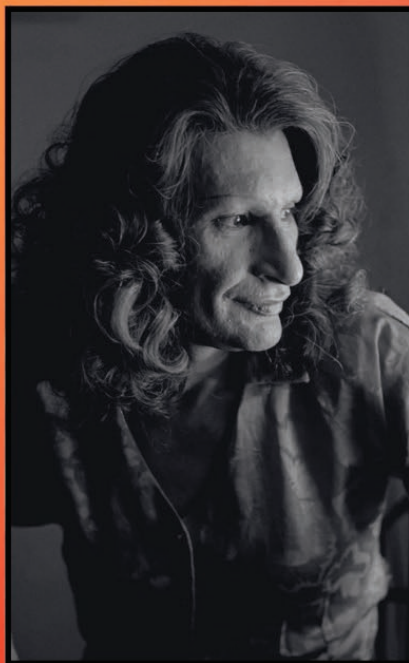
50+

MARCH 2025

WOMEN'S HISTORY MONTH



Audre Lorde



Sylvia Rivera



Lily Tomlin

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



**LOS ANGELES
LGBT
CENTER**
SENIOR
SERVICES

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

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

Helpline:
323-860-5830

Toll Free:
877-688-4833

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

GO GREEN



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

LETTER FROM KIERA

In this uncertain political landscape, I hope our participants know that the Center continues our mission that LGBTQIA+ folks are healthy, equal, and complete. Please consider ways you can take care of yourself when needed—whether that's through participating in an art, fitness, or writing classes or attending a sound bath session (4th Monday of the month, 11AM). Drop in for a case management appointment to get added to our waitlist for mental health services or connected with a referral. Consider attending the March 3rd workshop on depression and anxiety (10–11AM) to gain tools to help manage these conditions. For those interested in educating elected officials, check our regular email blasts for opportunities to advocate on important policies impacting our community.

We have many exciting programs to celebrate the contributions of lesbian, bisexual, queer, and trans women this month. Women's History Month Cinema will screen a different film each Thursday morning at 10AM. On Saturday, March 15th, 1–3PM, we will host a special poetry reading, *Forever Fierce*, where participants will read important works by lesbian writers past and present. On April 24, we will have our Women's Liberation celebration and dance in Pride Hall. Bring your dancing shoes and meet friends, partners, or love interests for a wonderful time connecting in community.

We also have two highlights for our trans and gender-expansive clients: A new monthly potluck, *Seasoned and Sizzling*, on March 4th at 6PM, and our *Spilling the Tea & Shining Bright* celebration on March 27th, 3-5PM, in honor of Trans Day of Visibility*.



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, City of Los Angeles Department of Aging, and Gilead Sciences.

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 Tuesdays, Wednesdays, and Thursdays, 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.

An illustration of three people working in a cyber center. One person is standing and pointing at a large screen displaying code. Another person is sitting at a desk with a computer monitor. A third person is standing and looking at a tablet. The background is a blue grid with a red net-like pattern. The text "CYBER CENTER" is written in large yellow letters at the top. The Los Angeles LGBT Center logo is in the top right corner.

CYBER CENTER

LOS ANGELES
LGBT
CENTER

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

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

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., MARCH 5 • 11AM–1PM

Anita May Rosenstein Campus
Bayard Rustin Courtyard

Come and select fresh produce in the Bayard Rustin Courtyard. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the first Wednesday of every month from 11AM to 1PM.

Produce is limited; first come, first served. Must be a registered participant with Senior Services.



JOIN US
MONDAY THROUGH
FRIDAY FOR:

Hot, Delicious & Nutritious Lunch



12:30-
1:30 PM

Hot, delicious, and nutritious lunches created by the Center's Culinary Arts Education Program are available Monday through Friday at 12:30-1:30PM. Meals are first come, first served based on availability. Vegan options are available.

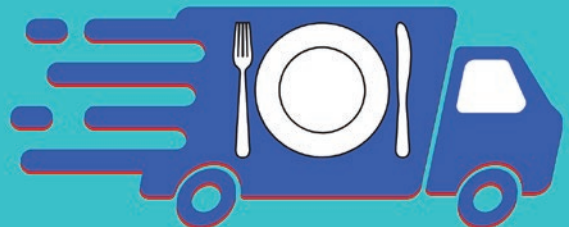
Please bring your Senior Services ID Card.
If you are new to our lunch program,
please check-in at the front desk to enroll.

More Info: seniors@lalgbtcenter.org or 323.860.5830

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

Lunch Delivery To Your Home

The Center's Culinary Arts Department is now delivering hot meals to senior members, ages 60+ 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, 90039 and 90048

For More Information Contact (323) 860-7359




STRUGGLING WITH HOUSING CRISIS IN LOS ANGELES?

HOUSING NAVIGATION DROP-INS AT THE LA LGBT
CENTER'S, SENIOR SERVICES DEPARTMENT

Are you facing challenging times? Worried about your housing situation or currently without housing?

Work one-on-one with a Housing Navigator to explore your options, create a personalized plan, and receive support on your housing journey.

Drop-in appointments are first come, first served **every Tuesday**. To secure a spot, please register in person at the Senior Center.

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



LOOKING FOR MORE AFFORDABLE HOUSING OPTIONS?

Join our hands-on workshop designed specifically for older adults seeking affordable housing. Learn how to search for housing opportunities, complete applications, and take actionable steps—all in one session. Our team is here to support you as you explore options and work toward securing a place that fits your budget. Don't wait—let's take the first steps together! Space is limited.

EVERY WEDNESDAY
2:00 - 4:00 PM

Cyber Center at the Village at Ed Gould Plaza
1125 N McCadden Place, Los Angeles 90038



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



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 índoles), 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



Weekly Events

MONDAYS

RACIAL JUSTICE ALLIES

11AM–12PM

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

Meeting ID:

913 4967 4772

Passcode: 427757

SENIOR WRITING GROUP

11:30AM-1:30PM

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

Meeting ID:

949 3045 5017

Passcode: 218422

TUESDAYS

R&B LINE DANCING

11AM–12PM

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

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

Location: Senior Center

CARDIO SOUL DANCE

1:30–2:30PM

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

Location: Senior Center

MOVING FORWARD AFTER LOSS

1:30–3PM

A social 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

STILL WE RISE: WOMEN 50+ MEMOIR WRITING WORKSHOP

6–8PM

The stories we share about our lives are what people remember most about us. And capturing those stories by writing them

down helps us process those experiences. Join professional memoir writer Pat Kramer for this 5-week writing workshop beginning Feb. 25 to get started on writing your memoir. Space is limited. To RSVP, contact seniors@lgbtcenter.org or 323-860-5830.

Location: Senior Center In person with Zoom virtual option

SQUARE DANCING

6:30–9PM

Join the Tinseltown Squares for an evening of swings, promenades, and sashays. Beginners welcome! Contact seniors@lgbtcenter.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

Looking for More Affordable Housing Options? Join our hands-on workshop designed specifically for older adults seeking affordable housing. Learn how to search for housing opportunities, complete applications, and take actionable steps—all in one session. Our team is here to support you as you explore options and work toward securing a place that fits your budget. Don't wait—let's take the first steps together! Meets 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 Jan. 15, 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. No musical background required to participate! Series concludes Wednesday, March 12.

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

WOMEN'S HISTORY MONTH CINEMA

10AM-12PM

Join us every Thursday in March as we celebrate the stories of women in film. Films will feature women filmmakers and actors. See the accompanying flyer for the list of films that will be shown.

Location: Senior Center

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

FRIDAYS

EVERYDAY MOVEMENT FOR ALL

11:30AM-12:30PM

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@lgbtcenter.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

WOMEN'S HISTORY MONTH CINEMA



EVERY THURSDAY 10-12 PM

MARCH 6
THE FAVOURITE (2018)

MARCH 13
HIDDEN FIGURES (2017)

MARCH 20
NYAD (2017)

MARCH 27
ROMA (2018)

SCHEDULE

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



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

Enhanced Audio Support Now Available at Senior Services

BEGINNING MARCH 1ST

Dear Senior Services Clients,

We are committed to creating an inclusive and accessible environment for all our community members. To better support clients with hearing loss, Senior Services is now equipped with audio and sound gear, including microphones and speakers, which will be integrated into most group activities.

Additionally, personal headsets are available for clients who may need extra hearing assistance at the Senior Center. If you would like to check out a headset, please visit the front desk. Our staff is happy to assist you with any questions or additional accessibility needs.

Thank you for being part of our community. We look forward to ensuring everyone has a comfortable and engaging experience in our programs.



For assistance, please visit the front desk, connect with a staff member or request hearing accommodation at (323) 860-5820 or seniors@lalgbtcenter.org




LOS ANGELES LGBT CENTER
 SENIOR SERVICES



SATURDAY MARCH 8TH 1-4PM

50+ SOCIAL

@ KISO

CONVERSATION, ONE FREE DRINK
TICKET, CASH BAR, AND YOU!

▶▶▶ **FREE ENTRY**

KISO DTLA
107 4TH ST, LOS ANGELES, CA 90013

RSVP AT OR SCAN THE QR CODE:
[SICKENING.EVENTS/E/50-SOCIAL-3-8-25/TICKETS](https://www.sickening.events/e/50-social-3-8-25/tickets)




MORNING VIDEO WORKOUT

KICKSTART YOUR DAY WITH GENTLE CHAIR STRETCHING AND BEGINNERS VIDEO EXERCISES.

MONDAY, MARCH 24
9:30-10:30 AM
(4TH MONDAY OF EVERY MONTH)

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


LOS ANGELES LGBT CENTER
 SENIOR SERVICES



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

- Friday, March 28, closed at 2:00 PM
- Monday, March 31, closed for Cesar Chavez Day

We apologize for any inconvenience. Please plan accordingly.



Monday Minglers

Join us for Monday Minglers, a morning of connection and fun with Senior Services staff over engaging games. Happening every third Monday of the month!

March 17th, 9:30-11AM



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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




LOS ANGELES LGBT CENTER
CDPH
California Department of Public Health
IRB # 2024-09-005

LBTQ+ HEALTH NEEDS SURVEY

If you live in Southern California, from SLO-Imperial, help us learn more about your healthcare access! We want to hear from the following people:

- Womxn
- BIPOC (Black, Indigenous, & People of Color)
- 18+
- Lesbian, Bi, Queer+
- Trans Identified folx
- Folx who have experienced girlhood or womxnhood

SCAN ME




MORE INFORMATION

- \$15 INCENTIVE for the first 2,000 responses
- ceastburn@lalgbtcenter.org
- <https://survey.alchemer.com/s3/7959756/LosAngeles>



SAVE THE DATE

Women's Liberation Celebration
Thursday, April 24, 5-7 PM
Pride Hall
1118 N McCadden Pl., 90038

Senior Art Exhibit
Thursday, May 1, 3-5 PM
Advocate & Gochis Galleries
1125 N. McCadden Pl., 90038

AANHPI Celebration
Thursday, May 8, 3-5 PM
The Village at Ed Gould Plaza
1125 N. McCadden Pl., 90038

MORE INFORMATION TO COME!

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 or (323) 860-5830

Space is limited.

RSVP Required.



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.

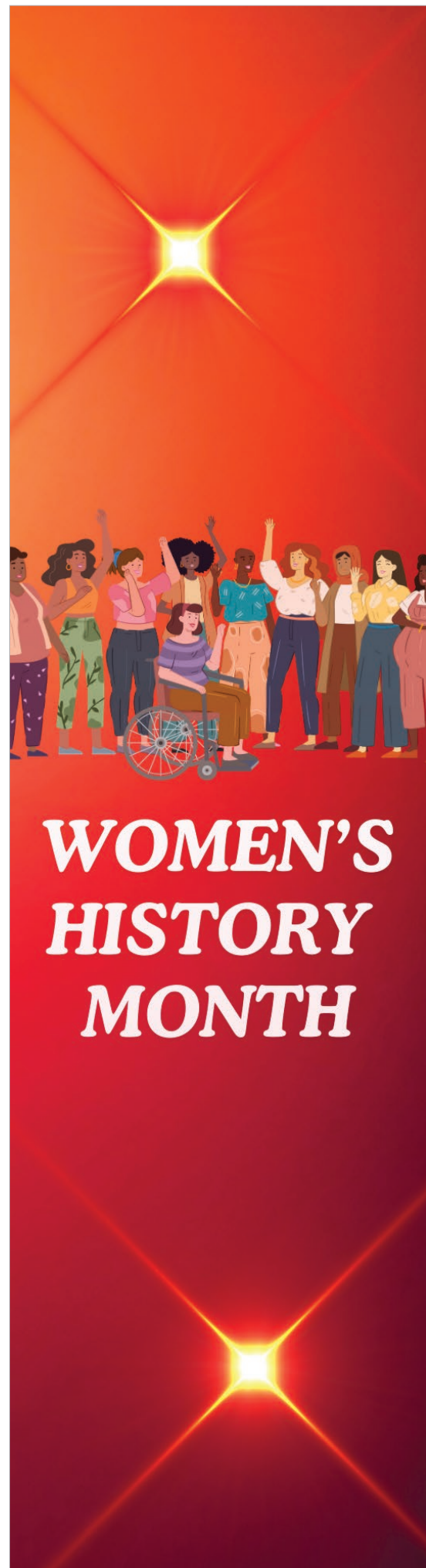
Harry & Jeanette Weinberg Senior Center
1118 N McCadden Place, Los Angeles, CA 90038

LOS ANGELES LGBT CENTER
SENIOR SERVICES

MARCH

Monday	Tuesday	Wednesday
<p>3</p> <p>Monday Giveaway 9:30-11AM Mental Wellness Series 10-11 AM 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>4</p> <p>Cyber Center 10 AM-1 PM & 2-5 PM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Seasoned and Sizzling 6-7:30 PM Still We Rise 6-8 PM Square Dancing 6:30-9 PM</p>	<p>5</p> <p>Cyber Center 10 AM-1 PM & 2-5 PM 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 LGBTQ Perspectives in Popular Music 3-4:30 PM</p>
<p>10</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>11</p> <p>Cyber Center 10 AM-1 PM & 2-5 PM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM Collective Grove 6-8 PM Still We Rise 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM</p>	<p>12</p> <p>Cyber Center 10 AM-1 PM & 2-5 PM 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 3-4:30 PM</p>
<p>17</p> <p>Monday Minglers 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>18</p> <p>Cyber Center 10 AM-1 PM & 2-5 PM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Still We Rise 6-8 PM Veteran's Pot-Luck Dinner 6-7:30 PM Square Dancing 6:30-9 PM</p>	<p>19</p> <p>Cyber Center 10 AM-1 PM & 2-5 PM 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 Senior Services Advisory Team 2-3:30 PM Healthy Living Workshop 3-4:30 PM</p>
<p>24</p> <p>Morning Video Workout 9:30-10:30 AM Racial Justice Allies 11 AM-12 PM Sound Bath 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM LA LA Leather 7:30-9:30 PM</p> <p>Senior Center Closes at 1:30 PM</p>	<p>25</p> <p>Cyber Center 10 AM-1 PM & 2-5 PM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Still We Rise 6-8 PM HIV Dinner & Discussion in WeHo 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM</p>	<p>26</p> <p>Cyber Center 10 AM-1 PM & 2-5 PM 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 Healthy Living Workshop 3-4:30 PM</p>
<p>31</p> <p>Cesar Chavez Day Senior Center Closed</p>		

Thursday	Friday
<p>6</p> <p>Men's Hiking 9:30 AM Women's History Month Cinema 10 AM-12 PM Cyber Center 10 AM-1 PM & 2-5 PM Grupo de Apoyo de VIH 10-11:30 AM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM USC Mobile Clinic 1:30-3 PM Pathways to Housing 3-4:30 PM</p>	<p>7</p> <p>Framing Our Truths 10 AM-12 PM Everyday Movement 11:30 AM-12:30 PM Framing Our Truths 1:30-3:30 PM Ebony Sage Circle 3-4:30 PM Cancer Support Group 3-5 PM</p>
<p>13</p> <p>Men's Hiking 9:30 AM Women's History Month Cinema 10 AM-12 PM Cyber Center 10 AM-1 PM & 2-5 PM Alzheimer's Support Group 12-1:30 PM Field Trip to LA Zoo 1:30-5:30 PM Men Living with HIV 1:30-3 PM</p>	<p>14</p> <p>Framing Our Truths 10 AM-12 PM Farmers Market @ Mi Centro 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Framing Our Truths 1:30-3:30 PM Art Appreciation 3-4 PM Ebony Sage Circle at Center South 3-4:30 PM Cancer Support Group 3-5 PM</p>
<p>20</p> <p>Co-Ed Hiking 9:30 AM Women's History Month Cinema 10 AM-12 PM Cyber Center 10 AM-1 PM & 2-5 PM Grupo de Apoyo de VIH 10-11:30 AM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM</p>	<p>21</p> <p>Framing Our Truths 10 AM-12 PM Everyday Movement 11:30 AM-12:30 PM Framing Our Truths 1:30-3:30 PM TransMasc Exchange 3-4:30 PM Ebony Sage Circle at Center South 3-4:30 PM Cancer Support Group 3-5 PM</p>
<p>27</p> <p>Men's Hiking 9:30 AM Women's History Month Cinema 10 AM-12 PM Cyber Center 10 AM-1 PM & 2-5 PM Alzheimer's Support Group 12-1:30 PM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM Spilling the Tea & Shining Bright 3-5 PM</p>	<p>28</p> <p>Framing Our Truths 10 AM-12 PM Farmers Market @ Center South 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Senior Center Closes at 2 PM</p>



Non-Weekly Events

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., MAR. 13 & 27, 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., MAR. 14, 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

MAR. 3, 11AM-12PM

Join us on the 1st Monday of each month for a benefits workshop. Learn about different public benefits and community resources. March topic: Sleep Health Presentation.

Location: Senior Center

BREAKFAST BINGO

MON., MAR. 10, 9:30-11AM

Join us at the Senior Center the 2nd Monday of each month for fun and lively Breakfast Bingo! Coffee, tea, and snacks provided. Win fun prizes and get to know



THE SECOND FRIDAY
EACH MONTH 3-4PM

**ART
APPRECIATION**

VIRTUAL
MEETING ID: 984 9274 8385
PASS: 081457



LOS ANGELES
LGBT
CENTER
SENIOR
SERVICES

MARCH TOPIC:
SLEEP 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
MARCH 3, 2025
11AM - 12PM**

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

Breakfast BINGO

MONDAY | MARCH 10, 2025

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

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.

ALL LEVELS WELCOMED!

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 Harry & Jeanette Weinberg Senior Center
1118 N. McCadden Pl. Los Angeles, CA 90038
SENIOR SERVICES RSVP via seniors@lalgbtcenter.org or 323-860-5830

your neighbors. Breakfast and coffee begin at 9:30AM. Bingo starts promptly at 10AM.

Location: Senior Center

COLLECTIVE GROOVE

TUES., MAR. 11 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

FARMERS MARKET

WED., MAR. 5, 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., MAR. 28, 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., MAR. 14, 11AM–2PM

Ven y selecciona productos frescos en nuestro sitio comunitario, Mi Centro.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

PATHWAYS TO HOUSING

**Thursday, March 6
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



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
4th 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 ó (323) 860- 5830

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



screenings + connections

Thursday, March 6, 2025 at 1:30 - 3:00 PM
Room 1017, Lunch Room

Mobile Clinic at USC is excited to provide FREE A1c (diabetes) and blood pressure screenings. On-site physician will be here to answer any questions about your results.

A1c Screening • Blood Pressure Screening • Board Games • Cards
Bracelet • Drawing • Coloring

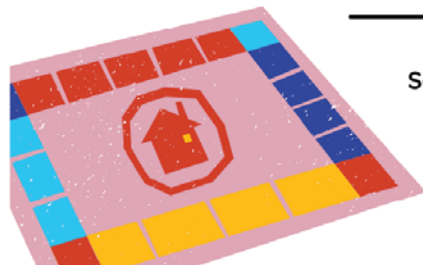
pruebas + conexiones

Jueves 6 de Marzo de 2025 de 1:30 - 3:00 PM
Salón 1017, Comedor

Mobile Clinic at USC está emocionado de proveer pruebas de A1c (diabetes) y presión arterial. Nuestro medico estará aqui para responder a sus preguntas sobre los resultados de sus pruebas.

Prueba de presión arterial Prueba de A1c • Juegos de Mesa Pulseras • Dibujar • Colorear

mobile clinic
at USC



HIV & AGING DINNER+ DISCUSSION

6:00 - 8:00 PM

MARCH TOPIC:
NATIONAL WOMEN AND GIRLS
HIV/AIDS AWARENESS DAY

PRESENTER:
EAST LOS ANGELES
WOMEN'S CENTER

TUESDAY,
MARCH 25
2025

THIS MONTHLY DINNER AND DISCUSSION SERIES IS GEARED TOWARDS PEOPLE LIVING WITH HIV OR IMPACTED BY HIV. TO COMMEMORATE NATIONAL WOMEN AND GIRLS HIV/AIDS AWARENESS DAY/WOMEN'S HISTORY MONTH, WE INVITE REGULAR ATTENDING GUESTS TO BRING A FEMALE IDENTIFIED GUEST WHO HAS MADE A POSITIVE IMPACT IN YOUR LIFE.

PLUMMER PARK
7377 SANTA MONICA BOULEVARD, WEST HOLLYWOOD, CA 90046
RSVP AT SENIORS@LALGBTCENTER.ORG OR (323) 860-5830



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 LA ZOO

THURS., MAR. 13, 1:30–5:30PM

Join Senior Services for a field trip to the L.A. Zoo! Transportation provided. Recommended donation is \$10; no one will be turned away for inability to pay. Space is limited. RSVP required by March 6 to seniors@lalgbtcenter.org or 323-860-5830. Please notify us of any accommodation requests.

Location: Senior Center

FOREVER FIERCE: LESBIAN WRITERS REMEMBERED

SAT., MAR. 15, 1–3 PM

In honor of Women's History Month, this special reading celebrates the voices of lesbian writers past and present. Readers will share their own work alongside tributes to trailblazing writers like Dorothy Allison, Audre Lorde, Pat Parker, Tatiana de la Tierra, and Mary Oliver. Don't miss this heartfelt celebration of resilience, creativity, and legacy.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., MAR. 11 & 25, 7–9PM



Field Trip to the Zoo

**THURSDAY, MARCH 13,
1:30 - 5:30 PM**

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

RSVP required by March 6th to
seniors@lalgbtcenter.org or (323) 860-5830.
Please notify us of any accommodation requests.



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

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., MAR. 6 & 20, 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

HEALTHY LIVING WORKSHOP

WED., MAR. 19 & 26, 3-4:30PM

Join Planned Parenthood Los Angeles at Senior Center for engaging workshops on healthy relationships.

MAR. 19: This session introduces relationship rights and responsibilities. Participants will look at the way people communicate in different scenarios, build their advocacy skills by suggesting ways people can make decisions together and communicate respectfully, and learn the spectrum of healthy and unhealthy relationships.

MAR. 26: This session introduces common STIs and how they are transmitted, tested for, and treated, as well as how they can be prevented. Participants will also see a demonstration of three barrier methods that can help prevent STI transmission.

Location: Senior Center



CANCER SUPPORT COMMUNITY LOS ANGELES

LOS ANGELES LGBT CENTER SENIOR SERVICES

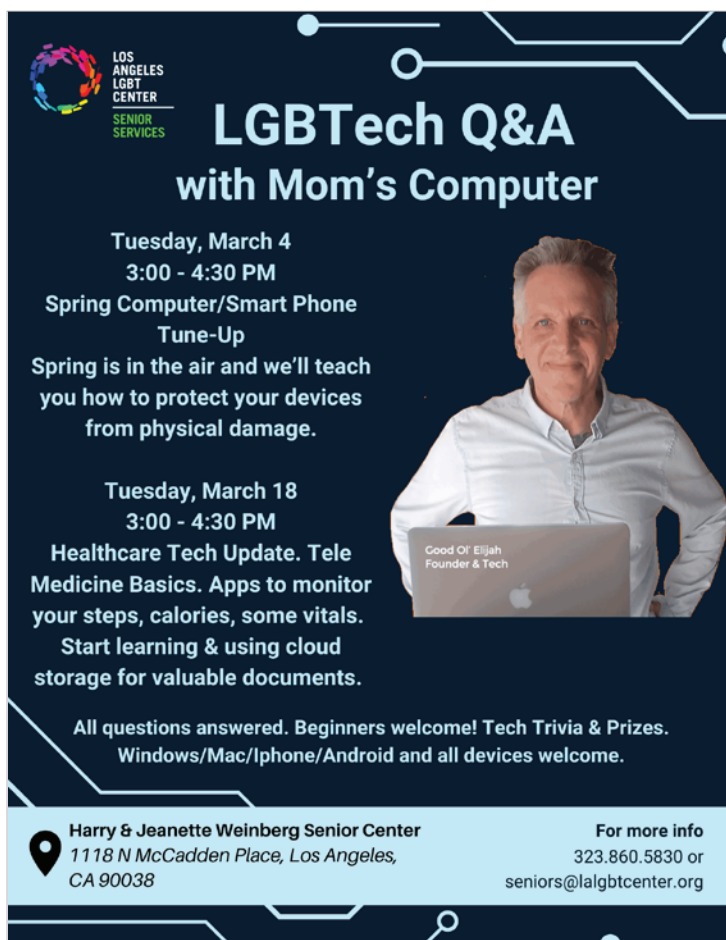
GAY MEN'S PROSTATE CANCER SUPPORT GROUP

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

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

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

FOR MORE INFO, CONTACT: INFO@CANCERSUPPORTLA.ORG



LOS ANGELES LGBT CENTER SENIOR SERVICES

LGBTech Q&A with Mom's Computer

Tuesday, March 4
3:00 - 4:30 PM
Spring Computer/Smart Phone Tune-Up
Spring is in the air and we'll teach you how to protect your devices from physical damage.

Tuesday, March 18
3:00 - 4:30 PM
Healthcare Tech Update. Tele Medicine Basics. Apps to monitor your steps, calories, some vitals. Start learning & using cloud storage for valuable documents.

All questions answered. Beginners welcome! Tech Trivia & Prizes. Windows/Mac/Iphone/Android and all devices welcome.

Good Of Elijah
Founder & Tech

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

For more info
323.860.5830 or
seniors@lalgbtcenter.org

LALP CONCERT VI:
COME TOGETHER

MUSICAL DIRECTOR, JASON LO
 RENBERG THEATRE
 L.A. LGBT CENTER
 DRESS CODE: LEATHER/FETISH GEAR



A concert of classic and original film music performed in Gear by members of the Los Angeles Leather community in the tradition of the beloved "Classic Meets Fetish" Concerts held in Berlin.

\$30 PRE-SALE UNTIL 3/15
 \$40 AFTER 3/15 AND AT THE DOOR



Berlin Leder Fetisch (BLF), Tyrone Rontganger Presents.
 Jonathan A. Wright, Esq., Christopher Romberg

DOORS 7PM MUSIC 7:30PM END 9:30PM
MONDAY, MARCH 24, 7:30PM
 1125 N. McCadden Place, Los Angeles, CA 90038
 LOSANGELESLEATHERPRIDE.COM

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., MAR. 25. 6-8PM

This monthly dinner and discussion series is geared towards people living with HIV or impacted by HIV. To commemorate National Women and Girls HIV/AIDS Awareness Day/Women's History Month, we invite regular attending guests to bring a female identified guest who has made a positive impact in your life. This month's presenter: East Los Angeles Women's Center. RSVP to: seniors@lalgbtcenter.org or 323-860-5830.

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

LA LA LEATHER

MON., MAR. 24, 7:30-9:30PM

A concert of classical and original music from film, tv, and video games performed in gear by members of the LA leather community in the tradition of the beloved "Classic Meets Fetish" concerts held in Berlin. Limited amount of free tickets available to Senior Services participants, RSVP to seniors@lalgbtcenter.org or 323-860-5830.

Location: The Village, 1125 N McCadden Place, Los Angeles, CA 90038

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., MAR. 4 & 18, 3-4:30PM

MAR. 4: Spring Computer/Smart Phone Tune-Up. Spring is in the air, and we'll teach you how to protect your devices from physical damage.
 MAR. 18: Learn how to use screenshots to save your info & appointments. What is Dropbox, Google Drive, etc. and how can I use them? All questions answered. Beginners welcome! Tech Trivia & Prizes. All devices are welcome.

SPILLING THE TEA & SHINING BRIGHT

THURSDAY, MARCH 27TH
 3PM TO 5PM



Join us for an afternoon social in Pride Hall as we celebrate and uplift our community in honor of Trans Day of Visibility*! This TGI/ENBY+ space is a welcoming place to connect, share, and discover local resources.

Space is limited; RSVP required by March 15 to seniors@lalgbtcenter.org or 323.860.5830
 Free Parking Available with Validation
 LA LGBT Senior Center
 1118 N. McCadden Place, Los Angeles, CA 90038



Location: Senior Center

MENTAL WELLNESS SERIES

MON., MAR. 3, 10–11AM

Depression and Anxiety: Learn to recognize the symptoms of depression and anxiety in seniors. Find out what contributes to these problems and what needs to be done when you or someone you love suffers from depression or anxiety.

Location: Senior Center

MCC-UCCV

THURS., MAR. 27, 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

MONDAY GIVEAWAY

MON., MAR. 3, 9:30–11AM

Every first Monday of the month, attend a morning activity (Mental Wellness Series at 10am or the Benefits Workshop at 11am) to receive a giveaway item (While supplies last). This month's giveaway - Oral Hygiene Kit.

Location: Senior Center

MONDAY MINGLERS

MON., MAR. 17, 9:30-11AM

Join us for Monday Minglers, a morning of connection and fun with Senior Services staff over engaging games. Happening every third Monday of the month!

Location: Senior Center

MONDAY VIDEO WORKOUT

MON., MAR. 24, 9:30-10:30AM

Kickstart your day with gentle chair



LOS ANGELES LGBT CENTER
SENIOR SERVICES

MENTAL WELLNESS SERIES

10AM - 11AM

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.

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

MONDAY GIVEAWAY

MONDAY | MARCH 3RD

ATTEND A MONDAY MORNING ACTIVITY (MENTAL WELLNESS SERIES AT 10AM OR THE BENEFITS WORKSHOP AT 11AM) TO RECEIVE A GIVEAWAY ITEM (WHILE SUPPLIES LAST).

THIS MONTH'S GIVEAWAY - ORAL HYGIENE KIT.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

HEALTHY LIVING WORKSHOP

W/ PLANNED PARENTHOOD LA



MARCH 19 FROM 3 - 4:30 PM

HEALTHY RELATIONSHIPS

This session introduces relationship rights and responsibilities.

MARCH 26 FROM 3 - 4:30 PM

STIS

This session introduces common STIs and how they are transmitted, tested for, and treated, as well as how they can be prevented.

APRIL 2 FROM 3 - 4:30 PM

SELF-ADVOCACY

This session provides participants with strategies and good practices for self-advocacy.



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

stretching and beginners video exercises. Occurs the fourth Monday of each month.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., MAR. 6, 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., MAR. 6 & 20, 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

SEASONED AND SIZZLING

TUES., MAR. 4, 6-7:30PM

Join us every 1st Tuesday for a Potluck gathering for transgender and gender non-conforming adults to support one another and build community. Senior Services will provide a dish.

Location: Senior Center

SOUND BATH

MON., MAR. 24, 11-12PM

Join us at Senior Services for a sound bath led by Alex S.! A sound bath is a deeply immersive, meditative experience where you'll be surrounded by soothing vibrations

FOR TRANSGENDER AND ENBY ADULTS

SEASONED & SIZZLING

BRING A DISH TO SHARE!

JOIN US EVERY 1ST TUESDAY FOR A POTLUCK GATHERING FOR TRANSGENDER AND GENDER NON-CONFORMING ADULTS TO SUPPORT ONE ANOTHER AND BUILD COMMUNITY. SENIOR SERVICES WILL PROVIDE A DISH.

**TUESDAY | MARCH 4TH
6-7:30 PM**



from instruments like singing bowls, gongs, and chimes, promoting relaxation and inner calm. Space is limited.

Location: Senior Center

SPILLING THE TEA & SHINING BRIGHT CELEBRATION

THURS., MAR. 27, 3-5PM

Join us for an afternoon social in Pride Hall as we celebrate and uplift our community in honor of Trans Day of Visibility*! This TGI/ENBY+ space is a welcoming place to connect, share, and discover local resources.

Location: Senior Center

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., MAR. 21, 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

USC MOBILE CLINIC

THURS., MAR. 6, 1:30-3PM

Mobile Clinic at USC is excited to provide FREE A1c (diabetes) and blood pressure screenings. On-site physician will be here to answer any questions about your results.

Location: Senior Center

VETERAN'S POTLUCK DINNER

TUES., MAR. 18, 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. Food theme for the month: Mediterranean.

Location: Senior Center

LOS ANGELES LGBT CENTER
SENIOR SERVICES

FOREVER FIERCE:
LESBIAN WRITERS REMEMBERED

SATURDAY, MARCH 15
1-3 PM

JOIN US FOR AN AMAZING ENSEMBLE OF WOMEN WRITERS
SHARING THEIR WORKS AND PAYING TRIBUTE TO
LESBIAN WRITERS WE HAVE LOST

Presenting:
Jennifer Abod, Deven Bouchet, Sharon Bridgforth, Jen Cheng, Iyatunde Folayan,
Olga Garcia, Catherine Gewertz, Mimi Gonzalez, Dorothy Randall Gray, Queen
Hollins, Bonnilee Kaufman, Traci Kato Kiriyama, Ronna Magy, Kimiko Jean
McCarthy, Cynthia Ruffin, Imani Tolliver, Jennifer Lisa Vest, & Terry Wolverton
MC Ava Square

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

VETERAN'S
POTLUCK DINNER
TUESDAY, MARCH 18, 6 PM

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

THURSDAY, APRIL 24 5 - 8 PM

WOMEN'S LIBERATION

Celebration Dance - United by Womanhood



**JOIN US AS WE CELEBRATE OUR COMMUNITY OF
LESBIAN, BI, TRANS AND QUEER WOMEN AGES 50+ FOR
AN EVENING OF DANCING, SOCIALIZING AND FUN!**

CLOSED SPACE FOR LESBIAN, BI, TRANS AND QUEER WOMEN AGES 50+.

MEDITERRANEAN DINNER FROM 5 - 7 PM, MOCKTAIL BAR/DANCING FROM 5 - 8 PM

PRIDE HALL 1118 N. MCCADDEN PLACE, LOS ANGELES, 90038
RSVP TO SENIORS@LALGBTCENTER.ORG OR (323) 860-5830