



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

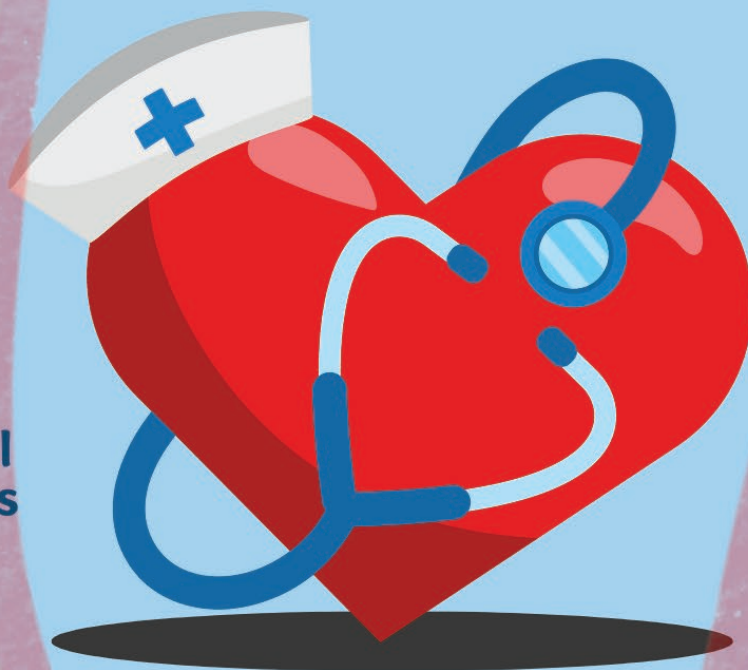
AUGUST 2025

NATIONAL IMMUNIZATION MONTH

VACCINE CLINIC

Monday, August 18
10 – 12 PM

LA LGBT Center – Pride Hall
1118 N McCadden Place, Los
Angeles, CA 90038



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



**LOS
ANGELES
LGBT
CENTER**
**SENIOR
SERVICES**

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

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

Helpline:
323-860-5830

Toll Free:
877-688-4833

For questions, more information or to RSVP for upcoming events, please contact us at **seniors@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

Recently, thanks to support from the Los Angeles City Department of Aging, our program has been provided with funding to have our staff trained and certified in first aid, CPR and defibrillator use in emergency situations.

I am pleased to announce that we have installed accessible defibrillators at each of our dining locations (Senior Center, Triangle Square, and Ariadne Getty Foundation Senior Housing) to provide peace of mind and reduce fatalities while waiting for EMS to respond, should an emergency occur.

We have brought back our annual field trip to the Festival of the Arts: Pageant of the Masters in Laguna Beach this month. There is a cost for this field trip, which requires advance payment, so please RSVP early to confirm your ticket. Food will be available for your purchase in Laguna Beach. Please see page 17 for more details.

We look forward to seeing you there for this special event.



Sincerely,
Kiera Pollock, M.S.W.
Director of Senior Services



THE FOUNDATION



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.

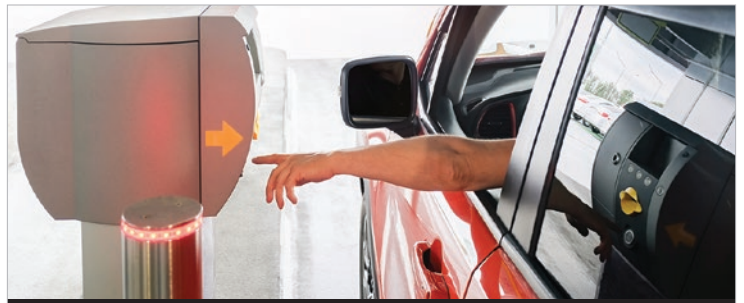
Sign up at the kiosk at the front desk.

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, and a third person is standing next to them. The background is blue with red and white lines representing data or network connections. The text "CYBER CENTER" is in large yellow letters at the top. The Los Angeles LGBT Center logo is in the top right corner.

CYBER CENTER

LOS ANGELES
LGBT
CENTER

The Cyber Center is open:

Tuesdays, Wednesdays & Thursdays
10a.m. - 1p.m. and 2p.m. - 5p.m.

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

How to Join a Zoom Group

- Call **213-338-8477** from your phone.
- Enter Meeting ID followed by the #sign.
- When asked for Participants ID press the # sign, then enter passcode followed by the # sign.

OR

- Download the Zoom app onto your phone and enter the Meeting ID and Passcode.
- You can also go to **<http://zoom.us>** to connect from your computer.

PANTRY PICK-UP



- Senior Services Pride Pantry is available to registered participants up to twice per month.
- Please bring your Senior Services card when picking up your items.

**Senior Pride Pantry Pick-up:
Tuesday & Thursday 9:30–11am**

Senior Pride Pantry Pick-up:
Please go to our portal to register for pick-up at
seniors.lalgbtcenter.org/#/login

Farmers Market

WED., AUGUST 6 • 11AM–1PM

Anita May Rosenstein Campus
Bayard Rustin Courtyard

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

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



JOIN US
MONDAY THROUGH
FRIDAY FOR:

Hot, Delicious & Nutritious Lunch



12:30-1:30 PM

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

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

More Info: seniors@lalgbtcenter.org or 323.860.5830

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



WHAT'S ON YOUR MIND?

TO GIVE US FEEDBACK, MAKE A SUGGESTION, OR SUBMIT A GRIEVANCE, OPEN YOUR CELL PHONE CAMERA AND POINT IT AT THE QR CODE BELOW.

SCAN ME!



or <https://www.surveymonkey.com/r/SSFeedbackForm>

HELPLINE: 323-860-4833 OR SENIORS@LALGBTCENTER.ORG

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

LOS ANGELES LGBT CENTER
SENIOR SERVICES

DROP-IN CASE MANAGEMENT

Wednesdays & Thursdays | 9:30 a.m.–3:30 p.m.

Get assistance signing up for benefits, housing information, caregiver assistance, health and mental health services, and more.

Sign up for an appointment through our kiosk.
Appointments based on availability.

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

Los Angeles LGBT Center
Anita May Rosenstein Campus
Harry & Jeanette Weinberg Senior Center
1118 N. McCadden Place, 90038
323-860-5830 and seniors@lalgbtcenter.org

LOS ANGELES LGBT CENTER
SENIOR SERVICES

CONSULTORÍA DE CASOS

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

Obtén asistencia para completar aplicaciones relacionadas a vivienda, beneficios (de diferentes índoles), asistencia con cuidadores, salud (física y mental), entre muchos otros temas.

Inscríbete para obtener una cita por medio de nuestro quiosco. Citas según disponibilidad.

Si ya tienes un trabajador social asignado, contactálo para obtener una cita. El horario de consultoría de casos es exclusivo para aquellos clientes sin un trabajador social designado.

Los Angeles LGBT Center
Anita May Rosenstein Campus
Harry & Jeanette Weinberg Senior Center
1118 N. McCadden Place, 90038
Nuestra línea Telefónica es: 323-860-5830
Nuestro correo electrónico es: seniors@lalgbtcenter.org

Weekly Events

MONDAYS

RACIAL JUSTICE ALLIES

11AM–12PM

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

Meeting ID:

913 4967 4772

Passcode: 427757

SENIOR WRITING GROUP

11:30AM-1:30PM

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

Meeting ID:

949 3045 5017

Passcode: 218422

TUESDAYS

R&B LINE DANCING

11AM–12PM

Come and shake your groove thing with instructor E Talley II! Learn some new moves and dance to songs you love. All levels welcome!

Location: Senior Center

CARDIO SOUL DANCE

1:30–2:30PM

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

Location: Senior Center

MOVING FORWARD AFTER LOSS

1:30–3PM

A social group for those who have lost a loved one and are interested in exploring life after loss. This is an inclusive space for all. Space is limited. For those interested in joining or for a referral to other supports, please contact us at 323-860-5830 or seniors@lalgbtcenter.org

Location: Senior Center

SPILLING THE TEA

1:30–2:30PM

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

ALL THE WORLD'S A STAGE

5:30-7:30PM

Come explore Shakespeare's language and world through the lens of identity and performance in this workshop with director Luke Harlan. Using scenes and speeches from his plays, we'll dive into themes of love, gender, power, aging, grief, and desire – drawing on our own experiences to bring the Bard's words from the page to the stage. Limited

space. RSVP at seniors@lalgbtcenter.org or (323) 860-5830.

Location: Senior Center

WEDNESDAYS

MEN'S SOCIAL GROUP

10AM–12PM

Meet new friends and share stories. Open to all self-identifying men to share in a safe, supportive space.

Location: Senior Center or
Meeting ID:

932 7122 4639

Passcode: 249740

CHAIR YOGA

11AM–12PM

Challenge your body and brain with Lucero as you explore techniques to improve your memory and health.

Location: Senior Center or
Meeting ID:

981 4546 9997

Passcode: 418978

BEGINNING TAP DANCE

1:30–2:30 PM

Learn the fundamentals of tap dancing with Lauren & Carl! Tap is one of the greatest feel-good dances you can enjoy. It's fun to learn and fun to practice. All skill levels welcome.

Location: Senior Center

VETERAN'S SUPPORT GROUP

2–3PM

This group offers support for LGBTQ+ military veterans in a safe and welcoming space. Beginning in July, group will meet at 2pm.

Location: Senior Center or
Meeting ID:

997 4154 4863

Passcode: 301481

HOUSING APPLICATION DAYS

2–4 PM

Looking for More Affordable Housing Options? Join our hands-on workshop designed specifically for older adults seeking affordable housing. Learn how to search for housing opportunities, complete applications, and take actionable steps—all in one session. Our team is here to support you as you explore options and work toward securing a place that fits your budget. Don't wait—let's take the first steps together! Meets every Wednesday in the Cyber Center. Space is limited, please arrive on time to secure a computer.

Location: The Village at Ed Gould Plaza, Cyber Center, 1125 N. McCadden Pl., Los Angeles, CA 90038

ESPAÑOL FÁCIL

3–4:30PM

Join us to for the third and final season of easy Spanish. We'll resume where we left off with new co-facilitators and lots of learning. ¿Estás listx? Every Wednesday for six weeks starting July 23. Final class is on August 27.

Location: Senior Center

THURSDAYS

MEN'S HIKING GROUP

9:30AM

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

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

Location: Griffith Park

MEN LIVING WITH HIV

1:30–3PM

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

Location: Senior Center

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

Location: Virtual



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

- **Mondays, Closed at 1:30 PM**
- **Friday, August 29 – Closed at 2 PM**
- **Monday, September 1 – Closed (Labor Day holiday)**

We apologize for any inconvenience. Please plan accordingly.

ATTENTION CLIENT MEMBERS

Senior Services supports members of the LGBTQ+ community as well as allies. please note, specific activities and events have been created to serve members of these communities to provide a safe space where like-minded individuals can connect and support one another.

To maintain these respectful spaces, we kindly ask you to carefully review our Newsletter and not attend activities or events meant for particular populations.

For more information, please refer to our community guidelines located at the front desk of the senior center or in our weekly highlights email.

For any questions or concerns, please contact seniors@lalgbtcenter.org or (323) 860-5830.



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

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. 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 or contact Senior Services.





Friday, August 22
All-Day!

Join Senior Services Staff in wearing your favorite pink shirt or outfit. Start up a conversation with others as to why you like the shirt and have fun with it. You are encouraged to wear a shirt of your liking, not mandatory, please keep attire respectful.

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



JOIN US IN LEARNING CONVERSATIONAL SPANISH FOR BEGINNERS, ¡VAMOS POR MÁS!

WEDNESDAYS / JULY 23RD - AUGUST 27TH
3:00 - 4:30 PM

LIMITED AVAILABILITY

RSVP (323) 860-5830

Seniors@lalgbtcenter.org

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

Sun Print Workshop with Mary-Linn



Friday, August 1 & 8
10AM-12PM

Create beautiful blue-and-white sun prints using the historic cyanotype process. In this hands-on workshop, participants will use natural materials like leaves, flowers, and everyday objects to make striking photographic prints using sunlight and light-sensitive paper.

No experience needed - just bring your curiosity and a few found objects.

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

@saintremyarts

ART WORKSHOP:



This workshop offers a unique and engaging approach to stress management through the creative process of collage making, expressing emotions in a non-verbal and intuitive way.

FRIDAY, AUGUST 1
1:30-3:30PM

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



ALL THE WORLD'S A STAGE

EVERY TUESDAY
AUGUST 5 - SEPTEMBER 9
5:30 - 7:30 PM

Come explore Shakespeare's language and world through the lens of identity and performance in this workshop with director Luke Harlan. Using scenes and speeches from his plays, we'll dive into themes of love, gender, power, aging, grief, and desire—drawing on our own experiences to bring the Bard's words from the page to the stage.

Limited space, RSVP at
seniors@lalgbtcenter.org or (323) 860-5830



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

My Life is Poetry

9:30 am-11:30am

5730 Cahuenga Blvd.
North Hollywood, CA 91601



Free
portraits
taken on
8/1

An autobiographical
poetry writing
workshop for LGBT
seniors

Expect a supportive
environment where
you can openly write
your stories. You don't
need to know the rules
of grammar or spelling
or have a large
vocabulary. All you
need is a pen and a
willingness to try.

SPONSORED BY:



Workshop taught by
STEVEN REIGNS
www.stevenreigns.com



WISER DINING

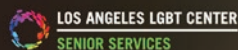
Compare the cost and value of fresh vs. packaged snacks—like apples vs. fruit snacks or carrots vs. chips—and discover how fresh produce offers more servings, nutrients, and less sugar and salt for less money.

Farmers markets are a great place to find affordable, fresh options that support better nutrition and long-term health.

THURSDAY,
AUGUST 7 & 14
1-1:30PM



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



Documentary Screening

AGING IN AMERICA: SURVIVE OR THRIVE

Narrated by Martin Sheen, this documentary invites you to explore the opportunities and urgent public policy questions surrounding longevity today. The film confronts ageism, healthcare gaps, economic insecurity, Alzheimer's, and more, with insight, empathy, and a call to action.



THURSDAY, AUGUST 28
10:30-11:30AM

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

MONDAY	TUESDAY	WEDNESDAY
4 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	5 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 1:30-2:30 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM All The World's A Stage 5:30-7:30 PM	6 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 Beginning Tap 1:30-2:30 PM Veteran's Support Group 2-3 PM Housing Application Days 2-4 PM Español Final 3-4:30 PM
11 Breakfast Bingo 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	12 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 1:30-2:30 PM Jiu-Jitsu 2:30-3:30 PM All The World's A Stage 5:30-7:30 PM Collective Grove 6-8 PM Prostate Cancer Support Group 7-9 PM	13 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 Beginning Tap 1:30-2:30 PM Veteran's Support Group 2-3 PM Housing Application Days 2-4 PM Español Final 3-4:30 PM
18 Monday Minglers 9:30-11 AM Vaccine Clinic 10 AM-12 PM 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	19 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 1:30-2:30 PM Jiu-Jitsu 2:30-3:30 PM LGBTech 3-4:30 PM All The World's A Stage 5:30-7:30 PM Veteran's Pot-Luck Dinner 6-7:30 PM	20 Cyber Center 10 AM-1 PM & 2-5 PM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Beginning Tap 1:30-2:30 PM Veteran's Support Group 2-3 PM Housing Application Days 2-4 PM Español Final 3-4:30 PM
25 Monday Video Workout 9:30-10:30 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Senior Center Closes at 1:30 PM	26 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 1:30-2:30 PM Jiu-Jitsu 2:30-3:30 PM All The World's A Stage 5:30-7:30 PM HIV Dinner & Discussion 6-8 PM Prostate Cancer Support Group 7-9 PM	27 Cyber Center 10 AM-1 PM & 2-5 PM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Beginning Tap 1:30-2:30 PM Veteran's Support Group 2-3 PM Housing Application Days 2-4 PM Español Final 3-4:30 PM

THURSDAY	FRIDAY
	1 Sun Print Workshop 10 AM-12 PM Everyday Movement 11:30 AM-12:30 PM Collaging with St. Remy 1:30-3:30 PM Ebony Sage Circle 3-4:30 PM Cancer Support Group 3-5 PM
7 Men's Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Wiser Dining 1-1:30 PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM Pathways to Housing 3-4:30 PM Field Trip: Pageant of the Masters 4PM- 12AM	8 Sun Print Workshop 10 AM-12 PM Everyday Movement 11:30 AM-12:30 PM Coloring Outside the Lines w/Danny Rios 1:30-3:00 PM Ebony Sage Circle @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
14 Men's Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Alzheimer's Support Group 12-1:30 PM Wiser Dining 1-1:30 PM Men Living with HIV 1:30-3 PM Social Media Workshop 1:30-3 PM	15 Farmers Market @ Mi Centro 11 AM-1 P M Everyday Movement 11:30 AM-12:30 PM Coloring Outside the Lines w/Danny Rios 1:30-3:00 PM Art Appreciation 3-4 PM Ebony Sage Circle @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
21 Co-ed Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM National Senior Citizens Day Celebration 10 AM-3:30 PM Reading Opens Minds 1-2:30 PM Men Living with HIV 1:30-3 PM	22 Pink Shirt Day 9AM-5PM Art & Activism 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Coloring Outside the Lines w/Danny Rios 1:30-3:00 PM Ebony Sage Circle @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
28 Men's Hiking 9:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Aging in America: Survive or Thrive 10:30-11:30 AM Alzheimer's Support Group 12-1:30 PM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM	29 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





Non-Weekly Events

AGING IN AMERICA: SURVIVE OR THRIVE

THURS., AUGUST 28, 10:30-11:30AM

Narrated by Martin Sheen, this documentary invites you to explore the opportunities and urgent public policy questions surrounding longevity today. The film confronts ageism, healthcare gaps, economic insecurity, Alzheimer's, and more, with insight, empathy, and a call to action.

Location: Senior Center

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., AUGUST 14 & 28, 12-1:30PM

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

Location: Virtual

ART & ACTIVISM

FRI., AUGUST 22 & 29, 10-11:30AM

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

Location: Senior Center

ART APPRECIATION

FRI., AUGUST 15, 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., AUGUST 11, 9:30–11AM

Join us at the Senior Center 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

COLLAGING WITH ST. REMY

FRI., AUGUST 1, 1:30-3:30PM

This mindful collage workshop offers an escape from daily routines, providing a path to self-awareness. Join us for a bit of self-care and relaxation through tapping into creativity. Presented by St. Remy Arts and Culture.

Location: Senior Center

COLORING OUTSIDE THE LINES WITH DANNY RIOS

FRI., AUGUST 8, 15 & 22, 1:30-3PM

Unleash your artistic abilities. Come join follow artists and experiment with watercolors. No experience necessary. Let color be your friend.

Location: Senior Center

COLLECTIVE GROOVE

TUES., AUGUST 12, 6–8PM

Every second Tuesday, bring your talents and jam out with other musicians. This is an open space for musicians ages 50+ to learn from one another and create the sound of a collective groove.

Location: Senior Center



LOS ANGELES
LGBT
CENTER
SENIOR
SERVICES

WORKSHOP:
ART & ACTIVISM

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

**AUGUST 22 & 29
10-11:30 AM**



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



LOS ANGELES
LGBT
CENTER
SENIOR
SERVICES

Farmer's MARKET

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



Wednesday, August 6, 11am-1pm

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

 **LOS ANGELES
LGBT CENTER
SENIOR SERVICES**

LGBTech Q&A with Mom's Computer

Tuesday, August 5
3:00 - 4:30 PM
Smartphone Camera Tips
Take better photos with your phone!
Learn how to adjust settings, edit pictures, and capture memories like a pro.

Tuesday, August 19
3:00 - 4:30 PM
Avoiding Robocalls & Spam
Reduce those annoying calls!
Discover how to block robocallers and filter out spam messages on your phone.



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

FARMERS MARKET

WED., AUGUST 6, 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., AUGUST 29, 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., AUGUST 15, 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, AUGUST 4 11AM-12PM
AUGUST PRESENTATION:
CALFRESH AND PROJECT FOOD BOX



HEALTH BENEFITS
WORKSHOP FOR SENIORS

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

THIS PRESENTATION COVERS
FOOD ELIGIBILITY BENEFITS
THROUGH CALFRESH AND
PROJECT FOOD BOX

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

 **LOS ANGELES LGBT CENTER
SENIOR SERVICES**

FIELD TRIP: FESTIVAL OF ARTS PAGEANT OF THE MASTERS

THURS., AUGUST 7, 4PM-MIDNIGHT

Get ready for a one-of-a-kind experience with the 2025 Pageant of the Masters, "Gold Coast: Treasures of California." Showcasing masterpieces from world-class museums. Ticket Price \$60/ per person. Transportation is provided. You are responsible for your own food that day. RSVP by August 4 to seniors@lalgbtcenter.org or (323) 860-5830. If you need financial support, there are limited number of seats available.

Cash or check payment must be received at the Senior Center no later than August 4, or your ticket will be released.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., AUGUST 12 & 26, 7-9PM

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

Location: Virtual

HEALTH BENEFITS WORKSHOP

MON., AUGUST 4, 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. **August's Presentation: CalFresh and Project Box (food eligibility).**

Location: Senior Center



Pageant of the Masters

THURSDAY, AUGUST 7

4PM-MIDNIGHT

Ticket Price \$60/per person



Get ready for a one-of-a-kind experience with the 2025 Pageant of the Masters, "Gold Coast: Treasures of California." Showcasing masterpieces from world-class museums. Transportation is provided. You are responsible for your own food that day.

RSVP by August 4 to seniors@lalgbtcenter.org or (323) 860-5830. If you need financial support, there are limited number of seats.

Cash or check payment must be received at the Senior Center no later than August 4, or your ticket will be released.

1118 N. McCadden Place, Los Angeles, CA 90038



DINNER DISCUSSION

TUESDAY, AUGUST 26

6 - 8 PM

AUGUST TOPIC

HIV Updates

Join us in a dynamic conversation with professionals on HIV-related affairs to discuss the latest developments.

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





MENTAL WELLNESS SERIES
10AM - 11AM

LOS ANGELES LGBT CENTER
SENIOR SERVICES

August 4 Late-Life Transitions
September 8 Preserving Your Memory
October 6 Depression and Anxiety
November 3 Resiliency
December 1 Holiday Blues

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

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., AUGUST 26, 6-8PM

Join us on the 4th Tuesday of each month for a dinner and discussion series geared towards people living with HIV or impacted by HIV. This month join us in a dynamic conversation with professionals on HIV-related affairs to discuss the latest developments.

Location: Senior Center

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., AUGUST 5 & 19, 3-4:30PM

AUGUST 5: Smartphone Camera Tips
Take better photos with your phone! Learn how to adjust settings, edit pictures, and capture memories like a pro.

AUGUST 19: Avoiding Robocalls & Spam
Reduce those annoying calls! Discover how to block robocalls and filter out spam messages on your phone.

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

Location: Senior Center

MCC-UCCV POTLUCK

THURS., AUGUST 28, 12-2PM

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

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

MENTAL WELLNESS SERIES

MON., AUGUST 4, 10-11AM

Health, Wellness, and Wholeness: Discover



LOS ANGELES LGBT CENTER
SENIOR SERVICES

MONDAY GIVEAWAY

MONDAY | AUGUST 4

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 - HYGIENE WIPES & TOWELETTES.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

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. **August Topic: Late-Life Transitions.** Presented by Haydeh Fakhrabadi, Psy.D., CPII with the Los Angeles County Department of Mental Health.

Location: Senior Center

MONDAY GIVEAWAY

MON., AUGUST 4, 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: Wipes and Towelettes.**

Location: Senior Center

MONDAY MINGLES

MON., AUGUST 18, 9:30–11AM

Join us for Monday Mingles, a morning of games, connection, and fun with Senior Services staff. 3rd Monday of every month. **August game: Uno Competition.**

Location: Senior Center

MONDAY VIDEO WORKOUT

MON., AUGUST 25, 9:30-10:30AM

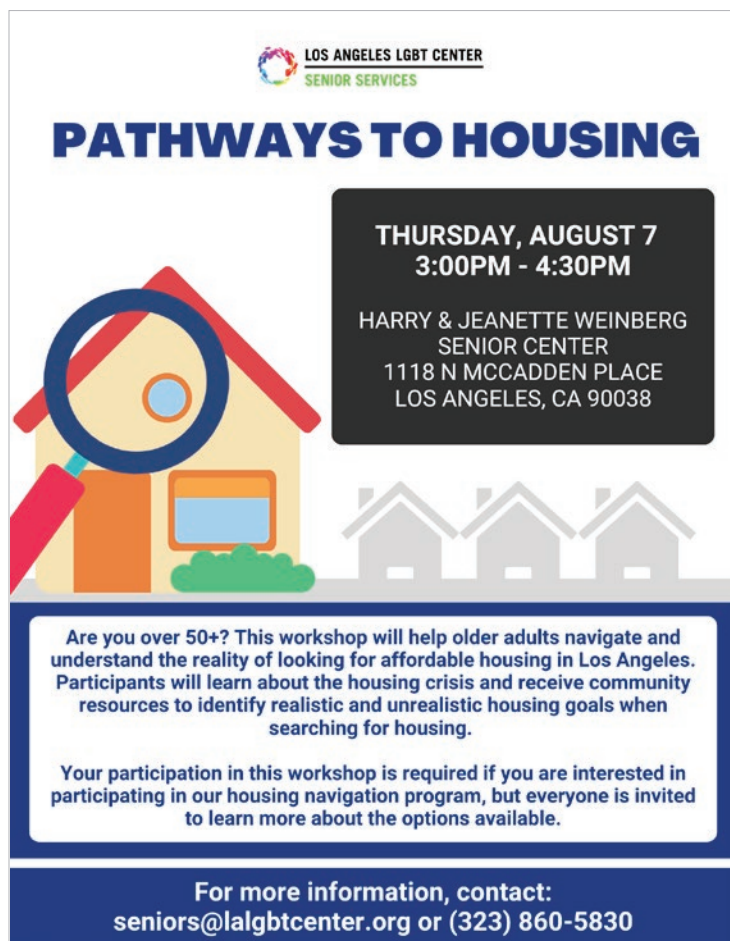
Kickstart your day with gentle chair stretching and beginners video exercises.

Location: Senior Center

NATIONAL SENIOR CITIZEN'S DAY

THURS., AUGUST 21, 10AM-3:30PM

Join us as we celebrate National Senior Citizen's Day. The event will include outdoor morning yoga (all-levels





Join us for a
SOCIAL MEDIA WORKSHOP
w/ Kevin Winston

THURSDAY, AUGUST 14, 1:30-3PM

Get tips on how to use social media better, especially Instagram. In this interactive hands-on workshop, bring your phone to learn how to update your bio, engage with others, follow local resources, and do a post, story and reel.

Requirements: Bring your own cell phone, with your personal Instagram account already created. About our instructor: Kevin Winston has worked in social media for more than 15 years, including digital marketing at two movie studios and university alumni Facebook groups.

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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

SOUND BATH

Monday, August 18
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.



 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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

welcomed), a senior-focused self-advocacy presentation by Planned Parenthood, an ice cream social provided by WellCare Health Plan, Inc, and the celebration will conclude with meditation and relaxation.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., AUGUST 7, 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 & Zoom

Meeting ID: 931 3146 8648

Passcode: 091142

PINK SHIRT DAY

FRI., AUGUST 22, ALL-DAY

Join Senior Services Staff in wearing your favorite pink shirt or outfit. Start up a conversation with others as to why you like the shirt and have fun with it. You are encouraged to wear a shirt of your liking, not mandatory, please keep attire respectful.

Location: Senior Center, Triangle Square & AGSH Residential Sites

READING OPENS MINDS

THURS., AUGUST 7 & 21, 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.

Location: Senior Center

SOCIAL MEDIA WORKSHOP W/ KEVIN WINSTON

THURS., AUGUST 14, 1:30-3PM

Get tips on using social media, especially Instagram. In this interactive hands-on workshop, bring your phone to learn how to update your bio, engage with others, follow local resources, and make a Post, Story, or Reel. Please bring your own cell phone with your personal Instagram account already created. Our instructor Kevin Winston has worked in social media for more than 15 years, including digital marketing at two movie studios and university alumni Facebook groups.

Location: Senior Center

SOUND BATH

MON., AUGUST 18, 11AM-12PM

Join us at Senior Services for a sound bath led by Alex S.! A sound bath is a deeply immersive, meditative experience where you'll be surrounded by soothing vibrations from instruments like singing bowls, gongs, and chimes, promoting relaxation and inner calm. Space is limited.

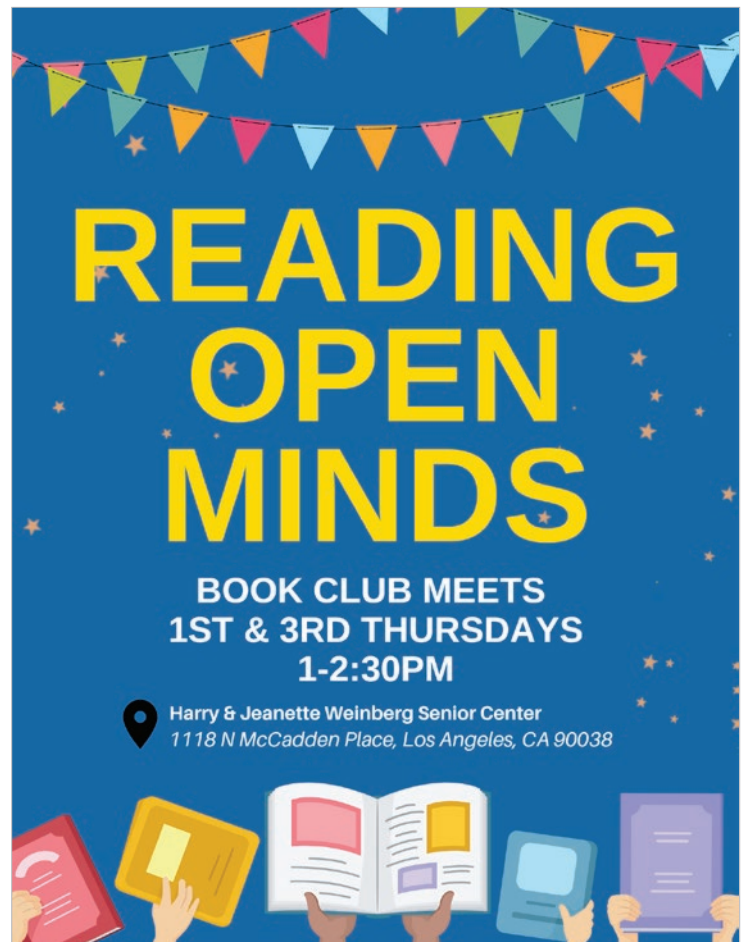
Location: Senior Center

SUN PRINT WORKSHOP WITH MARY-LINN

FRI., AUGUST 1 & 8, 10AM-12PM

Create beautiful blue-and-white sun prints using the historic cyanotype process. Participants will use natural materials like leaves, flowers, and everyday objects to make striking photographic prints using sunlight and light-sensitive paper. No experience needed—just bring your curiosity and a few found objects.

Location: Senior Center





VACCINE CLINIC

MON., AUGUST 18, 10AM-12PM

Stay up to date on your COVID-19 Boosters and MPOX shots. Please bring your ID. Insurance information recommended but not required. Flu shots will be provided depending on availability.

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

VETERAN'S POTLUCK DINNER

TUES., AUGUST 19, 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. **August food theme: Italian.**

Location: Senior Center

WISER DINING

THURS., AUGUST 7 & 14, 1-1:30PM

Compare the cost and value of fresh vs. packaged snacks—like apples vs. fruit snacks or carrots vs. chips—and discover how fresh produce offers more servings, nutrients, and less sugar and salt for less money. Farmers markets are a great place to find affordable, fresh options that support better nutrition and long-term health.

Location: Senior Center





BEGINNING TAP DANCE



LEARN THE FUNDAMENTALS OF TAP DANCING WITH LAUREN & CARL!
TAP IS ONE OF THE GREATEST FEEL-GOOD DANCES YOU CAN ENJOY.
IT'S FUN TO LEARN AND FUN TO PRACTICE.
ALL SKILL LEVELS WELCOME.

WEDNESDAYS
1:30-2:30 PM

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



CHAIR YOGA



Challenge your body and brain
with Lucero as you explore techniques
to improve your memory and health.

EVERY WEDNESDAY
11AM-12PM

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

and via Zoom
Meeting ID: 981 4546 9997
Passcode: 418978

MOVING FORWARD AFTER LOSS

Tuesdays 1:30 - 3:00 PM

A social group for those who have lost a loved one and
are interested exploring life after loss. This is an
inclusive space for all.

Please note, this is not a therapy group.



Space is limited. For those interested in joining or for referral to other
supports, please contact us at 323-860-5830 or
seniors@lalgbtcenter.org



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

AIDS DIVA: THE LEGEND OF CONNIE NORMAN



FILM SCREENING Q&A
SEPTEMBER 13 FROM 6 - 9 PM

Documentary film on the extraordinary life and times of Connie Norman,
late Transgender AIDS Activist and LGBTQ+ media spokesperson. This
screening is a celebration of WeHo's rich history of LGBTQ+ activism and
resistance as part of the city's 40th anniversary of its foundation.



The Renberg Theatre
1125 N. McCadden Place, Los Angeles, CA 90038



SAVE THE DATE

CELEBRANDO NUESTRAS CULTURAS

¡con orgullo!



**FOOD, DANCING,
ENTERTAINMENT & MORE!**

**THURSDAY, SEPTEMBER 25
3:00-5:00 PM**

*The Village at Ed Goulding Plaza
1125 N McCadden Pl
Los Angeles, California
90038*



LOS ANGELES LGBT CENTER
SENIOR SERVICES