



LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## JUNE 2025

Celebrating Our  
Communities

# PRIDE MONTH

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



LOS  
ANGELES  
LGBT  
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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

Pride month has begun, and this year feels like a very different year as we see unprecedented attacks on our community and essential services. These attacks remind us how important it is to be active when we can in demonstrations and through letter writing and meetings with elected officials. We will continue to send you opportunities for your voice to be heard.

There are tons of Pride events happened around Los Angeles this month with WeHo Pride June 1st (Stop by the Center's Booth); Dyke Day LA on June 7 from 12-6 at Sycamore Grove Park; LA Pride Parade on Sunday, June 8 in Hollywood and Trans Pride LA on June 14 -June 15. We hope to see many of you in your favorite Disco attire, at Senior Prom, ready to dance on Friday, June 27th from 6-9pm at the Anita May Rosenstein Campus. RSVP early for a seat as space will be limited.



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.

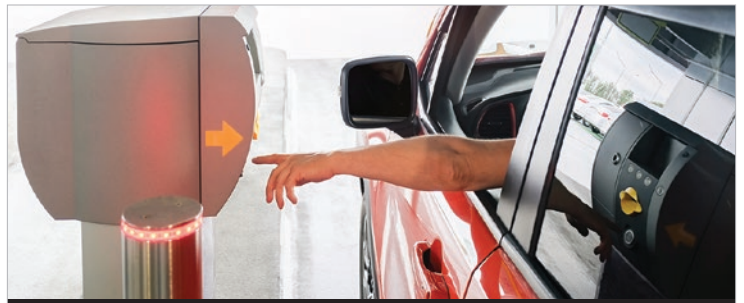
Sign up at the kiosk at the front desk.

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 in a cyber center. One person is standing and pointing at a large screen displaying code. Another person is sitting at a desk with a computer monitor showing a pie chart. A third person is standing next to the desk, looking at a tablet. The background is blue with red and white wavy lines. The text "CYBER CENTER" is 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](https://seniors.lalgbtcenter.org/#/login)

# Farmers Market

**WED., JUNE 4 • 11AM–1PM**

Anita May Rosenstein Campus  
Bayard Rustin Courtyard

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

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



JOIN US  
MONDAY THROUGH  
FRIDAY FOR:

## Hot, Delicious & Nutritious Lunch



**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](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. You **must** complete the Pathways to Housing Workshop to receive long-term housing navigation services from the Center.
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.

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## 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

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## 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.

Los Angeles LGBT Center  
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323-860-5830 and [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## CONSULTORÍA DE CASOS

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

Obtén asistencia para completar aplicaciones relacionadas a vivienda, beneficios (de diferentes 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  
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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

**6:30–9PM**

Join the Tinseltown Squares for an evening of swings, promenades, and sashays. Beginners welcome! Square dancing will only meet on the 10th and 17th in June. Contact seniors@lalgbtcenter.org or 323-860-5830 for more information.

Location: **Pride Hall**

## WEDNESDAYS

### MEN'S SOCIAL GROUP

**10AM–12PM**

Meet new friends and share stories. Open to all self-identifying men to share in



a safe, supportive space.

**Location:** Senior Center or

**Meeting ID:**

**932 7122 4639**

**Passcode:** 249740

## CHAIR YOGA

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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

**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. In lieu of group on 6/5, to celebrate AIDS LifeCycle, An AIDS LifeCycle short will be played followed by a screening of Tick, Tick... Boom! The Center will be closed on 6/19.

**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

## 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 SERVICES COOLING CENTER

When the temperature is above 90 degrees  
(During Senior Center Operating Hours)

**WATCH A FILM AND STAY COOL!**

CHECK IN WITH STAFF DURING LUNCH IF YOU ARE  
INTERESTED IN PARTICIPATING.



## 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)

**Farmer's MARKET**

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

BRING YOUR OWN BAG

THANK YOU

**Wednesday, June 4, 11am-1pm**

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

PRESENTED BY *THE Bouqs CO.*

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

**FLOWER ARRANGING CLASS**

Show your creativity in this class!

**FREE CLASS**

**MONDAY, JUNE 9**  
**10-11:00 AM**

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



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


- **Wednesday, June 18– Closed at 1:30 PM**
- **Thursday, June 19 – Closed for Juneteenth**
- **Friday, June 27– Closed**

We apologize for any inconvenience. Please plan accordingly.



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# PRIDE MONTH FILM SCREENINGS



## SCHEDULE

**THURSDAY, JUNE 5, 1:30-3:30 PM**  
AIDS LIFECYCLE SHORT &  
TICK, TICK...BOOM! (2021)

**FRIDAY, JUNE 6, 1:30-3:30 PM**  
LA QUEER HISTORY  
(DOCUMENTARY SERIES)

**THURSDAY, JUNE 26, 9:30-11:30 AM**  
MAESTRO (2023)

**MONDAY, JUNE 30, 9:30-11:30 AM**  
HANNAH GADSBY: SOMETHING  
SPECIAL (2023)

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

FILM SCREENING & DISCUSSION

## Screaming Queens: The Riot at Compton's Cafeteria


IN COMMEMORATING TRANS PRIDE LA, JOIN US FOR THIS SCREENING OF THE EMMY AWARD-WINNING DOCUMENTARY WHICH TELLS THE LITTLE-KNOWN STORY OF THE FIRST KNOWN ACT OF COLLECTIVE, VIOLENT RESISTANCE TO THE SOCIAL OPPRESSION OF QUEER PEOPLE IN THE UNITED STATES. DISCUSSION TO FOLLOW.

**Friday, June 13  
1:30-3 PM**



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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES



### Grupos de Apoyo de VIH/SIDA

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](mailto:Seniors@lalgbtcenter.org).

### HIV/AIDS Support Groups

Men Living with HIV  
Thursdays  
1:30-3PM

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

Location: Senior Center

### HIV & AGING

Dinner & Discussion


Impacted by HIV  
4th Tuesday  
6-8PM

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

Location: Senior Center

Para más información, contacto a:  
For more information, contact:  
[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) ó (323) 860- 5830

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



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## PATHWAYS TO HOUSING

**THURSDAY, JUNE 5  
3:00PM - 4:30PM**

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



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

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

Monday	Tuesday	Wednesday
<b>2</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>3</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 Small Claims Court WeHo 2:15-3:15 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM	<b>4</b> 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 Pride Decorating 2:30-3:30 PM Housing Application Days 2-4 PM
<b>9</b> Flower Arranging Class 10-11 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>10</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>11</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 Field Trip LGBTQ+ Tour 1:30-5 PM Housing Application Days 2-4 PM
<b>16</b> Juneteenth Celebration 10:30 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>17</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>18</b> Senior Services Advisory Team 9:30-11 AM Cyber Center 10 AM-1 PM & 2-5 PM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM  Senior Center Closes at 1:30 PM
<b>23</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>24</b> Cyber Center 10 AM-1 PM & 2-5 PM HIV Breakfast & Discussion 10-11:30 AM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Jiu-Jitsu 2:30-3:30 PM Prostate Cancer Support Group 7-9 PM	<b>25</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
<b>30</b> Pride Morning Movie 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		



Thursday	Friday
<b>5</b> Men's Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Reading Opens Minds 1-2:30 PM AIDS/Lifecycle Short & Pride Month Film 1:30-3:30 PM Pathways to Housing 3-4:30 PM	<b>6</b> Aging is a Privilege 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Afternoon Pride Film Screening 1:30-3:30 PM Ebony Sage Circle 3-4:30 PM Cancer Support Group 3-5 PM
<b>12</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	<b>13</b> Art and Activism 10-11:30 AM Farmers Market @ Mi Centro 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Screaming Queens Film Screening & Discussion 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
<b>19</b>  Senior Center Closed Juneteenth	<b>20</b> Art and Activism 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Get Used To It 1:30-3 PM Ebony Sage at Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>26</b> Men's Hiking 9:30 AM Pride Month Morning Film 9:30-11:30 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	<b>27</b>  Senior Center Closed  Senior Prom 6-9 PM – Pride Hall





## Non-Weekly Events

### AGING IS A PRIVILEGE

**FRI., JUNE 6, 10-11:30AM**

Together we'll write about what it means to grow older—the good, the bad, the ugly, and the found surprises. Through writing prompts and discussion, tap into your inner wisdom and learn from others. Facilitated by Dawn Moreno-Freedman.

**Location:** Senior Center

### AIDS/LIFECYCLE SHORT & PRIDE MONTH FILM SCREENING

**THURS., JUNE 5, 1:30-3:30PM**

Each year, more than 2,500 participate in a bicycle ride from San Francisco to Los Angeles to raise money for the fight against HIV/AIDS. Join us as we screen the story of this emotional journey, followed by the film Tick, Tick... Boom!.

**Location:** Senior Center

### ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS., JUNE 12 & 26, 12-1:30PM**

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

**Location:** Virtual





## ART & ACTIVISM

**FRI., JUNE 13 & 20, 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., JUNE 13, 3-4PM**

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

**Meeting ID:** 984 9274 8385

**Passcode:** 081457

## BREAKFAST BINGO

**MON., JUNE 23, 9:30-11AM**

Join us at the Senior Center on June 23 for fun and lively Breakfast Bingo! Win fun prizes and get to know your neighbors. Breakfast and coffee begin at 9:30AM. Bingo starts promptly at 10AM.

**Location:** Senior Center


## COLLECTIVE GROOVE

**TUES., JUNE 10, 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




## LGBTQ+ History Field Trip Tour

JOIN SENIOR SERVICES FOR A GUIDED TOUR TO OVER 12 ICONIC LGBTQ+ LANDMARKS IN DTLA! NARRATED BY JIM ANZIDE FROM OUR CULINARY PROGRAM, WE'LL HAVE ONE STOP FOR SNACKS & BATHROOM BREAK.

RECOMMENDED DONATION IS \$10, NO ONE WILL BE TURNED AWAY FOR INABILITY TO PAY.  
PLEASE NOTIFY US OF ANY ACCOMODATION REQUESTS WITH YOUR RSVP.

\*SPACE PRIORITY WILL BE GIVEN TO THOSE WHO DID NOT ATTEND THE TOUR IN APRIL.

**WEDNESDAY, JUNE 11**  
**1:30-5:00 PM**



SPACE IS LIMITED. RSVP REQUIRED BY FRIDAY, JUNE 6 TO  
[SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG) OR (323) 860-5830

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

## FARMERS MARKET

**WED., JUNE 4, 11AM-1PM**

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

**Location: Senior Center**

## FARMERS MARKET AT CENTER SOUTH

**FRI., JUNE 27, 11AM-1PM**

Come and select fresh produce at our community site, Center South. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the 4th Friday of every month, 11AM-1PM. Produce is limited. First come, first served.

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

## FARMERS MARKET AT MI CENTRO

**FRI., JUNE 13, 11AM-1PM**

Ven y selecciona productos frescos en nuestro sitio comunitario, Mi Centro. En colaboración con Seeds of Hope, el Farmers Market se lleva a cabo el segundo viernes de cada mes, de 11AM a 1PM. La producción es limitada. El primero en llegar es el primero en ser atendido. Come and select fresh produce at our community site, Mi Centro. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the 2nd Friday of every month, 11AM-1PM. Produce is limited. First come, first served.

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

**MONDAY, JUNE 2 11AM-12PM**

**MAY'S PRESENTATION: SAFETY 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.

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## FIELD TRIP: PRIDE MONTH LGBTQ+ HISTORY TOUR

**WED., JUN. 11, 1:30-5 PM**

Join Senior Services for a guided tour to over 12 iconic LGBTQ+ landmarks in DTLA! Narrated by Jim Anzide from our Culinary Program. We'll have one stop for snacks & a 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. \*Priority will be given to those who did not attend the tour in April. Space is limited. RSVP required by Wednesday, June 6 to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830.

**Location:** Senior Center

## FLOWER ARRANGING CLASS

**MON., JUNE 9, 10-11AM**

Come show your creativity in this free flower arranging class presented by The Bouqs Co.

**Location:** Senior Center

## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

**TUES., JUNE 10 & 24, 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

## GET USED TO IT: SCREENING & DISCUSSION SERIES

**FRI., JUNE 20, 1:30-3PM**

Join us for a series of screenings of

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## Get Used to It

JOIN US FOR A SERIES OF EPISODE SCREENINGS AND DISCUSSIONS BASED ON THE 1992-2012 TALK SHOW HOSTED BY SHELIA KUEHL AND LOCAL LGBT ACTIVISTS DISCUSSING PRESSING ISSUES OF THE TIME.

MANY OF THE ISSUES DISCUSSED THEN ARE STILL RELEVANT/PRESSING TODAY.

DISCUSSION FACILITATED BY MICHAEL MCFADDEN



SHELIA KUEHL

Friday, June 20  
1:30-3 PM

June episode  
Pride: Then and Now

HARRY & JEANETTE WEINBERG SENIOR CENTER  
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LOS ANGELES, CA 90038

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## HIV GROUPS



## BREAKFAST

**JUNE 24, 10-11:30 AM**

Attention people living with HIV: join us for breakfast for our HIV+ support groups. Connect with others, share your experiences of living with HIV, and make new friends in a welcoming and supportive environment!

Atención participantes seropositivos: únanse a nosotros para un desayuno con nuestros grupos de apoyo para personas que viven con VIH. Conéctense con otros, compartan sus experiencias de vivir con VIH y hagan nuevos amigos en un ambiente acogedor.

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**Monday, June 16**  
**10:30AM - 12 PM**



# Juneteenth Celebration

*This Year, we PARTY!* 

Join Associate Director of Participant Engagement & Equity Gerry Walker to celebrate this incredible holiday. We'll have music, balloons, cake, red soda, swag from Alzheimer's Association and more. Mark your calendar, and see you there!

Harry & Jeanette Weinberg Senior Center  
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episodes from the 1992-2012 talk show hosted by Shelia Kuehl and local LGBT activists discussing pressing issues of the time. Many of the topics covered are still relevant/pressing today. June episode: Pride: Then and Now. Facilitated by Michael McFadden.

**Location:** Senior Center

## HEALTH BENEFITS WORKSHOP

**MON., JUNE 2, 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. **June's Presentation: Safety Awareness.**

**Location:** Senior Center

## HIV & AGING: BREAKFAST & DISCUSSION SERIES

**TUE., JUNE 24, 10-11:30AM**

Join us on June 24 for this breakfast and discussion series geared towards people living with or impacted by HIV. This month's topic and discussion: **This month's topic and discussion: HIV Long-Term Survivors Awareness Day/National HIV Testing Day.**

**Location:** Senior Center

## JUNETEENTH CELEBRATION

**MON., JUNE 16, 10:30AM-12PM**

This year, we PARTY! Join Associate Director of Participant Engagement & Equity Gerry Walker to celebrate this incredible holiday. We'll have music, balloons, cake, red soda, swag from Alzheimer's Association and more. Mark your calendars—we'll see you there!



## LGBTech Q&A with Mom's Computer

**Tuesday, June 3**  
**3:00 - 4:30 PM**

**Social Media Basics**

Stay connected with friends and family on Facebook, Instagram, and more. We'll show you how to post, share, and protect your privacy

**Tuesday, June 17**  
**3:00 - 4:30 PM**

**Zoom & Video Calling**

Want to chat face-to-face with loved ones? Learn the basics of Zoom, FaceTime, and other video call apps to stay in touch.



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



**Location:** Senior Center

## LGBTECH Q&A WITH MOM'S COMPUTER

**TUES., JUNE 3 & 17, 3–4:30PM**

JUNE 3— Social Media Basics: Stay connected with friends and family on Facebook, Instagram, and more. We'll show you how to post, share, and protect your privacy.

JUNE 17— Zoom & Video Calling: Want to chat face-to-face with loved ones? Learn the basics of Zoom, FaceTime, and other video call apps to stay in touch.

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

**Location:** Senior Center

## MENTAL WELLNESS SERIES

**MON., JUNE 2, 10–11AM**

Health, Wellness, and Wholeness – Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Learn how establishing social networks and support can benefit you, your friends, your family and the community in which you live. Presented by Haydeh Fakhrabadi, Psy.D., CPII with the Los Angeles County Department of Mental Health.

**Location:** Senior Center

## MONDAY GIVEAWAY

**MON., JUNE 2, 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: Health Kit.

**Location:** Senior Center



**LOS ANGELES LGBT CENTER**  
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# MENTAL WELLNESS SERIES

10AM - 11AM

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

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# MONDAY GIVEAWAY

**MONDAY | JUNE 2ND**

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

**THIS MONTH'S GIVEAWAY - HEALTH KIT.**

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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

WEDNESDAY, JUNE 4  
2:30-3:30PM

## PRIDE DECORATING AT SENIOR CENTER

Come and help us decorate the  
Senior Services space with Pride  
themed decorations!



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



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## MORNING PRIDE SCREENING: LA QUEER HISTORY

**MON., JUNE 9, 9:30-11:30AM**

The 1969 Stonewall Uprising in New York has been widely regarded as the start of the Gay Civil Rights Movement, but the true heart of the movement—and what we know as “Gay Culture”—was born in Los Angeles. Join us for a screening of LA Queer History Episode 1, “Culture & Criminalization” and Episode 2, “Protests & Parades.”

**Location:** Senior Center

## PATHWAYS TO HOUSING

**THURS., JUNE 5, 3-4:30PM**

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

**Location:** Senior Center

## PRIDE DECORATING

**WED., JUNE 4, 2:30-3:30PM**

Come jazz up the Senior Center’s lunchroom with some Pride decorations to kick off Pride Month.

**Location:** Senior Center

## PRIDE MORNING FILM

**THURS., JUNE 26, 9:30-11:30AM**

In honoring Pride Month, join us as we screen Maestro. A complex love story that spans more than 30 years between the famous conductor Leonard Bernstein

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## SMALL CLAIMS COURT

Are you over the age of 50 and have questions about filing claims against your landlord? Join us for an informational workshop where you’ll learn how to navigate the small claims process—in cases involving disputes with landlords. Presented by the Legal Services Department of the Los Angeles LGBT Center.

TUESDAY, JUNE 3, 2025  
2:15 PM - 3:15PM  
PLUMMER PARK - ROOM 5  
7377 SANTA MONICA BLVD,  
WEST HOLLYWOOD, CA 90046

[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)

323-993-7400





and actress Felicia Montealegre Cohn Bernstein.

**Location:** Senior Center

## READING OPENS MINDS

**THURS., JUNE 5, 1-2:30PM**

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

**Location:** Senior Center

## SCREAMING QUEENS: THE RIOT AT COMPTON'S CAFETERIA

**FRI., JUNE 13, 1:30-3PM**

In commemorating Trans Pride Weekend L.A., join us for a screening of the Emmy Award-winning documentary *Screaming Queens* which tells the little-known story of the first known act of collective, violent resistance to the social oppression of queer people in the United States. Discussion to follow.

**Location:** Senior Center

## SENIOR PROM

**FRI., JUNE 27, 6-9PM**

Join us for our annual Senior Prom! This year we are going DISCO! Get ready for an evening of dining, dancing, and entertainment. For information on how to join the waitlist, contact seniors@lalgbtcenter.org or call 323-860-5830.

**Location:** Los Angeles LGBT Center, Anita May Rosenstein Campus, 1118 N. McCadden Pl., Los Angeles, CA 90038

## SMALL CLAIMS COURT

**THURS., JUNE 3, 2:15-3:15PM**

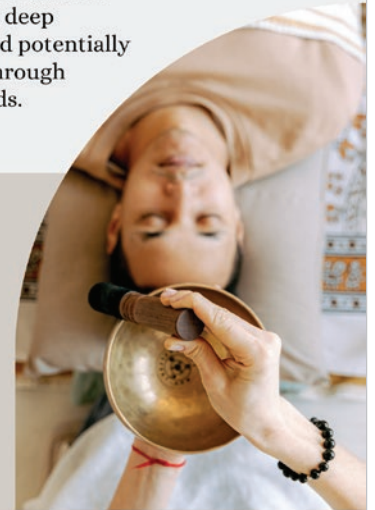
Are you over the age of 50 and have questions about filing claims against your

# SOUND BATH

Monday, June 23  
11 AM-12 PM

with Alex

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.



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Harry & Jeanette Weinberg Senior Center  
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# VETERAN'S POTLUCK DINNER

TUESDAY, JUNE 17, 6 PM

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



LOS ANGELES LGBT CENTER  
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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

landlord? Join us for an informational workshop where you'll learn how to navigate the small claims process in cases involving disputes with landlords. Presented by the Legal Services Department of the Los Angeles LGBT Center. For information contact seniors@lalgbtcenter.org or call 323-993-7400.

**Location:** Plummer Park – Room #5, 7377 Santa Monica Blvd., West Hollywood, CA 90046

## SOUND BATH

**MON., JUNE 23, 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**

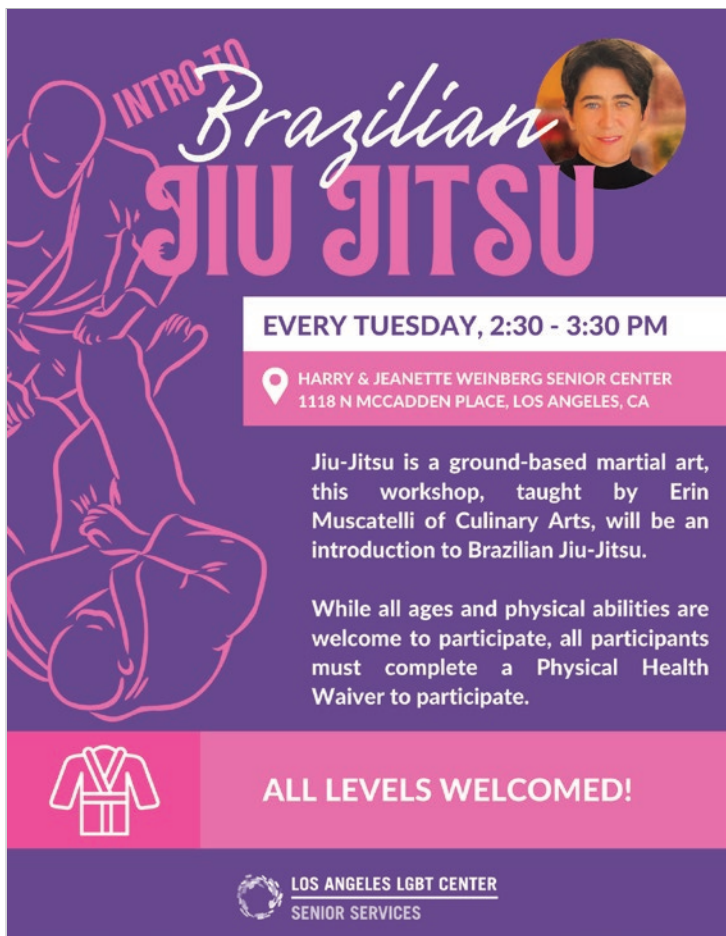
**Location: Senior Center & Zoom**

## VETERAN'S POTLUCK DINNER

**TUES., JUNE 17, 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**



**INTRO TO Brazilian JIU JITSU**

**EVERY TUESDAY, 2:30 - 3:30 PM**

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

Jiu-Jitsu is a ground-based martial art, this workshop, taught by Erin Muscatelli of Culinary Arts, will be an introduction to Brazilian Jiu-Jitsu.

While all ages and physical abilities are welcome to participate, all participants must complete a Physical Health Waiver to participate.

**ALL LEVELS WELCOMED!**

**LOS ANGELES LGBT CENTER**  
 SENIOR SERVICES



## **WeHo Pride Parade**

SUNDAY, JUNE 1

The WeHo Pride Parade is an imaginative and colorful annual tradition along Santa Monica Boulevard that embraces LGBTQ+ representation, inclusion, and progress. Applications are currently open for organizations and individuals interested in participating in the annual WeHo Pride Parade!

## **Dyke Day LA**

SATURDAY, JUNE 7  
12 PM - 6 PM

Annual day in the park for dykes, queers, and allies that celebrates queers of all genders and ages.

Sycamore Grove Park (4702 Figueroa St)

## **AIDS/LifeCycle 2025 Finish Line Festival**

SATURDAY, JUNE 7  
10:30 AM - 4 PM

Get ready to witness an incredible feat of determination and resilience as our extraordinary Cyclists and Roadies conclude their remarkable 7-day journey from San Francisco to Los Angeles.

2030 Ocean Ave, Santa Monica, CA 90405

## **55th Annual LA Pride Parade**

SUNDAY, JUNE 8

LA Pride is the original and icon home of Pride in Los Angeles, the greatest city in the world! We are never going to stop celebrating and marching for visibility, representation, and our right to be out, proud, and fabulous.

## **Trans Pride LA**

FRIDAY, JUNE 14  
SATURDAY, JUNE 15

Trans Pride Los Angeles is hosted by the Trans Lounge program, the Los Angeles LGBT Center's groundbreaking education & empowerment program dedicated to serving Los Angeles' trans and gender expansive community.

# PRIDE

# FESTIVITIES





LOS ANGELES LGBT CENTER  
SENIOR SERVICES

MUSIC - DINNER - DANCING - DISCO

# SENIOR PROM

**FRIDAY, JUNE 27**  
**6-9PM**

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

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

RSVP'S OPEN THRU 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'S ANITA MAY ROSENSTEIN PLAZA, 1118 N MCCADDEN PL