



# 50+

## SEPTEMBER 2025

# HISPANIC HERITAGE MONTH

## SEPT 15 - OCT 15

### CELEBRANDO NUESTRAS CULTURAS

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

Acompáñanos a festejar las culturas latinoamericanas y su fuerza dentro de la comunidad LGBTQ+. ¡Te invitamos a una tarde de festejos, deliciosa comida, música, convivencia, recursos y mucho más!

Join us as we honor and celebrate the vibrant cultures and contributions of Hispanic and Latin communities during Hispanic Heritage Month! We invite you to an afternoon of festivities, delicious food, music, community building, resources & more!

RSVP/Helpline: 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

Mailing Address:

**Senior Services**  
**6725 Santa Monica Blvd**  
**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](mailto: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](mailto:seniors@lalgbtcenter.org)  
requesting to "Go Green."



## LETTER FROM KIERA

Starting this month, we will be adjusting our operating hours across our locations to 9-3pm and our pantry hours will change to Thursdays from 9:30-11:00. September has a number of amazing arts, film and cultural events to participate in. On September 13 from 6-9pm we will screen AIDS DIVA: The Legend of Connie Norman. The screening is an official event of the 40th Anniversary of the founding of the City of West Hollywood. The life story of transgender / AIDS activist Connie Norman is intertwined with the city in the late 80's and early 90s, as West Hollywood repeatedly appears in the film in the key role of 'home territory' and stage for the LGBTQ community. A very special Q and A panel following the screening will include Connie Norma's activist colleagues gathered together live on stage for the first time since the film's premiere.

Additional featured events this month include an End of Summer dance; Songwriting for Seniors; Monoprinting with Mary-Linn, All the World's Stage Final Performance and an annual favorite cultural event, *Celebrando Nuestras Culturas*.



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!

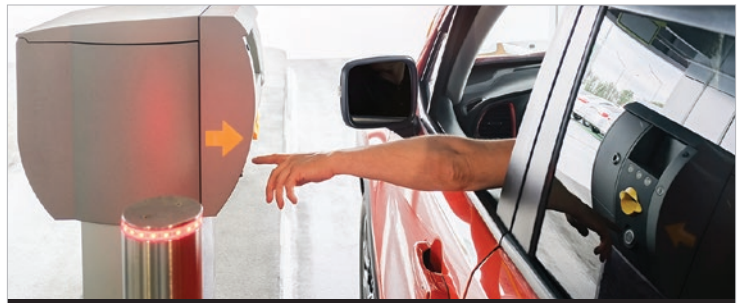
## Shower & Laundry Facilities:

Showers and laundry are available free of charge for registered senior participants Monday–Friday from 9:30AM–12:30PM. 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.

## SENIOR SERVICES UPDATES

STARTING TUESDAY, SEPTEMBER 2, 2025

SENIOR SERVICES HOURS (SENIOR CENTER, ARIADNE GETTY SENIOR HOUSING, TRIANGLE SQUARE):

MONDAY - FRIDAY FROM 9:00AM - 3:00PM\*

\*EXCEPT FOR SCHEDULED CASE MANAGEMENT, HOUSING NAVIGATION APPOINTMENTS, AND SPECIAL EVENTS.

A PARTIR DEL MARTES 2 DE SEPTIEMBRE DE 2025.

HORARIO DE SERVICIOS PARA PERSONAS MAYORES (SENIOR CENTER, ARIADNE GETTY SENIOR HOUSING, TRIANGLE SQUARE):

LUNES A VIERNES DE 9:00AM A 3:00PM\*

\*EXCEPTO CITA PROGRAMADA PARA GESTIÓN DE CASOS, CITAS DE LA NAVEGACIÓN DE VIVIENDA, Y EVENTOS ESPECIALES.



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

FOR MORE INFO  
323.860.5830 OR  
SENIORS@LALGBTCENTER.ORG

## SENIOR SERVICES UPDATES

STARTING TUESDAY, SEPTEMBER 2, 2025:

### SENIOR SERVICES HOURS:

MONDAY - FRIDAY FROM 9:00 AM - 3:00 PM

### SENIOR PANTRY:

FIRST THROUGH FOURTH THURSDAY  
9:30 AM - 11 AM

### LAUNDRY/SHOWER:

MONDAY - FRIDAY FROM 9 AM - 12:30 PM



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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323.860.5830 OR  
SENIORS@LALGBTCENTER.ORG



# NEW TIME/DATE

## 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.

Please note, Pride Pantry only occurs the 1<sup>st</sup> - 4<sup>th</sup> Thursdays of the month.

**Senior Pride Pantry Pick-up:**  
Thursdays 9:30-11 AM

**Senior Pantry Pick-up Location:**  
1111 N. Las Palmas, Los Angeles, CA 90038

# Farmers Market

**WED., SEPTEMBER 3 • 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.

# NEW TIME

## SHOWER & LAUNDRY\* AVAILABLE FOR FREE

for registered senior participants.

## DUCHA Y LAVANDERÍA\* GRATIS

para participantes registrados.

## HOURS/HORARIOS:

as of September 2, 2025

A partir del 2 de Septiembre de 2025

**Monday - Friday**

**9:00 AM - 12:30 PM**

**Lunes - Viernes**

**9:00 AM - 12:30 PM**



\*Participants can use laundry every other day.

\*Los participantes pueden usar la lavandería cada dos días.

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1118 N McCadden Place, Los Angeles, CA 90038

For more info  
323.860.5830 or  
[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)



## 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)



# CYBER 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

# GO GREEN!

BUT HOW?

BUT HOW?

BUT HOW?

BUT HOW?

Let us know if you would like to  
**GO PAPERLESS** and access the newsletter  
online through our email list.

Send an email to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)  
requesting to "Go Green."

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## DROP-IN CASE MANAGEMENT

**Wednesdays & Thursdays | 9:30 a.m.-2:30 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.**

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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.-2:30 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**

#### JIU-JITSU (NEW TIME/DATE)

**1:30–2:30PM**

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.**

Now meeting on Mondays.  
**Location: Senior Center**

### TUESDAYS

#### DANCE, MEDITATION, & MOVEMENT (NEW TIME)

**10–11AM**

Join instructor E Talley II for a gentle and joyful class that blends deep breathing, calming stretches, some mindful Tai Chi/Qigong movements and Dance. All levels welcome!

**Location: Senior Center**

#### 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. Group does not meet on the 4th Tuesday of the month when we host our monthly potluck.

**Location: Senior Center or**



**Meeting ID:**  
**976 9741 6232**  
**Passcode: 786547**

## 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

## HOUSING APPLICATION DAYS

**1:30–3PM**

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

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

### LGBTQ POP MUSIC IN THE 21ST CENTURY

**1:30–3PM**

This 8-week workshop beginning on Sept. 3rd explores some of the many ways in which gay men, lesbians, bisexuals, transgender and other queer folk have been engaged in popular music of the twenty-first century: as composers,

as performers, and as audiences. Activities will include: group listening and discussion, short lectures, and music-making activities. You need no formal musical background in order to participate!

**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**

## 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



## SONGWRITING FOR SENIORS

**10-11:30AM**

Come be part of our collaborative songwriting workshop, where we transform shared stories and ideas into original music. Learn the fundamental structure of a song and, together, we'll write and share our creations! No experience needed, please RSVP.

**Location:** Senior Center

## MEN LIVING WITH HIV

**1:30-3PM**

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

**Location:** Senior Center

## FRIDAYS

## THE PRIDE POLICY PROJECT

**10-11:30AM**

This workshop is for LGBT seniors who want to speak up and make a difference in HIV policy. We'll share stories, learn new skills, and talk about how our experiences can help create better laws and support. Together, we'll use our voices to fight stigma and

push for change.

**Location:** Senior Center

## 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

## 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



## 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 1:30–3 PM in the Cyber Center.

 LOS ANGELES LGBT CENTER  
SENIOR SERVICES



## NEW TIME

### 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  
1:30 - 3:00 PM**

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

 LOS ANGELES LGBT CENTER  
SENIOR SERVICES

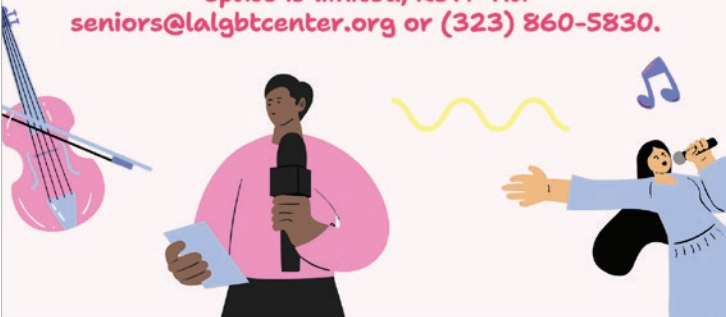


## SONGWRITING FOR SENIORS

**THURSDAYS FROM 10 - 11:30 AM**

Come be part of our collaborative songwriting workshop, where we transform shared stories and ideas into original music. Learn the fundamental structure of a song and, together, we'll write and share our creations! No experience needed, please RSVP.

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



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

 LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## LGBTQ POP MUSIC IN THE 21ST CENTURY

**WEDNESDAYS FROM 1:30 - 3:00 PM**

THIS 8-WEEK WORKSHOP EXPLORES SOME OF THE MANY WAYS IN WHICH GAY MEN, LESBIANS, BISEXUALS, TRANSGENDER AND OTHER QUEER FOLK HAVE BEEN ENGAGED IN POPULAR MUSIC OF THE TWENTY-FIRST CENTURY: AS COMPOSERS, AS PERFORMERS, AND AS AUDIENCES. ACTIVITIES WILL INCLUDE: GROUP LISTENING AND DISCUSSION, SHORT LECTURES, AND MUSIC-MAKING ACTIVITIES. YOU NEED NO FORMAL MUSICAL BACKGROUND IN ORDER TO PARTICIPATE!

YOU NEED NO FORMAL MUSICAL BACKGROUND IN ORDER TO PARTICIPATE! SPACE IS LIMITED.



**8-WEEK WORKSHOP BEGINS ON  
WEDNESDAY, SEPTEMBER 3RD**

**SPACE IS LIMITED, RSVP VIA [SENIORS@LALGBTCENTER.ORG](mailto:seniors@lalgbtcenter.org) OR  
(323) 860-5830**



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



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

# NEW TIME/DATE



**INTRO TO Brazilian JIU JITSU**

**EVERY MONDAY, 1:30 - 2:30 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.

**THE SECOND WEEK OF THE MONTH IS RESERVED FOR BEGINNERS!**

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

# NEW TIME



**READING OPENS MINDS**

**BOOK CLUB MEETS 1ST & 3RD THURSDAYS**  
**1:30 - 3:00 PM**

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

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

# SPILLING THE TEA



**SPILLING THE TEA**

**DON'T BE SHY, SPILL THE TEA!**

A SOCIAL AND SUPPORT GROUP FOR TRANSGENDER AND GENDER NON-CONFORMING ADULTS TO SUPPORT ONE ANOTHER AND BUILD COMMUNITY.

**Tuesdays 1:30-2:30 PM**

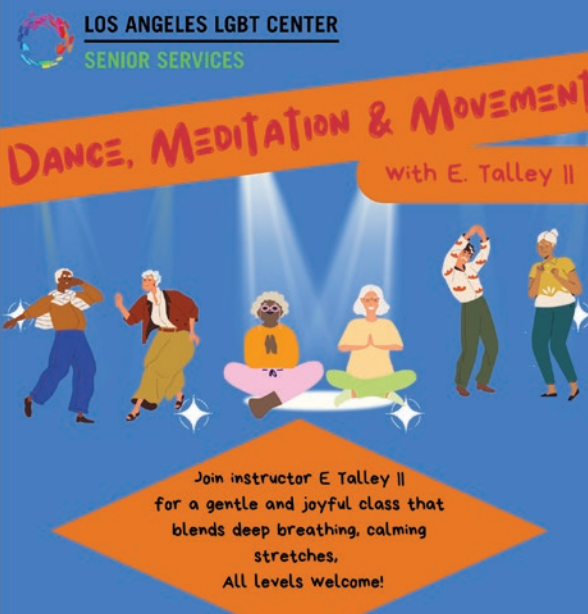
\*Group does not meet on the 4<sup>th</sup> Tuesday of the month when we host our monthly potluck

In Person, Senior Center or  
Meeting ID: 976 9741 6232 Passcode: 786547

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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

# NEW TIME



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

**DANCE, MEDITATION & MOVEMENT**  
with E. Talley II

Join instructor E Talley II for a gentle and joyful class that blends deep breathing, calming stretches, All levels welcome!

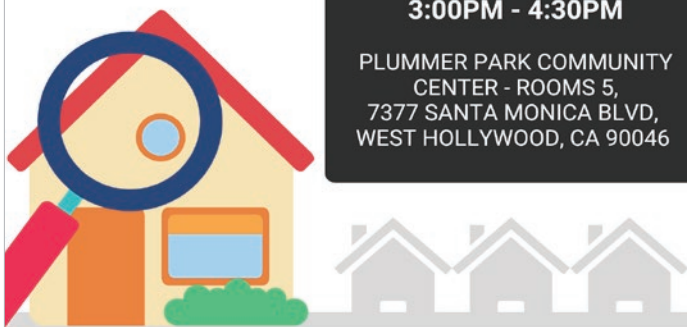
**Tuesdays from 10 - 11 AM**  
**Harry & Jeanette Weinberg Senior Center**  
1118 N McCadden Place  
Los Angeles, CA 90038



## PATHWAYS TO HOUSING

FRIDAY, SEPTEMBER 5<sup>TH</sup>  
3:00PM - 4:30PM

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

## Protecting your HOUSING RIGHTS



MONDAY, SEPTEMBER 8, 1:30-3PM

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

OR ZOOM:

MEETING ID: 931 1865 9948  
PASSCODE: 916657

ARE YOU OVER THE AGE OF 55 AND HAVE QUESTIONS ABOUT YOUR HOUSING?  
AS A TENANT, YOU HAVE MANY RIGHTS WHEN RENTING A RESIDENTIAL UNIT. LEARN ABOUT THE BASICS OF TENANTS' HOUSING RIGHTS, HOUSING PROTECTIONS, AND THE EVICTION PROCESS AT THIS INFORMATIONAL WORKSHOP PRESENTED BY THE LEGAL SERVICES DEPARTMENT OF THE L.A. LGBT CENTER.

## 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,  
SEPTEMBER 4 & 11  
1-1:30PM



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



## THE POWER OF AGING: NAVIGATING SERVICES IN TIMES OF UNCERTAINTIES

September 19, 2025 | 9:30am - 3:00pm

Lunch will be provided. Vermont Corridor 510 S.  
Vermont Ave 9th Floor, Los Angeles, CA 90020  
VALIDATED PARKING: 523 SHATTO PL, LA 90020

Scan QR code to  
RSVP.



Questions? Email  
[hivcomm@lachiv.org](mailto:hivcomm@lachiv.org) or  
call 213-738-2816

Transportation provided, limited space. Please  
RSVP, transportation will depart of Senior Services  
(1118 N McCadden Place, Los Angeles, CA 90038).



LOS ANGELES COUNTY  
COMMISSION ON HIV

MONDAY	TUESDAY	WEDNESDAY
<b>1</b>  <b>SENIOR CENTER CLOSED</b>  <b>LABOR DAY</b>	<b>2</b>  Cyber Center 10 AM-1 PM & 2-5 PM Dance, Meditation, & Movement 10-11AM 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 All The World's A Stage 5:30-7:30 PM Roommate Social 6-7:30 PM	<b>3</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 Beginning Tap 1:30-2:30 PM LGBTQ Pop Music in the 21st Century 1:30-3:00 PM Housing Application Days 1:30-3 PM Veteran's Support Group 2-3 PM
<b>8</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 Jiu-Jitsu 1:30-2:30 PM Protecting Your Housing Rights 1:30-3PM	<b>9</b>  Cyber Center 10 AM-1 PM & 2-5 PM Dance, Meditation, & Movement 10-11AM 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 All The World's A Stage - Final Performance 5:30-7:30 PM Prostate Cancer Support Group 7-9 PM	<b>10</b>  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 LGBTQ Pop Music in the 21st Century 1:30-3:00 PM Housing Application Days 1:30-3 PM Veteran's Support Group 2-3 PM
<b>15</b>  Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM LGBTech 1:30-3 PM Jiu-Jitsu 1:30-2:30 PM	<b>16</b>  Cyber Center 10 AM-1 PM & 2-5 PM Dance, Meditation, & Movement 10-11AM 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	<b>17</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 Beginning Tap 1:30-2:30 PM LGBTQ Pop Music in the 21st Century 1:30-3:00 PM Housing Application Days 1:30-3 PM Veteran's Support Group 2-3 PM
<b>22</b>  Monday Video Workout 9:30-10:30 AM Racial Justice Allies 11 AM-12 PM Sound Bath 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Jiu-Jitsu 1:30-2:30 PM Small Claims Court 1:30-3 PM	<b>23</b>  Cyber Center 10 AM-1 PM & 2-5 PM Dance, Meditation, & Movement 10-11AM R&B Line Dancing 11 AM-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Seasoned & Sizzling 5:30-7:00 PM Veteran's Potluck Dinner 6-7:30 PM HIV Dinner & Discussion 6-8 PM Prostate Cancer Support Group 7-9 PM	<b>24</b>  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 LGBTQ Pop Music in the 21st Century 1:30-3:00 PM Housing Application Days 1:30-3 PM Veteran's Support Group 2-3 PM
<b>29</b>  <b>SENIOR CENTER CLOSED</b>	<b>30</b>  Cyber Center 10 AM-1 PM & 2-5 PM Dance, Meditation, & Movement 10-11AM 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	



THURSDAY	FRIDAY
<b>4</b> Men's Hiking 9:30 AM Senior Pantry Pickup 9:30-11 AM Songwriting for Seniors 10-11:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Grupo de Apoyo 10-11:30 AM Wiser Dining 1-1:30 PM Reading Opens Minds 1:30-3:00 PM Men Living with HIV 1:30-3 PM End of Summer Dance 3-5 PM	<b>5</b> The Pride Policy Project 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Monoprinting Autumn Leaves 1:30-3 PM Pathways to Housing WeHo 3-4:30 PM Ebony Sage Circle 3-4:30 PM Cancer Support Group 3-5 PM
<b>11</b> Men's Hiking 9:30 AM Senior Pantry Pickup 9:30-11 AM Songwriting for Seniors 10-11:30 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	<b>12</b> The Pride Policy Project 10-11:30 AM Farmers Market @ Mi Centro 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Monoprinting Autumn Leaves 1:30-3 PM Art Appreciation 3-4 PM Cancer Support Group 3-5 PM
<b>18</b> Co-ed Hiking 9:30 AM Senior Pantry Pickup 9:30-11 AM Songwriting for Seniors 10-11:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Reading Opens Minds 1:30-3:00 PM Men Living with HIV 1:30-3 PM	<b>19</b> HIV & Aging Commission "The Power of Aging" 9:30 AM-3 PM The Pride Policy Project 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Monoprinting Autumn Leaves 1:30-3 PM Ebony Sage Circle @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
<b>25</b> Men's Hiking 9:30 AM Senior Pantry Pickup 9:30-11 AM Songwriting for Seniors 10-11:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Alzheimer's Support Group 12-1:30 PM MCC-UCCV Potluck 12-2 PM Men Living with HIV 1:30-3 PM Celebrando Nuestra Cultura 3-5 PM	<b>26</b> The Pride Policy Project 10-11:30 AM Farmers Market @ Center South 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Dwell Well: The Scent of Stability 1:30-2:30 PM Cancer Support Group 3-5 PM



## AIDS DIVA: THE LEGEND OF CONNIE NORMAN

**FILM SCREENING  
SATURDAY, SEPTEMBER 13  
RENBURG THEATER  
LA LGBT CENTER**



**REGISTER BY SCANNING  
THE QR CODE**

**FOR FREE TICKETS TO THE SCREENING**

## Non-Weekly Events

### AIDS DIVA: THE LEGEND OF CONNIE NORMAN

**SAT., SEPT. 13, 6-9PM**

This screening is an official event of the 40th Anniversary of the founding of the City of West Hollywood. The life story of transgender / AIDS activist Connie Norman is intertwined with the city in the late 80's and early 90s, as West Hollywood repeatedly appears in the film in the key role of 'home territory' and stage for the LGBTQ community to express itself in the public realm, in both angry protest and joyous celebration. A very special Q and A panel following the screening will include Connie Norma's activist colleagues gathered together live on stage for the first time since the film's premiere during the pandemic in 2021. On stage will be Torie Osborn, Robin Podolsky, Peter Cashman and others to be confirmed, as well as the films' director, Dante Alencastre. The panel will be moderated by transgender activist/artist Jazzmun Nichcala Crayton. This program is supported in part by an arts grant from the City of West Hollywood and hosted by the LGBT Center Senior Services Division. See accompanying flyer for QR code to register to attend.

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

### ALL THE WORLD'S A STAGE - FINAL PERFORMANCE

**TUES., SEPT. 9, 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 –

**WEST HOLLYWOOD 40TH YEAR OF CITYHOOD EVENT**

**FILM SCREENING**  
**SATURDAY,**  
**SEPTEMBER 13**

**6 PM RECEPTION**  
**7 PM SCREENING**  
**LIVE PANEL FOLLOWING**

**RENBURG THEATER AT THE LA LGBT CENTER**

**1125 N MCCADDEN PLACE, LOS ANGELES, CA 90038**

**PRESENTED BY**

**City of West Hollywood California, 1984**

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

**one INSTITUTE**

**"FIERCE AND COMPASSIONATE"**  
**"UNFLINCHINGLY HONEST"**

**AIDS DIVA: THE LEGEND OF CONNIE NORMAN**  
**A FILM BY DANTE ALENCASTRE**

PRODUCERS DANTE ALENCASTRE, JOHN JOHNSTON  
EDITORS ANDREW GIBNEY, MARCOS REYES, MARK DAGIMAN  
WRITER: DANTE ALENCASTRE, JOHN JOHNSTON  
CINEMATOGRAPHER MARCOS REYES, FRANCESCA ALEJANDRO HERNANDEZ  
COSTUME DESIGNER TATIANA, ROBIN PODOLSKY, MARGOT LACROIX  
MUSIC JAM HILL, MERISSA MARSHALL, LAUREN

**"RECHARGE YOUR RESISTANCE"**  
**"FASCINATING, FIERCE AND WITTY" "DISTURBINGLY RELEVANT"**  
**"UNFLINCHINGLY HONEST" "INSPIRATION FROM OUR ANCESTORS"**

**SPECIAL SCREENING WITH LIVE PANEL FOLLOWING INCLUDING CONNIE'S ACTIVIST COLLEAGUES FROM THE FILM ON STAGE**

**TORIE OSBORN** **PETER CASHMAN** **ROBIN PODOLSKY** **JAZZMUN CRAYTON** **DANTE ALENCASTRE**

**REGISTER BY SCANNING THE QR CODE**  
**FOR FREE TICKETS TO THE SCREENING**

**AIDS DIVA FILM WEBSITE**  
**FOR VIDEO, PRES. AND TESTIMONIALS, AND MUCH MORE**

**ALL THE WORLD'S A STAGE**

**SEPTEMBER 9**  
**5:30 - 7:30 PM**

**FINAL PERFORMANCE!**  
**SEPTEMBER 9<sup>TH</sup>**

*Come watch the final performance of this spectacular class!*

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

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



drawing on our own experiences to bring the Bard's words from the page to the stage. Come witness our final performance.

**Location:** Senior Center

## ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS., SEPT. 11 & 25, 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 APPRECIATION

**FRI., SEPT. 12, 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., SEPT. 15, 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

## CELEBRANDO NUESTRA CULTURA

**THURS., SEPT. 25, 3–5PM**

Acompáñanos a festejar las culturas latinoamericanas y su fuerza dentro de la comunidad LGBTQ+. Te invitamos a una



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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



- Monday, September 1<sup>st</sup> – Closed for Labor Day
- Monday, September 29<sup>th</sup> – Closed

**We apologize for any inconvenience.  
Please plan accordingly.**

## CELEBRANDO NUESTRAS CULTURAS

**¡con orgullo!**

Join us as we honor and celebrate the vibrant cultures and contributions of Hispanic and Latin communities during Hispanic Heritage Month! We invite you to an afternoon of festivities, delicious food, music, community building, resources & more!

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

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## DWELL WELL: THE SCENT OF STABILITY

Friday, September 26<sup>th</sup>  
1:30 – 2:30 PM



Learn about how aromatherapy can help reduce stress and anxiety while recognizing how mental health impacts housing stability, resources for support will also be reviewed.

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



tarde de festividades, deliciosa comida, música, convivencia, recursos ¡y mucho más! Join us as we honor and celebrate the vibrant cultures and contributions of Hispanic and Latin communities during Hispanic Heritage Month! We invite you to an afternoon of festivities, delicious food, music, community building, resources & more!

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

## DWELL WELL: THE SCENT OF STABILITY

**FRI., SEPT. 26, 1:30-2:30PM**

Learn how aromatherapy can help with housing stability and well-being, and explore strategies, resources, and support systems that promote a healthier living environment.

**Location:** Senior Center

## EBONY SAGE CIRCLE (NEW TIME/DATE)

**FRI., SEPT. 5 & 19, 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 and Center South the third 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

## END OF SUMMER DANCE: HAWAIIAN STYLE

**THURS., SEPT. 4, 3–5PM**

Join us to celebrate the last dance of the summer, Hawaiian style! Food, treats,

## NEW TIME/DATE

**FIRST & THIRD FRIDAYS  
3-4:30 P.M.**

**EBONY  
SAGE  
CIRCLE**

Open to all black and brown-identified senior (50+) 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)  
**Third Friday:** Center South  
(2313 W. Martin Luther King Jr. Blvd)

**Meeting ID:** 735 732 7145      **Passcode:** n90pm



and music to get you on the dance floor! Hawaiian/summer attire is encouraged but not required.

**Location:** Senior Center

## FARMERS MARKET

**WED., SEPT. 3, 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., SEPT. 26, 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., SEPT. 12, 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



# Grupo de Apoyo VIH

Jueves, 4 de Septiembre

Acompáñanos al nuevo grupo de apoyo donde podremos compartir anécdotas sobre nuestras vidas, aprender sobre recursos informativos útiles y ampliar nuestra red de soporte.

**Primer Jueves de cada mes**  
10:00-11:30AM

Si tienes alguna inquietud contáctanos por correo a [seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org); o por teléfono al 323-860-5830

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

 **LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

MONDAY, SEPTEMBER 8 11AM-12PM

## SEPTEMBER PRESENTATION: MEDICARE 101



HEALTH BENEFITS  
WORKSHOP FOR SENIORS

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

JOIN THIS BENEFITS SESSION  
TO LEARN MORE ABOUT  
MEDICARE, HOW TO APPLY  
FOR IT, AND COMMUNITY  
RESOURCES.

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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., SEPT. 9 & 23, 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

## GRUPO DE APOYO DE VIH

**THURS., SEPT. 4, 10–11:30AM**

Acompáñanos al nuevo grupo de apoyo donde podremos compartir anécdotas sobre nuestras vidas, aprender sobre recursos informativos útiles y ampliar nuestra red de soporte.

**Location:** Centro de Mayores

## HEALTH BENEFITS WORKSHOP

**MON., SEPT. 8, 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. Join this benefits session to learn more about medicare, how to apply for it, and community resources. **September's Presentation: Medicare 101.**

**Location:** Senior Center

## HIV & AGING COMMISSION "THE POWER OF AGING"

**FRI., SEPT. 19, 9:30AM-3PM**



DINNER DISCUSSION

TUESDAY, SEPTEMBER 23

6 – 8 PM

SEPTEMBER TOPIC

National HIV + & Aging Day

Join us in a dynamic conversation with professionals on HIV-related affairs to discuss special health considerations and updates regarding HIV+Aging.

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES



Join the Los Angeles County Commission on HIV to learn about the power of aging. In honor of National HIV/AIDS & Aging Day, the session will help participants navigate services in times of uncertainties. The day will offer practical hands-on workshops with presenting organizations and lunch will be provided. For questions, email [hivcomm@lachiv.org](mailto:hivcomm@lachiv.org) or call 213-738-2816. See accompanying flyer for QR code to register. **Location: Vermont Corridor 510 S. Vermont Ave. 9th Floor, Los Angeles, CA 90020. Validated parking at 523 Shatto Pl., LA 90020**

## HIV & AGING: DINNER & DISCUSSION SERIES

**TUE., SEPT. 23, 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. Join us in a dynamic conversation with professionals on HIV-related affairs to discuss special health considerations and updates regarding HIV+Aging.

**Location: Senior Center**

## LGBTECH Q&A WITH MOM'S COMPUTER (NEW TIME/DATE)

**MON., SEPT. 15, 1:30–3PM**

SEPT. 15: Shopping Safely Online  
Love shopping online? Learn how to spot fake websites, use secure payment methods, and avoid scams.

All questions answered. Beginners welcome! Tech trivia & prizes. Now meeting the first and the third Monday. All devices welcome.

**Location: Senior Center**

# NEW TIME/DATE



## LGBTech Q&A with Mom's Computer

**Monday, September 15**  
1:30 - 3:00 PM

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



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](mailto:seniors@lalgbtcenter.org)



# MENTAL WELLNESS SERIES

10AM - 11AM



**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.



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



## MCC-UCCV POTLUCK

**THURS., SEPT. 25, 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., SEPT. 8, 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. **September Topic: Preserving Your Memory.** Presented by Haydeh Fakhraabadi, Psy.D., CPII with the Los Angeles County Department of Mental Health.

**Location:** Senior Center

## MONDAY GIVEAWAY

**MON., SEPT. 8, 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: socks and shoelaces.**

**Location:** Senior Center

## MONDAY VIDEO WORKOUT

**MON., SEPT. 22, 9:30-10:30AM**

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

**Location:** Senior Center

## MONOPRINTING AUTUMN LEAVES WITH GEL PLATES

**FRI., SEPT. 5, 12, 19 1:30-3PM**





Celebrate the colors and textures of the season in this fun fall-themed printmaking workshop! Using jelly plates and autumn leaves, participants will explore layering, color, and texture to create one-of-a-kind prints. No experience necessary—just bring your creativity, a love for the season, and a few beautifully shaped leaves (optional). Facilitated by Mary-Linn Hughes, each session will be limited to 12 participants. Please RSVP at: [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323)860-5830.

**Location:** Senior Center

## PATHWAYS TO HOUSING

**FRI., SEPT. 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:** Plummer Park Community Center - Rooms 5, 7377 Santa Monica Blvd, West Hollywood, CA 90046

## PROTECTING HOUSING RIGHTS

**MON., SEPT. 8, 1:30–3PM**

Are you over the age of 55 and have questions about your housing? As a tenant, you have many rights when renting a residential unit. Learn about the basics of tenants' housing rights, housing protections, and the eviction process at this informational workshop presented by the Legal Services Department of the L.A. LGBT Center.

**Location:** Senior Center or

**Meeting ID:** 931 1865 9948

**Password:** 916657

## Monoprinting Autumn Leaves with Gel Plates Workshop with Mary-Linn

**Friday, September 5, 12, 19**  
**1:30-3PM**

Celebrate the colors and textures of the season in this fun fall-themed printmaking workshop! Using jelly plates and autumn leaves, participants will explore layering, color, and texture to create one-of-a-kind prints. No experience necessary—just bring your creativity, a love for the season, and a few beautifully shaped leaves (optional). Each session will be limited to 12 participants. Please RSVP at: [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323)860-5830.

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



## ROOMMATE SOCIAL

Are you looking for a roommate or do you have a spare room? Come to our Senior Roommate Social! Enjoy snacks, refreshments, and socialize; come find a roommate, and maybe even a friend. Affordable Living for the Aging will be in attendance to offer resources and answer your questions.

Limited Space. RSVP 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



## SMALL CLAIMS COURT

Are you over the age of 55 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.



Funded in part by SCAN health plan, one of the nation's largest not for profit medicare advantage plans, scan is dedicated to keeping seniors healthy and independent.

MONDAY, SEPTEMBER 22, 2025  
1:30-3 PM  
LOCATION:  
HARRY AND JEANETTE WEINBERG  
SENIOR CENTER  
1118 N MCCADDEN PL,  
LOS ANGELES, CA 90038  
OR  
MEETING ID: 994 6337 3023  
PASSCODE: 041010

## READING OPENS MINDS (NEW TIME)

**THURS., SEPT. 4 & 18, 1:30–3PM**

This wonderful book club has been meeting for years on the 1st and 3rd Thursday of each month and always welcomes new members. Now meeting at 1:30pm.

**Location:** Senior Center

## ROOMMATE SOCIAL

**TUES., SEPT. 2, 6–7:30PM**

Are you looking for a roommate or do you have a spare room? Come to our Senior Roommate Social! Enjoy snacks, refreshments, and socialize; come find a roommate, and maybe even a friend. Affordable Living for the Aging will be in attendance to offer resources and answer your questions.

**Location:** Senior Center

## SMALL CLAIMS COURT

**MON., SEPT. 22, 1:30-3PM**

Are you over the age of 55 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.

**Location:** Senior Center or  
**Meeting ID:** 994 6337 3023  
**Password:** 041010

## SOUND BATH

**MON., SEPT. 22, 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,

## SOUND BATH

Monday, September 22  
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.



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



and chimes, promoting relaxation and inner calm. Space is limited.

**Location:** Senior Center

## SEASONED & SIZZLING (NEW DATE)

**TUES., SEPT. 23, 5:30–7PM**

Join us for this bi-monthly gathering hosted by Senior Services and the Spilling the Tea program. A social and support group for transgender and gender nonconforming adults to support one another and build community. This event is open to adults age 50+ who identify as transgender, gender nonconforming, bi/lesbian women. September's food theme is Mystery Potluck (bring what you like).

**Location:** Senior Center

## VETERAN'S POTLUCK DINNER (NEW DATE)

**TUES., SEPT. 23, 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. September food theme: Mystery Potluck (bring what you like).

**Location:** Senior Center

## WISER DINING

**THURS., SEPT. 4 & 11, 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

# NEW DATE

FOR TRANSGENDER AND ENBY ADULTS

## SEASONED & SIZZLING

**BRING A DISH TO SHARE!**  
THIS MONTH: MYSTERY POTLUCK  
BRING ANY DISH YOU'D LIKE

JOIN US FOR THIS BI-MONTHLY GATHERING. THIS MONTH ON SEPTEMBER 23, THIS EVENT IS OPEN TO ADULTS AGE 50+ WHO IDENTIFY AS TRANSGENDER, GENDER NON-CONFORMING, AND BI/LESBIAN WOMEN. TO SUPPORT ONE ANOTHER AND BUILD COMMUNITY. SENIOR SERVICES WILL PROVIDE A DISH.

**TUESDAY, SEPTEMBER 23 FROM 5:30-7 PM**



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


# NEW DATE

## VETERAN'S POTLUCK DINNER

**TUESDAY, SEPTEMBER 23, 6 PM**

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

SEPTEMBER FOOD THEME: MYSTERY POTLUCK- BRING ANY DISH YOU'D LIKE



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





**one**  
INSTITUTE

**circa**

**QUEER HISTORIES FESTIVAL**

**OCTOBER 1 - 31, 2025**  
**LGBTQ+ HISTORY MONTH**



FOR MORE INFORMATION  
SCAN THE QR CODE