



LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## MAY 2025

# ASIAN AMERICAN AND NATIVE HAWAIIAN PACIFIC ISLANDER HERITAGE MONTH

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



**LOS  
ANGELES  
LGBT  
CENTER**  
SENIOR  
SERVICES

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

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

Helpline:  
**323-860-5830**

Toll Free:  
**877-688-4833**

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

### GO GREEN

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



## LETTER FROM KIERA

May is one of my favorite times of the year as we focus on the arts. This month we will have our third annual Senior Art Exhibit opening reception at the Village at Ed Gould Plaza on May 1 from 5-7pm. The exhibit is titled "Framing Our Truths" and led by facilitators Mary-Linn Hughes and Christopher Velasco.

It's time to laugh, our YAY Comedy series will have its finale with participants sharing pieces of their work. We all need a laugh right now, so I hope you will join us on 5/14 from 2:30-4:30pm at the Village at Ed Gould Plaza.

One of my favorite events of the year is the Spring Senior Showcase which will feature performances from a number of older adults from the classes we offer. Please come by to support each other and learn about the classes we have on 5/22 from 3-4:30pm. For new participants this is the perfect event to attend to learn more about what we have to offer.

We will have a joyful celebration planned for Asian American, Native Hawaiian and Pacific Islander heritage month with an amazing celebration on 5/8 from 3-5pm which I hope you will attend.

Hope to see you soon.



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 featuring three stylized figures interacting with technology. One person stands pointing at a large screen displaying code, another sits at a desk with a computer, and a third stands holding a tablet. The background is a dark blue with red and white wavy lines. The text 'CYBER CENTER' is in large yellow letters, and the 'LOS ANGELES LGBT CENTER' logo is in the top right.

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

# Farmers Market

**WED., MAY 7 • 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



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](mailto: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](mailto:SENIORS@LALGBTCENTER.ORG)



## UPDATE TO OUR HOUSING NAVIGATION PROGRAM

Participants in the 'Pathways to Housing' program will now be added to our waitlist to be matched with a housing team member for one-on-one support. To improve your chances of securing housing, we strongly encourage you to do any of the following:

1. Attend 'Pathways to Housing', held every first Thursday of the month.
2. Utilize our 'Drop-in Housing Navigation' services available every Tuesday.
3. Attend our weekly 'Housing Application Sessions', held every Wednesday from 2-4 PM in the Cyber Center



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

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

Join our Jiu-Jitsu workshop with Erin Muscatelli from our Culinary Arts Team! Learn practical self-defense techniques for real-life situations, like grabs, holds, and ground attacks. All ages and abilities are welcome.

**The second week of each month is reserved for beginners.**

**Location: Senior Center**



## SQUARE DANCING

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**6:30–9PM**

Join the Tinseltown Squares for an evening of swings, promenades, and sashays. Beginners welcome! Contact seniors@lalgbtcenter.org or 323-860-5830 for more information.

**Location:** Pride Hall

## WEDNESDAYS

## MEN'S SOCIAL GROUP

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**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

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**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

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**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

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**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

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**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

## THURSDAYS

## MEN'S HIKING GROUP

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**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

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**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.

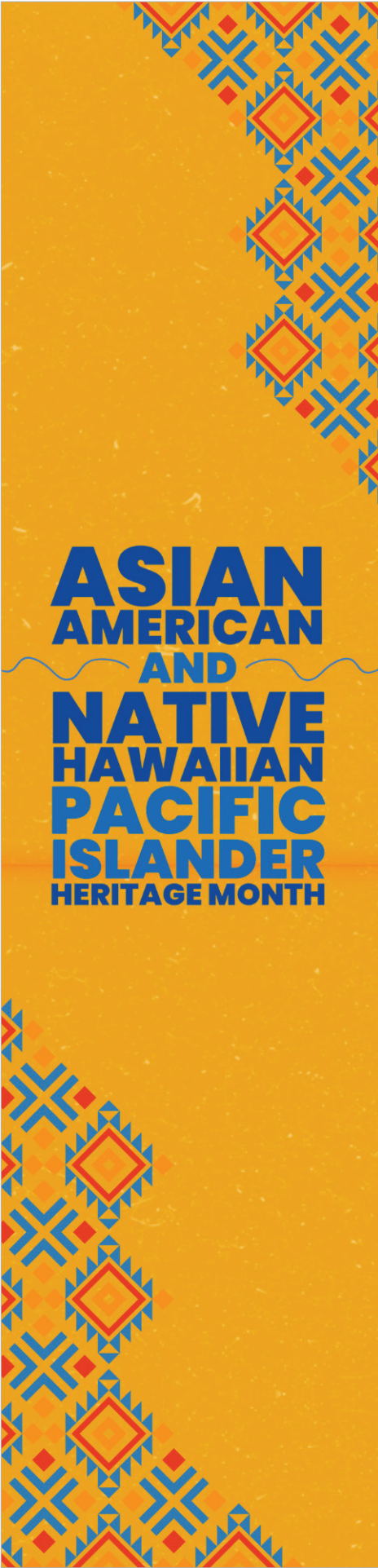
**Location:** Senior Center

## SENIOR CHORUS

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**3:30-5PM**

Join the Rainbow Notes Senior Chorus for singing



## ASIAN AMERICAN AND NATIVE HAWAIIAN PACIFIC ISLANDER HERITAGE MONTH

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. Class ends on May 16. To join, RSVP at [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830.

Location: **Senior Center**

#### EBONY SAGE CIRCLE

**3–4:30PM**

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

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

Meeting ID:  
**735 732 7145**

Password: **n90pm**

#### LGBTQ+ SENIORS CANCER SUPPORT GROUP

**3–5PM**

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

Location: **Virtual**



# ANUNCIO IMPORTANTE

## SOBRE EL GRUPO DE APOYO DE VIH

- • • Nuestro **Grupo de Apoyo de VIH** estará
- • • **pausando** durante los meses de **Mayo y**
- • • **Junio del 2025.**
- • • Si tienes alguna pregunta, contacta a
- • • nuestro **departamento** por teléfono, al
- • • **(323) 860-5830**, o por correo
- • • electrónico a **Seniors@lalgbtcenter.org**



LOS ANGELES LGBT CENTER  
SENIOR SERVICES



# Senior Spring Showcase



THURSDAY  
**may**  
**22** 3:00 – 4:30PM

Discover our exceptional programs and talented participants at the Spring Senior Showcase, featuring captivating performances in writing, dancing, movement, and beyond.



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



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.



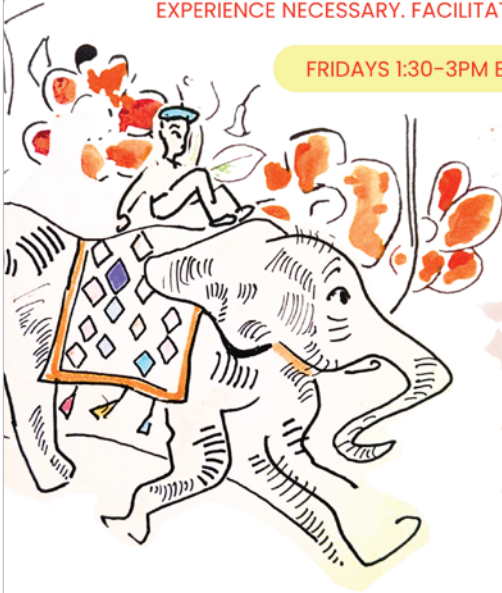
For assistance, please visit the front desk, connect with a staff member or request hearing accommodation at (323) 860-5820 or [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)

# 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](mailto: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 May:

- Friday, May 23 – Closed at 2:00 PM
- Monday, May 26 – Closed for Memorial Day

We apologize for any inconvenience. Please plan accordingly.





# AAANHPI STORY CIRCLE

TO COMMEMORATE AAANHPI HERITAGE MONTH,  
JOIN US FOR A CONVERSATION WITH **ASIAN  
AMERICAN NATIVE HAWAIIAN/PACIFIC ISLANDER  
SENIORS** ABOUT THEIR IMMIGRANT JOURNEYS,  
MEMORIES, TRADITIONS, AND IMPORTANT  
HISTORICAL EVENTS THAT IMPACTED THEIR  
LIVES.

**FRIDAY, MAY 2ND  
10-11:30 AM**

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



**May 1 – May 19, 2025**  
Open Reception:  
May 1st, 5:00 – 7:00 PM

# Framing Our Truths

Photographs by LGBTQ+ Seniors

Discover the powerful work  
of LGBTQ+ seniors from an  
11-week workshop led by  
Mary-Linn Hughes and  
Christopher Anthony  
Velasco, exploring  
storytelling through  
photography.

Opening Reception:  
May 1 from 5-7 PM.  
Meet the artists and enjoy  
some light snacks and  
refreshments.

**Advocate & Gochis Galleries**  
1125 N McCadden Place  
Los Angeles, CA 90038

**dca** Funded in part by the  
DEPARTMENT OF CULTURAL AFFAIRS  
City of Los Angeles


# SAVE THE DATE

**Juneteenth Conversation**  
Monday, June 16, 10:30-12 PM  
Senior Center  
1118 N McCadden Pl., 90038

**HIV Breakfast**  
Tuesday, June 25, 10-11:30 AM  
Senior Center  
1118 N McCadden Pl., 90038

**Senior Prom**  
Friday, June 27, 6-9 PM  
LA LGBT Center  
1118 N McCadden Pl., 90038


**MORE INFORMATION TO COME!**



# LGBTech Q&A with Mom's Computer

**Tuesday, May 6  
3:00 - 4:30 PM**  
Email & Messaging Help: Master the  
art of emailing and texting with ease.  
We'll guide you through sending  
messages, organizing your inbox,  
and avoiding spam.

**Tuesday, May 20  
3:00 - 4:30 PM**  
Online Safety & Privacy: Keep your  
personal information safe! Learn  
how to browse securely, recognize  
suspicious websites, and avoid  
digital pitfalls.



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

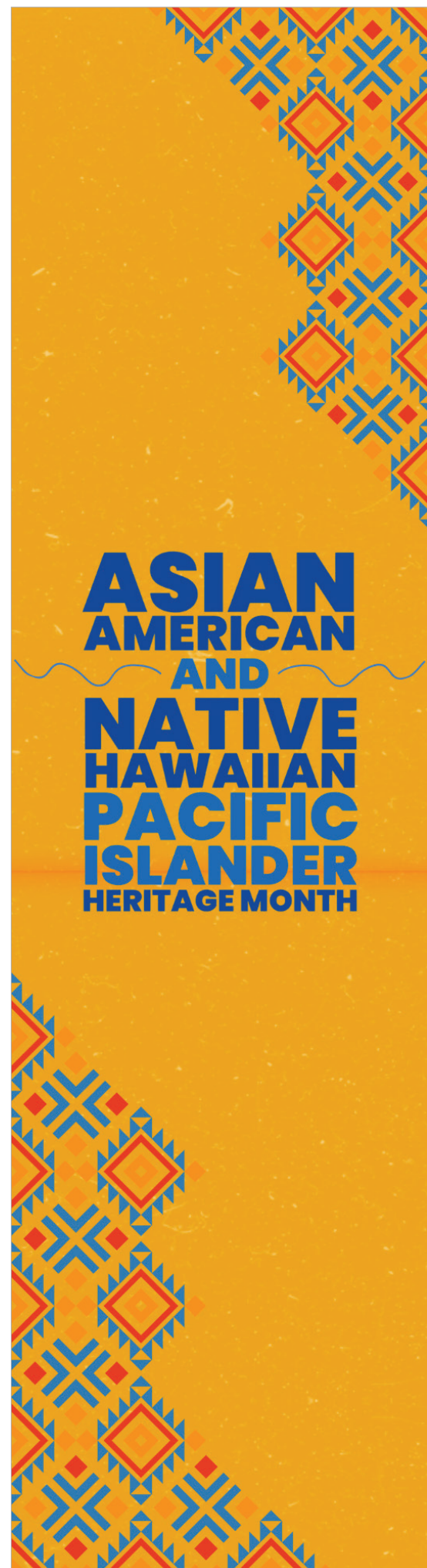
**Harry & Jeanette Weinberg Senior Center**  
1118 N McCadden Place, Los Angeles,  
CA 90038

**For more info**  
323.860.5830 or  
seniors@lalgbtcenter.org

Monday	Tuesday	Wednesday
<b>5</b> 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  Senior Center Closes at 1:30 PM	<b>6</b> 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 Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM Seasoned and Sizzled 5:30-7 PM Still We Rise Finale (Crafting Strong Characters) 6-8 PM Square Dancing 6:30-9 PM	<b>7</b> Cyber Center 10 AM-1 PM & 2-5 PM Wiser Dining & Cal Fresh Presentation 10-11 AM Cal Fresh Sign Ups 11 AM-12 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 Yay Comedy Workshop 2:30-4:30 PM
<b>12</b> 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  Senior Center Closes at 1:30 PM	<b>13</b> 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 Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM	<b>14</b> 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 Finale 2:30-4:30 PM
<b>19</b> Monday Minglers 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM  Senior Center Closes at 1:30 PM	<b>20</b> 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 Veteran's Pot-Luck Dinner 6-7:30 PM Square Dancing 6:30-9 PM	<b>21</b> 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 Senior Services Advisory Team 2-3:30 PM Housing Application Days 2-4 PM
<b>26</b>  Senior Center Closed, Memorial Day	<b>27</b> 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 HIV Dinner & Discussion 6-8 PM Square Dancing 6:30-9 PM Prostate Cancer Support Group 7-9 PM	<b>28</b> 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



Thursday	Friday
<b>1</b> Men's Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Pathways to Housing, WeHo 2:30-4 PM Senior Chorus 3:30-5 PM Senior Art Exhibit Reception 5-7 PM	<b>2</b> AANHPI Story Circle 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Express Yourself in Art 1:30-3:30 PM Ebony Sage Circle 3-4:30 PM Cancer Support Group 3-5 PM
<b>8</b> 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 Securing the Bag: Financial Literacy for Marginalized Communities 1:30-2:30PM AANHPI Celebration 3-5 PM Senior Chorus 3:30-5 PM	<b>9</b> Honoring and Understanding Grief (UCLA) 10-11:30 AM Farmers Market @ Mi Centro 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Express Yourself in Art 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
<b>15</b> Co-Ed Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Collage & Poetry Workshop 1:30-3:30 PM Senior Chorus 3:30-5 PM	<b>16</b> Art & Activism 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Express Yourself in Art 1:30-3:30 PM Ebony Sage Circle at Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>22</b> 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 Senior Chorus 3:30-5 PM Spring Senior Showcase 3-4:30 PM	<b>23</b> Art & Activism 10-11:30 AM Farmers Market @ Center South 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Cancer Support Group 3-5 PM  Senior Center Closes at 2 PM
<b>29</b> Men's Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM Senior Chorus 3:30-5 PM	<b>30</b> Everyday Movement 11:30 AM-12:30 PM Japanese Clay Cups 1:30-3 PM Cancer Support Group 3-5 PM





LOS  
ANGELES  
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WORKSHOP:

## ART & ACTIVISM

Art communicates powerful messages and can impact change. Join this 2-part workshop to learn about current policies impacting seniors and create your own "protest art."

MAY 16TH & MAY 23RD  
10-11:30AM



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

## Non-Weekly Events

### AANHPI CELEBRATION: UNITED IN DIVERSITY

**THURS., MAY 8, 3-5PM**

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!

**Location:** The Village at Ed Gould Plaza,  
1125 N McCadden Place, Los Angeles,  
CA 90038

### AANHPI STORY CIRCLE

**FRI., MAY 2, 10-11:30AM**

To commemorate AANHPI Heritage Month, join us for a conversation with Asian American Native Hawaiian/Pacific Islander seniors about their immigrant journeys, memories, traditions, and important historical events that impacted their lives.

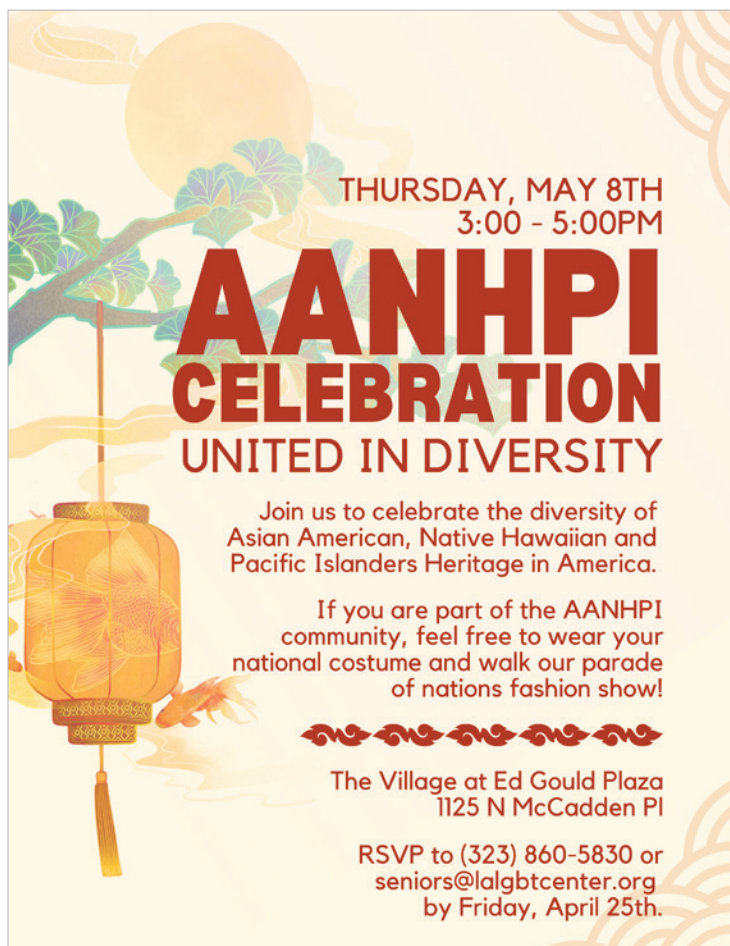
**Location:** Senior Center

### ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS., MAY 8 & 22, 12-1:30PM**

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

**Location:** Virtual



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](mailto:seniors@lalgbtcenter.org)  
by Friday, April 25th.



## ART & ACTIVISM

**FRI., MAY 16 & 23, 10-11:30AM**

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.

**Location:** Senior Center

## ART APPRECIATION

**FRI., MAY 9, 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., MAY 12, 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 & POETRY WORKSHOP

**THURS., MAY 15, 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



## COLLAGE & POETRY

In this hands-on session, participants will create unique collage art inspired by poetry, whether it's a favorite poem you or we can provide. Using an assortment of magazines and art materials, you'll re-imagine poetry through color, shape, and imagery. No experience needed.

Facilitated by: Dawn Moreno-Freedman



**THURSDAY, MAY 15**  
**1:30-3 PM**

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

## COLLECTIVE GROOVE

**TUES., MAY 13, 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., MAY 7, 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., MAY 23, 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., MAY 9, 11AM-1PM**

Ven y selecciona productos frescos en nuestro sitio comunitario, Mi Centro. En colaboración con Seeds of Hope, el Farmers Market se lleva a cabo el segundo viernes de cada mes, de 11AM a 1PM. La producción es limitada. El primero en llegar es el primero en ser atendido.

## R & B Line Dance

WITH E. TALLEY II

**TUESDAYS**  
**11AM-12PM**

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

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





Come and select fresh produce at our community site, Mi Centro. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the 2nd Friday of every month, 11AM–1PM. Produce is limited. First come, first served.

**Ubicación:** Mi Centro, 553 S. Clarence St., Los Angeles, CA 90033

## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

**TUES., MAY 13 & 27, 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](mailto:info@cancersupportla.org).

**Location:** Virtual

## HEALTH BENEFITS WORKSHOP

**MON., MAY 5, 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. May's Presentation: Arthritis Awareness.



**Location:** Senior Center

## HIV & AGING: DINNER & DISCUSSION SERIES

**TUE., MAY 27, 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



# HIV & AGING DINNER+ DISCUSSION

6:00 - 8:00 PM

**TUESDAY, MAY 27 2025**

**May Topic:**  
**National Asian & Pacific Islander HIV/AIDS Awareness Day / HIV Vaccine Awareness Day**


**PRESENTER:** MICHAEL BARAJAS, SENIOR COMMUNITY LIASON AT GILEAD

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

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

**MONDAY, MAY 5 11AM-12PM**

**MAY'S PRESENTATION: ARTHRITIS 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



MAY 9TH 10 – 11:30 AM

## HONORING & UNDERSTANDING GRIEF

Join UCLA psychology students for a presentation on grief sharing the latest resources and perspectives on grieving. We will discuss topics such as debunking stages of grief, types of grief such as ambiguous loss, supporting grieving loved ones, cultural considerations, and grief in the LGBTQ+ community. We will also share about our research and welcome questions and discussion from attendees.



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

## HONORING AND UNDERSTANDING GRIEF: UCLA WORKSHOP

**FRI., MAY 9, 10–11:30AM**

Join UCLA psychology students for a presentation on grief sharing the latest resources and perspectives on grieving. We will discuss topics such as debunking stages of grief, types of grief such as ambiguous loss, supporting grieving loved ones, cultural considerations, and grief in the LGBTQ+ community. We will also share about our research and welcome questions and discussion from attendees.

**Location:** Senior Center

## JAPANESE CUPS IN CLAY ART WORKSHOP

**FRI., MAY 30, 1:30–3PM**

Join Joshua Ramirez of Saint Remy Arts and Culture to create unique Japanese clay cups. 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](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

**Location:** Senior Center

## LGBTECH Q&A WITH MOM'S COMPUTER

**TUES., MAY 6 & 20, 3–4:30PM**

MAY 6— Email & Messaging Help: Master the art of emailing and texting with ease. We'll guide you through sending messages, organizing your inbox, and avoiding spam. Scam Awareness.

MAY 20— Online Safety & Privacy: Keep your personal information safe! Learn how



MAY 30 FROM 1:30 - 3:00 PM

## JAPANESE CUPS IN CLAY WORKSHOP

FACILITATED BY SAINT REMY ARTS & CULTURE  
@SAINTREMYARTS

**saint remy**  
ARTS &  
CULTURE

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





to browse securely, recognize suspicious websites, and avoid digital pitfalls. All questions answered. Beginners welcome! Tech trivia & prizes. All devices are welcome.

**Location:** Senior Center

## MENTAL WELLNESS SERIES

**MON., MAY 5, 10-11AM**

Hoarding – Learn to identify the differences between collecting, cluttering, and hoarding, and the need for treatment for those who might have a significant problem. Presented by Haydeh Fakhrabadi, Psy.D., CPII with the Los Angeles County Department of Mental Health.

**Location:** Senior Center

## MCC-UCCV

**THURS., MAY 29, 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., MAY 5, 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 – Hydration Kit.

**Location:** Senior Center

## MONDAY MINGLERS

**MON., MAY 19, 9:30-11AM**

Join us for Monday Minglers, a morning of connection and fun with Senior Services

A green poster for the Mental Wellness Series. At the top right is the Los Angeles LGBT Center Senior Services logo. The main title 'MENTAL WELLNESS SERIES' is in large white letters. Below it, '10AM - 11AM' is written. To the right is an illustration of a woman with red hair and flowers in it, holding a blue watering can. Below the title, 'This Month's Topic:' is written, followed by 'May 5 Hoarding' in a yellow box and 'June 2 Health Wellness & Wholeness' in a grey box. At the bottom, it says '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.' Logos for the Los Angeles County Department of Mental Health and the Harry & Jeanette Weinberg Senior Center are at the bottom.

**MENTAL WELLNESS SERIES**  
10AM - 11AM

**This Month's Topic:**  
**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

A purple poster for the Monday Giveaway. At the top right is the Los Angeles LGBT Center Senior Services logo. The main title 'MONDAY GIVEAWAY' is in large white letters inside a white box. Above it are three raffle tickets (blue, purple, and yellow) with 'TICKET' written on them. Below the title, 'MONDAY | MAY 5TH' is written in a yellow box. At the bottom, it says 'JOIN US ON THE FIRST MONDAY OF THE MONTH FOR OUR SPECIAL RAFFLE GIVEAWAY.' and 'ATTEND ANY MONDAY MORNING EVENT THAT DAY TO RECEIVE A RAFFLE TICKET - ONE LUCKY WINNER WILL TAKE HOME A PRIZE!' Logos for the Los Angeles LGBT Center and the Harry & Jeanette Weinberg Senior Center are at the bottom.

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

**MONDAY GIVEAWAY**

**MONDAY | MAY 5TH**

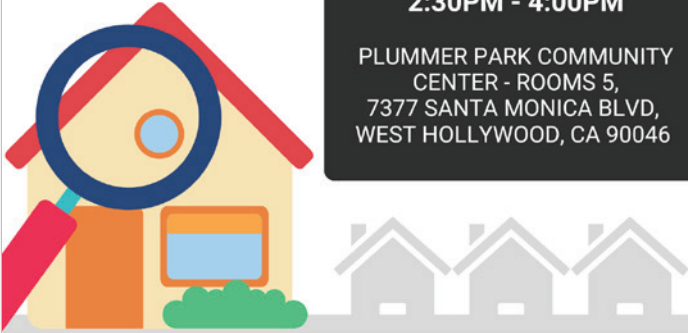
JOIN US ON THE FIRST MONDAY OF THE MONTH FOR OUR SPECIAL RAFFLE GIVEAWAY.

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

## PATHWAYS TO HOUSING



**THURSDAY, MAY 1ST**  
**2:30PM - 4:00PM**

PLUMMER PARK COMMUNITY  
CENTER - ROOMS 5,  
7377 SANTA MONICA BLVD,  
WEST HOLLYWOOD, CA 90046

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

Your participation in this workshop is required if you are interested in participating in our housing navigation program, but everyone is invited to learn more about the options available.

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

staff over engaging games. Happening every third Monday of the month! For May join us for a game of Trivial Pursuit! No experience required.

**Location:** Senior Center

## PATHWAYS TO HOUSING

**THURS., MAY 1, 2:30–4PM**

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:** Plummer Park, 7277 Santa Monica Blvd., West Hollywood, CA 90046

## SECURING THE BAG

Financial Literacy for Marginalized Communities

MAY 8 FROM 1:30-2:30 PM



If you have been recently housed in the past six months, this workshop is for you! This workshop welcomes TGI & LGBTQ+ people, system-impacted individuals, people of color. What It Covers: Budgeting, credit building, debt management, and savings strategies that fit real-life struggles.

SENIOR CENTER & ZOOM  
MEETING ID: 918 7207 7151  
PASSCODE: 021918

## READING OPENS MINDS

**THURS., MAY 1 & 15, 1–2:30PM**

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

**Location:** Senior Center

## SECURING THE BAG: FINANCIAL LITERACY FOR MARGINALIZED COMMUNITIES

**THURS., MAY 8, 1:30–2:30PM**

If you have been recently housed in the past six months, this workshop is for you! This workshop welcomes TGI & LGBTQ+ people, system-impacted individuals, people of color. What It Covers: Budgeting, credit building, debt



management, and savings strategies that fit real-life struggles.

**Meeting ID: 918 7207 7151**

**Passcode: 021918**

**Location: Senior Center & Zoom**

## SEASONED AND SIZZLING

**TUES., MAY 6, 5:30-7PM**

Join us the 1st Tuesday of every other month for a Potluck gathering for transgender and gender non-conforming adults to support one another and build community. Senior Services will provide a dish. May's food theme: Mexican.

**Location: Senior Center**

## SENIOR ART EXHIBITION: FRAMING OUR TRUTHS

**THURS., MAY 1, 5-7PM**

Discover the powerful work of LGBTQ+ seniors from an 11-week workshop led by Mary-Linn Hughes and Christopher Anthony Velasco, exploring storytelling through photography. Opening Reception: May 1 from 5-7 PM. Meet the artists and enjoy some light snacks and refreshments.

**Location: Advocate & Gochis Galleries, 1125 N McCadden Place, Los Angeles, CA 90038**

## SOUND BATH

**MON., MAY 12, 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.

**Meeting ID: 918 7207 7151**

**Passcode: 021918**

**Location: Senior Center & Zoom**

FOR TRANSGENDER AND ENBY ADULTS

# SEASONED & SIZZLING

**BRING A DISH TO SHARE!**  
THIS MONTH, BRING A MEXICAN DISH OR ONE INSPIRED BY MEXICAN CUISINE.

JOIN US FOR THIS BI-MONTHLY GATHERING THE 1ST TUESDAY OF THE MONTH. THIS EVENT IS FOR TRANSGENDER AND GENDER NON-CONFORMING ADULTS **AGES 50+** TO SUPPORT ONE ANOTHER AND BUILD COMMUNITY. SENIOR SERVICES WILL PROVIDE A DISH.

**TUESDAY, MAY 6TH FROM 5:30-7 PM**

PLEASE RSVP THROUGH  
[SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG) OR 323.860.5830



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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

# SOUND BATH

with Alex

**Monday, May 12th**  
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.



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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

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



**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

## SPRING SENIOR SHOWCASE

**THURS., MAY 22, 3-4:30 PM**

Discover our exceptional programs and talented participants at the Spring Senior Showcase, featuring captivating performances in writing, dancing, movement, and beyond.

**Location:** Senior Center

## STILL WE RISE FINALE: WOMEN 50+ "CRAFTING STRONG CHARACTERS"

**TUES., MAY 6, 6-8PM**

Join us for the finale of Still We Rise, facilitated by Jen Cheng, current West Hollywood City Poet Laureate. Over five weeks, participants explored character development through improv, archetypes, mythology, and more, shaping unique perspectives in their writing. Join us to hear the work they've created! To RSVP, contact [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

**Location:** Senior Center in-person with Zoom virtual option

## VETERAN'S POTLUCK DINNER

**TUES., MAY 20, 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. May's food theme: BBQ.

**Location:** Senior Center

## WISER DINING & CAL FRESH PRESENTATION A CONVERSATION

**WED., MAY 7, 10-12PM**

Join Dietitian Chelsea Fujitaka share tips on healthy eating, with a tutorial on



# VETERAN'S POTLUCK DINNER

**TUESDAY, MAY 20, 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.

**THIS MONTH'S THEME: MEXICAN CUISINE!**

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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



making an Asian Cucumber Salad. Healthy recipes will be shared with participants. Then learn about CalFresh and get assistance signing up during the meeting.

**Location:** Senior Center

## YAY COMEDY WORKSHOP

**WED., MAY 7 & 14, 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! The finale takes place on May 14, commemorating LGBTQ+ Elders Day—get ready to laugh!

**Location:** Senior Center





SENIOR PROM WILL BE HELD AT  
LOS ANGELES LGBT CENTER'S ANITA MAY ROSENSTEIN CAMPUS  
1118 N MCCADDEN PLACE

MUSIC!  
DANCING!  
DINNER!

# DISCO!

# SENIOR PROM

*Friday, June 27*  
*6-9PM*

**DRESS IN YOUR BEST DISCO ERA ATTIRE!\***

**\*NOT REQUIRED | SUGGESTED DONATION \$10**

NO ONE WILL BE TURNED AWAY FOR INABILITY TO PAY

RSVP'S OPEN MAY 9 - JUNE 6 FOR REGISTERED SENIOR SERVICES PARTICIPANTS.

**SPACE IS LIMITED.**

RSVP TO [SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG) OR 323-860-5830

LIMITED FREE PARKING, CARPOOLING ENCOURAGED



LOS ANGELES LGBT CENTER  
SENIOR SERVICES