



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

APRIL 2025

**STRESS
AWARENESS
MONTH**



LEAD WITH LOVE

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



**LOS ANGELES
LGBT
CENTER**
SENIOR
SERVICES

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

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

Helpline:
323-860-5830

Toll Free:
877-688-4833

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

GO GREEN



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

LETTER FROM KIERA

As we move into the spring and the 4th month of 2025 the staff and I have been processing with many participants the increased stress and overwhelm that many folks have shared with us. It has also been a time of gratitude and we have received many emails and survey comments about how much participants value the work the Center provides and our amazing team at Senior Services. Positive affirmations of the work of our team builds resilience, optimism, and motivation within our team as we focus on strengthening our community with the programs and services, we provide to you all.

This month we wanted to take time to deliberately create programming to reduce stress and connect in community. We hope you consider taking an exercise class or art class; attend sound bath or practice comedy. (I think we can all use a fully belly laugh right about now.) There is also a new Still We Rise women's writing series starting this month with Jen Cheng and on April 24th we will host our annual Women's Liberation Celebration Dance from 5-8pm.

Hope to see you all this month.



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 (two men and one woman) working at computers in a cyber center. The background is blue with red and white lines representing data or network connections. The text 'CYBER CENTER' is written in large yellow letters. 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., APRIL 2 • 11AM–1PM

Anita May Rosenstein Campus
Bayard Rustin Courtyard

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

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



JOIN US
MONDAY THROUGH
FRIDAY FOR:

Hot, Delicious & Nutritious Lunch



12:30-1:30 PM

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

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

More Info: seniors@lalgbtcenter.org or 323.860.5830

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



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

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@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:

976 9741 6232

Passcode: 786547

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+ "CRAFTING STRONG CHARACTERS"

6–8PM

Facilitated by Jen Cheng, current West Hollywood City Poet Laureate. This 5-week craft series offers engaging exercises and discussions to inspire strong characters in any genre of writing. Bring your work-in-progress or start

something new in this class. We will work one sketch through four different perspectives, sharing point-of-view. We will generate details of characters through studies of improv exercises, comedic, animal, and spiritual archetypes, mythology, and folklore, demographics and personality types, and other prompts. Verbal feedback is provided by the instructor. Bring curiosity. For all levels. First class begins Tuesday, April 8. 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

YAY COMEDY WORKSHOP

2:30–4:30PM

A 6-week program designed to teach the art of stand-up comedy. This unique course focuses on enhancing mental health, encouraging self-expression, and reducing stigma through humor. By promoting wellness and fostering a sense of community, participants will

build confidence, develop creative storytelling skills, and find joy in sharing their personal experiences through comedy.

Facilitated by stand-up comedian, certified life coach, bestselling author, and visionary founder of The Yay Foundation, Aidan Park. Get ready to laugh and make people laugh! First class begins Wednesday, April 9.

Location: Senior Center

THURSDAYS

MEN'S HIKING GROUP

9:30AM

Join Senior Services volunteer Daryl Dean at the corner of Fern Dell Dr. and Black Oak Dr., 200 ft. north of Los Feliz Blvd. for a weekly hike. Comfortable shoes, water, and snacks are recommended.

Co-ed hiking is on the 3rd Thursday of the month.

Location: Griffith Park

MEN LIVING WITH HIV

1:30–3PM

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

Location: Senior Center

SENIOR CHORUS

3:30-5PM

Join the Rainbow Notes Senior Chorus for singing and socializing. New members and all singing levels welcome!

Location: Senior Center

FRIDAYS

EVERYDAY MOVEMENT FOR ALL

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

EXPRESS YOURSELF IN ART

1:30–3PM

Join us for this 4-week workshop session and learn exercises to unleash your talent in artistry.

No drawing experience necessary. Facilitated by Danny Rios. First class begins Friday, April 25.

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

Location: Senior Center

EBONY SAGE CIRCLE

3–4:30PM

Ebony Sage Circle is open to all black and brown identified participants. This group aims to promote self-awareness, quality of life, learning, and unity with LGBTQ+ communities of color. This group is hybrid and meets in person at the Senior Center on the first Friday, Center South the second, third, and fourth Friday.

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

Meeting ID:

735 732 7145

Password: n90pm

LGBTQ+ SENIORS CANCER SUPPORT GROUP

3–5PM

This online support group for LGBTQ+ seniors impacted by cancer offers a comfortable online environment to share experiences and learn from others. RSVP to info@cancersupportla.org

Location: Virtual

Crafting Strong Characters

STILL WE RISE WOMEN
50+ WRITING SERIES



ABOUT WORKSHOP

Facilitated by Jen Cheng, current West Hollywood City Poet Laureate, author of Braided Spaces. This craft 5-week series offers engaging exercises and discussions to inspire strong characters in any genre of writing.

Bring your work-in-progress or start something new. We will work one sketch through four different perspectives, sharing point-of-view.

- Verbal feedback is provided by instructor.
- Bring curiosity. For all levels.



JEN CHENG

TUESDAYS
FIRST CLASS BEGINS: APRIL 8
6-8 PM

*Final Class & Writing celebration May 6

Space is limited. RSVP at seniors@lalgbtcenter.org or (323) 860-5830.

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



YAY COMEDY: A STAND-UP COMEDY PROGRAM

PRESENTED BY: AIDAN PARK,
FOUNDER OF THE YAY FOUNDATION

A 6-WEEK PROGRAM TO TEACH THE ART OF
STAND-UP COMEDY. THIS UNIQUE COURSE FOCUSES
ON ENHANCING MENTAL HEALTH, ENCOURAGING
SELF-EXPRESSION, AND REDUCING STIGMA
THROUGH HUMOR.

BY PROMOTING WELLNESS AND FOSTERING A SENSE
OF COMMUNITY, PARTICIPANTS WILL BUILD
CONFIDENCE, DEVELOP CREATIVE STORY TELLING
SKILLS AND FIND JOY IN SHARING THEIR PERSONAL
EXPERIENCES THROUGH COMEDY.

Wednesdays
First class begins: April 9
2:30-4:30 PM

*PERFORMANCE CELEBRATION MAY 14

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

YAY! LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

EXPRESS YOURSELF IN ART

DISCOVER YOUR HIDDEN POTENTIAL!

JOIN US FOR THIS 4-WEEK WORKSHOP SESSION AND LEARN EXERCISES TO UNLEASH YOUR TALENT IN ARTISTRY. NO DRAWING EXPERIENCE NECESSARY. FACILITATED BY DANNY RIOS.

FRIDAYS 1:30-3PM BEGINNING APRIL 25.



RSVP AT SENIORS@LALGBTCENTER.ORG OR (323) 860-5830



LOS ANGELES LGBT CENTER
SENIOR SERVICES

NEW CYCLE BEGINS ON
APRIL 3RD!

SENIOR CHORUS RAINBOW NOTES

THURSDAYS
3:30 - 5:00 P.M.

SENIOR SERVICES
1118 N MCCADDEN PL
LOS ANGELES, CA 90038

JOIN THE "RAINBOW NOTES" SENIOR CHORUS AS WE ENJOY SINGING AND SOCIALIZING. NEW MEMBERS AND ALL SINGING LEVELS WELCOME!



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

- Monday, April 7, closes at 1:30 PM
- Monday, April 14, open for lunch only 12:30-1:30 PM
- Monday, April 21, closes at 1:30 PM
- Monday, April 28, closes at 1:30 PM

We apologize for any inconvenience. Please plan accordingly.

OPTIONS FOR AGING

PRESENTED BY JENNIFER DAWSON

FRIDAY, APRIL 11 10 - 11:30AM



This presentation will help you explore your options for LGBT+ friendly housing that supports your independence, comfort, and safety, including staying in your own home. We'll learn about home care, home modifications, assisted living, memory care, and more.

WHO IS JENNIFER DAWSON?

Jennifer is the Founder and CEO of Pallas Care, the only SAGECare Platinum Certified home care agency in the Los Angeles area. She is an associate member of the Aging Life Care Association and has an M.S. degree in business from USC. Jennifer's previous work experience includes the Los Angeles LGBT Center and the ONE Institute.



ADVANCE CARE PLANNING AS FUTURE SELF CARE

Presented by Kate Muehleemann Cataldo



Friday, April 18
10-11:30 AM

In this workshop we will discuss completing Advance Directives and writing down wishes for care in the event of serious illness and at end of life with considerations for LGBTQ+ individuals.

Attendees will learn how to complete an Advance Directive based on their values, about appointing a healthcare agent and how to discuss wishes, and measures to take to protect their memory and legacy.

About Presenter

Kate Muehleemann Cataldo is a Registered Nurse, End of Life Doula, and Artist who founded Constellations of Care to support LGBTQ+ individuals through end of life in a way that honors identity and personhood.

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



HONORING STRESS AWARENESS MONTH

HERE ARE ACTIVITIES TO CHECK OUT!

- Cardio Soul
- Jiu-Jitsu
- Chair Yoga
- Beginning Tap
- Mosaic Workshop
- Express Yourself in Art
- Yay Comedy Workshop
- Women's Liberation Celebration Dance
- Sound Bath
- See calendar on page 11 for a full list activities, dates and times.

HAPPENING AT THE SENIOR CENTER!



DEMENTIA - PREVENTION, RISK FACTORS AND HEALTHY LIFESTYLE

Presented by Andrea Voras - Social Bridges 4 Life

FRIDAY, APRIL 25
10-11 AM

Participants will learn about modifiable risk factors, including nutrition, physical activity, cognitive impairment, and social connections, to help reduce the likelihood of developing dementia. This session will also cover early signs, proactive brain health strategies, and practical steps to support long-term cognitive well-being.

About the Presenter

Andrea Voras is a Gerontologist with 25 years of experience, specializing in Dementia and Geriatric Care Management, providing comprehensive support to older adults in making informed healthcare decisions, exploring care options, and advocating for their well-being.



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

Monday	Tuesday	Wednesday
	<p>1</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 Square Dancing 6:30-9 PM</p>	<p>2</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 Healthy Living Workshop 3-4:30 PM</p>
<p>7</p> <p>Monday Giveaway 9:30-11AM Mental Wellness Series 10-11 AM Health 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>8</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 (Crafting Strong Characters) 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM</p>	<p>9</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 Yay Comedy Workshop 2:30-4:30 PM</p>
<p>14</p> <p>Senior Services is open for <u>lunch ONLY</u> 12:30-1:30 PM</p>	<p>15</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 (Crafting Strong Characters) 6-8 PM Veteran's Pot-Luck Dinner 6-7:30 PM Square Dancing 6:30-9 PM</p>	<p>16</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 Yay Comedy Workshop 2:30-4:30 PM</p>
<p>21</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>22</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 Still We Rise (Crafting Strong Characters) 6-8 PM HIV Dinner & Discussion 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM</p>	<p>23</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 Yay Comedy Workshop 2:30-4:30 PM</p>
<p>28</p> <p>Breakfast Bingo 9:30-11 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>29</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 Decade of Fire Film Screening 6-8 PM Still We Rise (Crafting Strong Characters) 6-8 PM Square Dancing 6:30-9 PM</p>	<p>30</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 Yay Comedy Workshop 2:30-4:30 PM</p>

Thursday	Friday
<p>3</p> <p>Men's Hiking 9:30 AM 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 Pathways to Housing 3-4:30 PM Senior Chorus 3:30-5 PM</p>	<p>4</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>10</p> <p>Men's Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Alzheimer's Support Group 12-1:30 PM Men Living with HIV 1:30-3 PM Collage Workshop 1:30-3:30 PM Senior Chorus 3:30-5 PM</p>	<p>11</p> <p>Options For Aging 10-11:30 AM Farmers Market @ Mi Centro 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Mosaic Workshop 1:30-3 PM Art Appreciation 3-4 PM Ebony Sage Circle at Center South 3-4:30 PM Cancer Support Group 3-5 PM</p>
<p>17</p> <p>Co-Ed Hiking 9:30 AM 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 Field Trip: LGBTQ+ History Tour 1:30-5 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM</p>	<p>18</p> <p>Advance Care Planning As Future Self Care 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM What is Passover? A Conversation 1:30-3 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>24</p> <p>Men's Hiking 9:30 AM 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 Art & Activism 3-4:30 PM Senior Chorus 3:30-5 PM Women's Liberation Celebration 5-8 PM</p>	<p>25</p> <p>Dementia - Prevention, Risk Factors and Healthy Lifestyle 10-11 AM Farmers Market @ Center South 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Express Yourself in Art 1:30-3 PM Ebony Sage 3-4:30 PM Cancer Support Group 3-5 PM</p>

Stress Awareness Month



Lead with Love



WORKSHOP:

ART & ACTIVISM

Art has always been a powerful tool for social and political change. Given our current political climate, it is imperative for us to make our voices heard. Join us to use artwork to express yourself and to share your personal perspective on the world around you.

**THURSDAY, APRIL 24
3-4:30PM**



**LOCATION: HARRY AND JEANETTE WEINBERG
SENIOR CENTER
1118 N MCCADDEN PL,
LOS ANGELES, CA 90038**

RSVP TO: SENIORS@LALGBTCENTER.ORG OR 323.860.5830

Non-Weekly Events

ADVANCE CARE PLANNING AS FUTURE SELF CARE

FRI., APR. 18, 10-11:30AM

In this workshop we will discuss completing Advance Directives and writing down wishes for care in the event of serious illness and at end of life with considerations for LGBTQ+ individuals. Attendees will learn how to complete an Advance Directive based on their values, about appointing a healthcare agent and how to discuss wishes, and measures to take to protect their memory and legacy. Presented by Kate Muehlemann Cataldo founder of Constellations of Care.

Location: Senior Center

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., APR. 10 & 24, 12-1:30PM

Join the Alzheimer's Association LGBTQ+ support group for caregivers, family members, and friends caring for an LGBTQ+ loved one. Develop a support system, talk about challenges, and learn about resources. This online group meets on the 2nd and 4th Thursday of each month. To RSVP, please contact Yael Wyte at 310-912-9120, or email ywyte@alz.org

Location: Virtual

ART & ACTIVISM

THURS., APR. 24, 3-4:30PM

Art has always been a powerful tool for social and political change. Given our current political climate, it is imperative for us to make our voices heard. Join us to use artwork to express yourself and to share your personal perspective on the

COLLAGE WORKSHOP

Learn techniques, explore materials, and create stunning artwork in a fun and inspiring environment.

Facilitated by Dawn Moreno-Freedman.

**THURSDAY, APRIL 10
1:30-3:30 PM**

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

world around you.

Location: Senior Center

ART APPRECIATION

FRI., APR. 11, 3–4PM

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

Meeting ID: 984 9274 8385

Passcode: 081457

BREAKFAST BINGO

MON., APR. 28, 9:30–11AM

Join us at the Senior Center on April 28 for fun and lively Breakfast Bingo! Coffee, tea, and snacks provided. Win fun prizes and get to know your neighbors. Breakfast and coffee begin at 9:30AM. Bingo starts promptly at 10AM.

Location: Senior Center

COLLAGE WORKSHOP

THURS., APR. 10, 1:30-3:30PM

Learn techniques, explore materials, and create stunning artwork in a fun and inspiring environment. Facilitated by Dawn Moreno-Freedman.

Location: Senior Center

COLLECTIVE GROOVE

TUES., APR. 8, 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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

Breakfast BINGO

MONDAY | APRIL 28, 2025

Breakfast Bingo is being held on an alternative date only for the month of April.

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



COLLECTIVE GROOVE

NEW MONTHLY SCHEDULE!

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@lgbtcenter.org or 323-860-5830



FILM SCREENING & PANEL DISCUSSION

Tuesday, April 29, from 6-8pm

JOIN US FOR AN INTERGENERATIONAL DOCUMENTARY FILM SCREENING OF
DECADE OF FIRE
HIGHLIGHTING BLACK AND BROWN-LED ANTI-DISPLACEMENT
& ANTI-SPECULATION STRUGGLES AND VICTORIES.
A PANEL DISCUSSION WILL FOLLOW.



“Decade of Fire” tells the shocking, untold story of the fire that plagued the South Bronx in the 1970s. Left unprotected by city government, nearly a quarter-million people were displaced as their close-knit, multiethnic neighborhood burned to the ground, reducing the community to rubble. With striking testimonials from firefighters, historians and community members, the real reasons for the devastation are revealed.

Location: Renberg Theatre, 1125 N McCadden Pl, Los Angeles, CA 90038

DECADE OF FIRE: FILM SCREENING & DISCUSSION

TUES., APR. 29, 6-8PM

Join us for an intergenerational documentary film screening of DECADE OF FIRE, highlighting Black and Brown-led anti-displacement & anti-speculation struggles and victories. A panel discussion will follow.

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

DEMENTIA - PREVENTION, RISK FACTORS AND HEALTHY LIFESTYLE

FRI., APR. 25, 10-11AM

Participants will learn about modifiable risk factors, including nutrition, physical activity, cognitive impairment, and social connections, to help reduce the likelihood of developing dementia. This session will also cover early signs, proactive brain health strategies, and practical steps to support long-term cognitive well-being. Presented by Andrea Voras - Social Bridges 4 Life.

Location: Senior Center

FARMERS MARKET

WED., APR. 2, 11AM-1PM

Come and select fresh produce in the Bayard Rustin Courtyard. Provided in collaboration with Seeds of Hope, the Farmers Market takes place 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., APR. 25, 11AM-1PM

Come and select fresh produce at our

Farmer's MARKET

Join us the first Wednesday of the month for Farmer's Market!
Shop for free, fresh and nutritious produce.

Wednesday, April 2, 11am-1pm

Bayard Rustin Plaza
Anita May Rosenstein Campus
1118 N. McCadden Place, Los Angeles 90038

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., APR. 11, 11AM–2PM

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: LGBTQ+ HISTORY TOUR

THURS., APR. 17, 1:30–5 PM

Join Senior Services for a guided bus tour to more than 12 iconic LGBTQ+ landmarks in Downtown Los Angeles. The tour will be narrated by Jim Anzide from our culinary program. One stop will be made for a break and snacks. Recommended donation is \$10; no one will be turned away for inability to pay. Space is limited. RSVP required by April 10 to seniors@lalgbtcenter.org or



LOS ANGELES LGBT CENTER
SENIOR SERVICES

<p>Grupos de Apoyo de VIH/SIDA</p>	<p>HIV/AIDS Support Groups</p>	<p>HIV & AGING Dinner & Discussion</p>
<p>Todos invitados Se reúnen cada primer y tercer jueves del mes. 10–11:30AM</p>	<p>Men Living with HIV Thursdays 1:30–3PM</p>	<p>Impacted by HIV 4th Tuesday 6–8PM</p>
<p>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.</p>	<p>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.</p>	<p>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.</p>
<p>Ubicación: Centro De Mayores Zoom ID: 951 8193 5482 Contraseña: 934307</p>	<p>Location: Senior Center</p>	<p>Location: Senior Center</p>

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




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

HIV & AGING DINNER+ DISCUSSION

* 6:00 - 8:00 PM
APRIL TOPIC:
NATIONAL YOUTH HIV/AIDS
AWARENESS DAY

TUESDAY,
APRIL 22
2025

THIS MONTHLY DINNER AND DISCUSSION
SERIES IS GEARED TOWARDS PEOPLE LIVING
WITH HIV OR IMPACTED BY HIV.

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

RSVP AT SENIORS@LALGBTCENTER.ORG OR (323) 860-5830

323-860-5830. Please notify us of any accommodation requests.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., APR. 8 & 22, 7-9PM

In partnership with Cancer Support Community LA, the gay and bisexual men's prostate cancer support group meets on the 2nd & 4th Tuesday of the month via Zoom. Discuss treatment, doctors, insurance, sex, relationships, and coping. To RSVP, contact info@cancersupportla.org.

Location: Virtual

GRUPO DE APOYO DE VIH

THURS., APR. 3 & 17, 10-11:30AM

Comparta sus historias y experiencias de vivir con el VIH y conozca nuevos amigos! Este grupo de apoyo es un espacio seguro para la comunidad positiva. Todos invitados. Se reúnen cada primer y tercer jueves del mes.

Ubicación: Centro De Mayores

Zoom ID: 951 8193 5482

Contraseña: 934307

HEALTH BENEFITS WORKSHOP

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

Join us on the 1st Monday of each month for our health benefits workshop for seniors. Educational workshops that focus on physical, mental and emotional health. A learning environment that fosters connection and community through education. April's Presentation: Stress Awareness.

Location: Senior Center

OUT AND ABOUT: LGBTQ+ HISTORY FIELDTRIP



LOVE
LOVE
LOVE

THURSDAY, APRIL
17TH
1:30 - 5:00PM

JOIN SENIOR SERVICES FOR A GUIDED
TOUR TO OVER 12 ICONIC LGBTQ+
LANDMARKS IN DTLA!

THIS WILL BE A GUIDED TOUR NARRATED
BY JIM ANZIDE FROM OUR CULINARY
PROGRAM, WE'LL HAVE ONE STOP FOR
SNACKS AND BATHROOM BREAK.

RECOMMENDED DONATION IS \$10, NO
ONE WILL BE TURNED AWAY FOR
INABILITY TO PAY.

PLEASE NOTIFY US OF ANY
ACCOMMODATION REQUESTS WITH YOUR
RSVP.

LET'S CELEBRATE
LA'S GRAND
LGBTQ+
HISTORY

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

SPACE IS LIMITED,
RSVP REQUIRED BY THURSDAY,
APRIL 10TH TO
SENIORS@LALGBTCENTER.ORG
OR +1 (323) 869-5830

HEALTHY LIVING WORKSHOP

WED., APR. 2, 3-4:30PM

Join Planned Parenthood Los Angeles for an engaging workshop on self-advocacy. This workshop will provide participants with strategies and good practices for self-advocacy, including speaking up for yourself and having the confidence to communicate your needs effectively.

Location: Senior Center

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., APR. 22, 6-8PM

Join us on the 4th Tuesday of the month for this monthly dinner and discussion series geared towards people living with HIV or impacted by HIV. This month's topic and discussion: National Youth HIV & AIDS Awareness Day.

Location: Senior Center

LGBTECH Q&A WITH MOM'S COMPUTER

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

APR. 1—Photo Organization: Finally get all those photos in order using Google Photos (it's free!) Password Saver Clinic: It's always a good time to update your password list.

Scam Awareness

APR. 15—Streaming & Smart TVs: Cut the cable and stream your favorite shows! Learn about Netflix, Hulu, and other streaming options to watch what you love.

Scam Awareness. All questions answered. Beginners welcome! Tech trivia & prizes. All devices are welcome.

Location: Senior Center



MONDAY, APRIL 7
11 AM - 12 PM

APRIL'S PRESENTATION STRESS AWARENESS

HEALTH BENEFITS WORKSHOP FOR SENIORS

JOIN US ON THE 1ST MONDAY OF EACH MONTH FOR EDUCATIONAL WORKSHOPS SURROUNDING PHYSICAL, MENTAL AND EMOTIONAL HEALTH.

A LEARNING ENVIRONMENT THAT FOSTERS CONNECTION AND COMMUNITY THROUGH EDUCATION.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES



HEALTHY LIVING WORKSHOP

W/ PLANNED PARENTHOOD LA

WEDNESDAY, APRIL 2
3 - 4:30 PM

SELF-ADVOCACY

This session provides participants with strategies and good practices for self-advocacy in every aspect of their life.



Advocacy

The act of pleading or arguing in favor of something, such as a cause, policy, or interest active support of an idea

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

MENTAL WELLNESS SERIES
10AM - 11AM

LOS ANGELES LGBT CENTER
SENIOR SERVICES

This Month's Topic:

- 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

MENTAL WELLNESS SERIES

MON., APR. 7, 10-11AM

Resiliency: We all have challenging events that occur in our lives, but how can we better cope with the stress of these life events? Resilience is an ability that can be developed in anyone. Learn tips on cultivating this valuable skill. Presented by Haydeh Fakhrabadi, Psy.D., CPII with the Los Angeles County Department of Mental Health.

Location: Senior Center

MCC-UCCV

THURS., APR. 24, 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., APR. 7, 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 - skincare kit.

Location: Senior Center

MONDAY MINGLERS

MON., APR. 21, 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! For April test your memory and coordination playing the fun card game of Speed! No experience required.

Location: Senior Center

LOS ANGELES LGBT CENTER
SENIOR SERVICES

MONDAY GIVEAWAY

MONDAY | APRIL 7TH

JOIN US ON THE FIRST MONDAY OF THE MONTH FOR OUR SPECIAL RAFFLE GIVEAWAY.

ATTEND ANY MONDAY MORNING EVENT THAT DAY TO RECEIVE A RAFFLE TICKET - ONE LUCKY WINNER WILL TAKE HOME A PRIZE!

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

MOSAIC WORKSHOP

FRI., APR. 11, 1:30–3PM

Join Joshua Ramirez of Saint Remy Arts and Culture to create beautiful mosaic coasters. Saint Remy Arts and Culture is about creating transformative spaces for individuals with mental illness and PTSD through art and advocacy. Guided by empathy, compassion, and transparency, their mission is to raise the voices of unseen communities and promote mental well-being through creative expression. Space is limited. RSVP to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

OPTIONS FOR AGING

FRI., APR. 11, 10-11:30AM

This presentation will help you explore your options for LGBT+ friendly housing that supports your independence, comfort, and safety, including staying in your own home. We'll learn about home care, home modifications, assisted living, memory care, and more. Presented by Jennifer Dawson, Founder and CEO of Pallas Care, the only SAGECare Platinum Certified home care agency in the Los Angeles area.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., APR. 3, 3–4:30PM

This workshop will help 50+ older adults navigate and understand the reality of looking for affordable housing in Los Angeles. Participants will learn about the housing crisis and community resources to identify realistic and unrealistic housing goals when searching for housing. This workshop is required to participate in our home navigation program, but everyone



saint remy
ARTS &
CULTURE

@SAINTREMYARTS

FRIDAY, APRIL 11
1:30-3 PM

**MOSAIC ART
WORKSHOP**

Facilitated by saint remy Arts & Culture

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES



LOS ANGELES LGBT CENTER
SENIOR SERVICES

PATHWAYS TO HOUSING

Thursday, April 3
3:00pm - 4:30pm

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

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

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

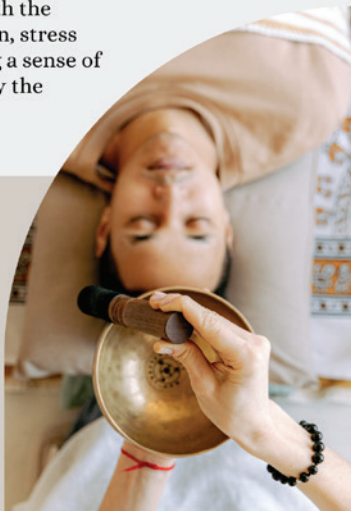
SOUND BATH

with Alex

Monday, April 28
11 AM-12 PM

A meditative practice where participants lie down or sit and are "bathed" in a wash of sounds produced by various instruments with the intention of inducing deep relaxation, stress reduction, and potentially promoting a sense of healing through vibrations created by the sounds.

Space is Limited, please RSVP.



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

is invited to learn more about the options available.

Location: Senior Center

READING OPENS MINDS

THURS., APR. 3 & 17, 1-2:30PM

This wonderful book club has been meeting for years on the 1st and 3rd Thursday of each month and always welcomes new members. For information on how to join, contact seniors@lgbtcenter.org or call 323-860-5830.

Location: Senior Center

SOUND BATH

MON., APR. 28, 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 from instruments like singing bowls, gongs, and chimes, promoting relaxation and inner calm. Space is limited.

Location: Senior Center

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., APR. 18, 3-4:30PM

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

Meeting ID: 970 2805 6270

Passcode: 803002

VETERAN'S POTLUCK DINNER

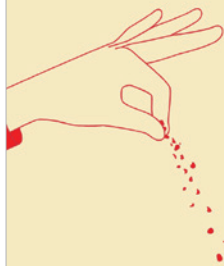
TUES., APR. 15, 6-7:30PM

This LGBTQ+ Veterans dinner occurs on the third Tuesday of each month. Participants can make a dish or pickup

VETERAN'S POTLUCK DINNER

TUESDAY, APRIL 15, 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.



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

their favorite dish from a local eatery or store. April's food theme: Mediterranean

Location: Senior Center

WHAT IS PASSOVER? A CONVERSATION

FRI., APR. 18, 1:30-3PM

Join Ari for a discussion of Passover's history and traditions. We'll go over this holiday's origins, how it was observed in ancient Israel, and how it is celebrated today. We will also review the holiday's many symbols, discuss Passover traditions from around the world, and taste a sampling of traditional Passover foods. This is a discussion, not a religious observance. A full meal will not be served.

Location: Senior Center

WOMEN'S LIBERATION CELEBRATION - UNITED BY WOMANHOOD

THURS., APR. 24, 5-8PM

Join us as we celebrate our community of lesbian, bi, trans, and queer women ages 50+ for an evening of dancing, socializing, and fun! Mediterranean dinner from 5-7PM, mocktail bar/dancing from 5-8PM. **Closed space for lesbian, bi, trans and queer women ages 50+.** RSVP to seniors@lalgbtcenter.org or 323-860-5830.

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

What is Passover? A Conversation.

Join Ari for a discussion of Passover's history and traditions. We'll go over the Holiday's origins, how it was observed in ancient Israel, and how it is celebrated today.

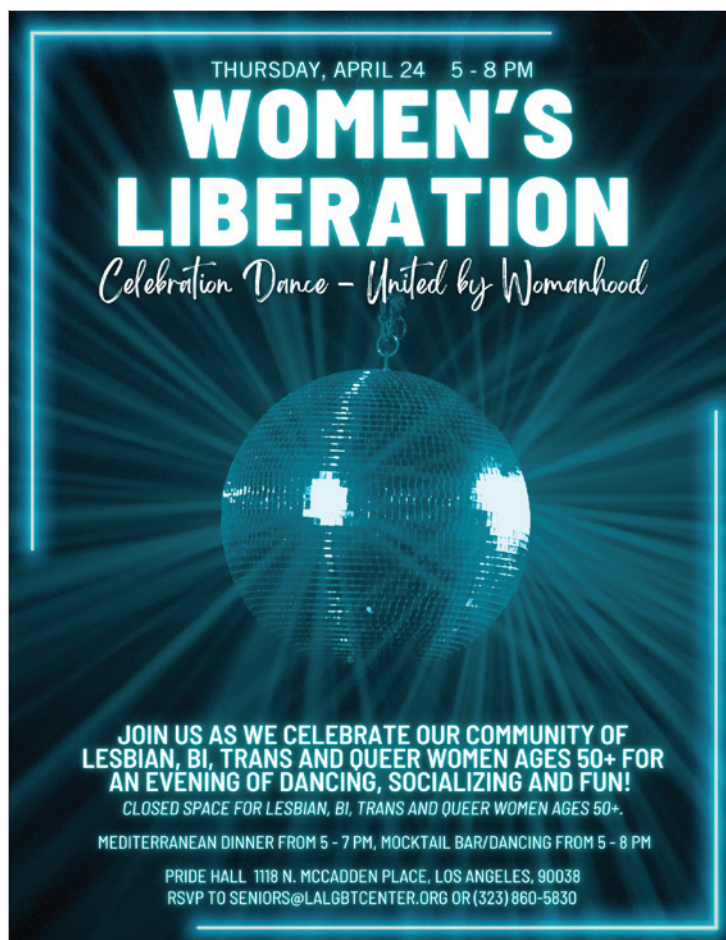
We will also review the Holiday's many symbols, discuss Passover traditions from around the world, and taste a sampling of traditional Passover foods.



**FRIDAY, APRIL 18
1:30 - 3PM**

This event is a discussion, not a religious observance.
A full meal will not be served.


HARRY & JEANETTE WEINBERG SENIOR CENTER
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



SAVE THE DATE!

THURSDAY, MAY 8TH

3:00 - 5:00PM

AANHPI CELEBRATION UNITED IN DIVERSITY

Join us to celebrate the diversity of Asian American, Native Hawaiian and Pacific Islanders Heritage in America.

If you are part of the AANHPI community, feel free to wear your national costume and walk our parade of nations fashion show!



The Village at Ed Gould Plaza
1125 N McCadden Pl

RSVP to (323) 860-5830 or
seniors@lalgbtcenter.org
by Friday, April 25th.