



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

OCTOBER 2025

LGBTQ HISTORY MONTH

*Honoring individuals and the movements that
have made significant impacts throughout history.*



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

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**
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

In addition to LGBTQ History Month, October is also National Breast Cancer Awareness month. This month we have health workshops planned for 10/13 1:30-3pm, Breast/Chast Health Presentation, and 10/27 1:30-3pm, Cervical Health Presentation." *Wild Women & the Words We Weave* is facilitated by storyteller, comedian, entrepreneur, educator, and lawyer, Paula Odysseos, who also co-facilitated the recent Yay Comedy Workshop!

We are pleased to announce that we received a new grant from the National Council on Aging to support a series of exercise, strength and balance classes to prevent falls in older adults for the next two years. These strength building classes include Walking and Talking, Chair Yoga, R & B Line Dancing, and more. We hope to see you at these classes to build your strength and endurance and increase your health.



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 *NO PANTRY ON THE 5TH
THURSDAY OF THE MONTH

LAUNDRY/SHOWER:

MONDAY - FRIDAY FROM 9 AM - 12:30 PM



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323.860.5830 OR
SENIORS@LALGBTCENTER.ORG

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 1st - 4th Thursdays of the month. ***No pantry on the 5th Thursday 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., OCTOBER 1 • 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

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323.860.5830 or
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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

Attention Please:

On October 10th, 2025

Lunch Service will not be available at any site location.

Scheduled programming will still occur.

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

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 requesting to "Go Green."



LOS ANGELES LGBT CENTER
SENIOR SERVICES

DROP-IN CASE MANAGEMENT

Mondays, Wednesdays, Thursdays & Fridays | 9:30am-3pm

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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1118 N. McCadden Place, 90038
323-860-5830 and seniors@lalgbtcenter.org**



LOS ANGELES LGBT CENTER
SENIOR SERVICES

CONSULTORÍA DE CASOS

Lunes, Miércoles, Jueves y Viernes | 9:30am-3pm

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.

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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

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 in this 16-week cycle. Learn some new moves and dance to songs you love. All levels welcome! This 16-week cycle runs from 10/7-1/27/26. To join, RSVP 323.860.5830 or seniors@lalgbtcenter.org. Participants ages 60+ will be asked to complete an informed consent and pre/post test surveys.

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 bi-monthly potluck.

Location: Senior Center
or **Meeting ID:** 976 9741 6232
Passcode: 786547

STILL WE RISE PRESENTS: WILD WOMEN & THE WORDS WE WEAVE

5:30–7:30PM

This 6-week program for **lesbian, bisexual, queer, and trans identified women** is designed to empower them by creating a safe space to discover, share, refine, and perform their personal stories in a supportive environment. The lines between stand-up comedy, storytelling, truth, and fiction will be blurred to create a unique performance experience. Participants can opt to focus on non-comedic storytelling as well, and are encouraged to follow their intuition in deciding how to create and share their stories. Facilitated by storyteller, comedian, entrepreneur, educator, lawyer, and LGBTQ member, Paula Odysseos, who also co-facilitated the Yay Comedy Workshop. Space is limited. RSVP by October 3 to 323-860-5830 or seniors@lalgbtcenter.org

Location: Senior Center

WEDNESDAYS

MEN'S SOCIAL GROUP

10AM–12PM

Meet new friends and share stories.

STILL WE RISE PRESENTS
WILD WOMEN & THE WORDS WE WEAVE
TUESDAYS FROM 5:30–7:30 PM
BEGINNING OCTOBER 7

This 6-week program for **lesbian, bisexual, queer, and trans identified women** is designed to empower them by creating a safe space to discover, share, refine, and perform their personal stories in a supportive environment.

The lines between stand-up comedy, storytelling, truth, and fiction will be blurred to create a unique performance experience. Participants can opt to focus on non-comedic storytelling as well, and are encouraged to follow their intuition in deciding how to create and share their stories.

Facilitated by storyteller, comedian, entrepreneur, educator, lawyer, and LGBTQ member, **Paula Odysseos**, who also co-facilitated Yay Comedy Workshop!

SPACE IS LIMITED. RSVP BY OCTOBER 3 TO
323-860-5830 OR SENIORS@LALGBTCENTER.ORG

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

FALLS PREVENTION RESEARCH STUDY
We at Senior Services invite you to take part in a research project funded by the National Council on Aging (NCOA). This study is for clients ages 60+.

R&B LINE DANCING
W/ E. TALLEY II

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

Tuesdays 11AM-12PM
New Cycle Runs 10/7-1/27/26

AS PART OF THIS PROJECT, YOU'LL BE ASKED TO COMPLETE:
Informed Consent – an optional (but highly encouraged) form that explains the project and your role, so you can make the best choice about participating.
Pre/Post Surveys – questionnaires given at the start and end of the series.

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RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

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

Join our facilitator Lucero, for this 15-week cycle, for a fun and supportive class that challenges both body and mind. Together, you'll explore gentle techniques to boost balance, build stability, support memory, and improve overall health. This 15-week cycle runs from 10/2-1/29/26. To join, RSVP 323.860.5830 or seniors@lalgbtcenter.org. Participants ages 60+ will be asked to complete an informed consent and pre/post test surveys.

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 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! Concludes October 22nd.

Location: Senior Center

VETERAN'S SUPPORT GROUP

2–3PM

This group offers support for LGBTQ+ military veterans in a safe and welcoming space.

Location: Senior Center

or **Meeting ID:** 997 4154 4863

Passcode: 301481

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

SENIOR SERVICES PRIDE PANTRY

9:30-11AM

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 1st-4th Thursdays of the month. *No pantry on the 5th Thursday of the month.

Location: Senior Pride Pantry, 1111 N. Las Palmas, Los Angeles, CA 90038

WALKING & TALKING

10-11AM

Are you looking to take steps in a healthier direction? Join us once a week for an 8-week session of walking & talking. We'll start with a gentle warm-up, then enjoy a guided walk that helps keep you moving while supporting balance, circulation, and overall health. Begins October 16. 8-week cycle runs from 10/16-12/11/25. To join, RSVP at 323.860.5830 or seniors@lalgbtcenter.org. Participants ages 60+ will be asked to complete and informed consent and pre/post test survey.

Location: Senior Center

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, series concludes

FALLS PREVENTION RESEARCH STUDY

We at Senior Services invite you to take part in a research project funded by the National Council on Aging (NCOA). This study is for clients ages 60+.

CHAIR YOGA

New Cycle Runs 10/2/25-1/29/26



Join Lucero for a fun and supportive class that challenges both body and mind. Together, you'll explore gentle techniques to boost balance, build stability, support memory, and improve overall health.

WEDNESDAYS 11AM-12PM

IN-PERSON AND VIA ZOOM
MEETING ID: 981 4546 9997
PASSCODE: 418978

AS PART OF THIS PROJECT, YOU'LL BE ASKED TO COMPLETE:
Informed Consent – an optional (but highly encouraged) form that explains the project and your role, so you can make the best choice about participating.
Pre/Post Surveys – questionnaires given at the start and end of the series.

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We at Senior Services invite you to take part in a research project funded by the National Council on Aging (NCOA). This study is for clients ages 60+.

WALKING & TALKING


Start with a gentle warm-up, then enjoy a guided walk that helps keep you moving while supporting balance, circulation, and overall health.

8-Week Cycle Runs
10/16/25-12/11/25

Thursdays 10-11AM



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Pre/Post Surveys – questionnaires given at the start and end of the series.

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RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

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



HOUSING NAVIGATION PROGRAM

DROP IN HOURS: TUESDAYS 9:30 AM-3:00PM

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.



October 9th.

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

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

FRAMING QUEER LIFE

1:30-2:30PM

Explore what it means to live authentically as a queer person and capture those experiences through photography. In this 5-week workshop series, we'll reflect on queer identity, share stories, and use the camera as a tool for creativity and self-expression. No photography experience is needed—just a willingness to create and connect.

Location: Senior Center

LGBTQ+ SENIORS CANCER EXPLORING RACE AND COMBATTING RACISM

10-11:30 AM

We will screen two films surrounding the topic of anti-racism, one on Friday, October 10 and the second on October 17. These films are intended to offer insight on deconstructing race, understanding intersectionality, and identifying/addressing systemic racism. A post-screening discussion with Gerry Walker will follow.

Beginning October 24th, Exploring Race and Combatting Racism will begin. This 4-session workshop invites participants to deepen their understanding regarding the construct of race via the tools of Active Listening and Empathy. Then we'll explore 3 major systemic "engines" of racism and discuss concepts to impactfully combat them. Also, through guided exercises, attendees will learn how to more deeply and compassionately engage across differences, creating spaces for honest dialogue, intentional curiosity and personal growth in their daily lives.

Location: Senior Center

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



BUY TICKETS FOR THE FOLLOWING EVENTS HERE



MORE INFORMATION ON CIRCA FESTIVAL HERE

SCHEDULE OF EVENTS AT LA LGBT CENTER

SUN SEPT. 28 @ 4PM: THE SKY IS ALWAYS FALLING: HIV/AIDS ACTIVISTS UNLEASHING POWER IN LOS ANGELES THEN AND NOW
SAT OCT. 4 @ 7PM: "PARADISE" (2023): REVISITING SOUTH KOREA'S GAY/QUEER PASTS
SAT OCT. 4 @ 7PM: JEANNE CORDOVA: BUTCHES, LIES & FEMINISM
SUN OCT. 5 @ 7PM: CIRCA OPENING PLENARY: NEA 4 REVISITED IN A NEW ERA
WED OCT. 8 @ 7PM: THE ALPHABET MAFIA: GEN Z LEADERS ON THE LGBTQ+ MOVEMENT TODAY
THURS OCT 9. @ 7PM: ABBY LAND: ALLYSHIP
FRI OCT. 10 @ 8PM: QUEER COMEDY W/ ALAMIN
SAT OCT. 11 @ 2:30PM: HIV WRITERS FESTIVAL
SAT OCT. 11 @ 7PM: ACT UP LA ORAL HISTORY PANEL
SUN OCT. 12 @ 2:30PM: BLACK TEARS OF OIL AND HONEY
SUN OCT. 12 @ 7PM: SAPPHIC CHIC: FROM LESBOS TO LOS ANGELES: SAPPHO WAS A POP STAR: A HERSTORY OF SAPPHIC POP
SUN OCT. 12 @ 7PM: SAPPHIC CHIC: FROM LESBOS TO LOS ANGELES: THE LOS ANGELES ORIGINS AND GLOBAL IMPACT OF "LESBIAN CHIC"
THURS OCT. 16 @ 7PM: LIFE AND DEATH AT THE BON MOT CAFE
FRI OCT. 17 @ 7:30PM: MUJRE KI RAAT (MUJRA NIGHT): A NIGHT OF GENDER-BENDING SOUTH ASIAN DANCE AND DRAG
SAT OCT. 18 @ 1PM: GENERATIONS CONNECTED
SUN OCT. 19 @ 7PM: CONNECTION | ISOLATION
WED OCT. 22 @ 7PM: SCREENING: REZA ABDOH'S "QUOTATIONS FROM A RUINED CITY" (1993)
THURS OCT. 23 @ 7PM: WHO IS A SEX WERQER? A SLICE OF HISTORY: NYC BALL/VOQUING CULTURE
FRI OCT. 24 @ 8PM: TORTURE TRILOGY: REFLECTING ON TWO DECADES OF INFAMY WITH RON ATHEY
SAT OCT. 25 @ 7PM: DISTINGUISHED SCHOLAR LECTURE: RETHINKING THE CLOSET: NEW YORK GAY LIFE BEFORE STONEWALL
SUN OCT. 26 @ 3PM: DEEP LISTENING, DEEP CHANGE: STORYTELLING FOR MOVEMENT BUILDING
SUN OCT. 26 @ 7PM: OUTLIERS AND OUTLAWS
MON OCT. 27 @ 7PM: UPDATE WITH STRIPPER CO-OP DANCERS : SEIZING THE MEANS OF S3DUCTION!

MONDAY	TUESDAY	WEDNESDAY
		1 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
6 Monday Giveaway 9:30-11AM Mental Wellness Series 10-11 AM Healthy Living 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 LGBTech 1:30-3:00 PM	7 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 Wild Women and The Words We Weave 5:30-7:30 PM	8 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
13 Breakfast Bingo 9:30-11 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Breast/Chest Health Presentation 1:30-2:30 PM Jiu-Jitsu 1:30-2:30 PM	14 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 Wild Women and The Words We Weave 5:30-7:30 PM Prostate Cancer Support Group 7-9 PM	15 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
20 Vaccine Clinic 10-11:30 AM Racial Justice Allies 11 AM-12 PM Senior Writing Group 11:30 AM-1:30 PM Jiu-Jitsu 1:30-2:30 PM LGBTech 1:30-3:00 PM	21 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 Wild Women and The Words We Weave 5:30-7:30 PM Deconstructing Whiteness 6-8 PM	22 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
27 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 Cervical Health Presentation 1:30-2:30 PM Jiu-Jitsu 1:30-2:30 PM	28 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 Wild Women and The Words We Weave 5:30-7:30 PM Veteran's Potluck Dinner 6-7:30 PM HIV Dinner & Discussion 6-8 PM Prostate Cancer Support Group 7-9 PM	29 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 Cultivating Joy: Expanding Your Mental Health Toolkit 1:30-3 PM Housing Application Days 1:30-3 PM Veteran's Support Group 2-3 PM

THURSDAY		FRIDAY	
2	Men's Hiking 9:30 AM Senior Pantry Pickup 9:30-11 AM Songwriting for Seniors 10-11:30 AM Grupo de Apoyo 10-11:30 AM Cyber Center 10 AM-1 PM & 2-5 PM Reading Opens Minds 1:30-3 PM Men Living with HIV 1:30-3 PM Pathways to Housing 1:30-3 PM	3	Deconstructing Whiteness 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Framing Queer Life 1:30-2:30 PM Ebony Sage Circle 3-4:30 PM Cancer Support Group 3-5 PM
9	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 Men Living with HIV 1:30-3 PM Housing Resource Fair 2-4 PM	10	Anti-Racism Film 10-11:30 AM Farmers Market @ Mi Centro 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Framing Queer Life 1:30-2:30 PM Art Appreciation 3-4 PM Cancer Support Group 3-5 PM *No Lunch Service Today
16	Co-ed Hiking 9:30 AM Senior Pantry Pickup 9:30-11 AM Walking & Talking 10-11 AM Cyber Center 10 AM-1 PM & 2-5 PM Reading Opens Minds 1:30-3 PM Men Living with HIV 1:30-3 PM Dwell Well 1:30-2:30 PM	17	Anti-Racism Film 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Framing Queer Life 1:30-2:30 PM USC Mobile Clinic 1:30-3 PM Ebony Sage Circle @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
23	Men's Hiking 9:30 AM Senior Pantry Pickup 9:30-11 AM Walking & Talking 10-11 AM Cyber Center 10 AM-1 PM & 2-5 PM Alzheimer's Support Group 12-1:30 PM Caminos a la Vivienda 1:30-3 PM Men Living with HIV 1:30-3 PM Social Media Workshop 1:30-3 PM	24	Exploring Race and Combatting Racism 10-11:30 AM Farmers Market @ Center South 11 AM-1 PM Everyday Movement 11:30 AM-12:30 PM Framing Queer Life 1:30-2:30 PM Cancer Support Group 3-5 PM Transmasc Exchange 3-4:30 PM
30	Men's Hiking 9:30 AM Walking & Talking 10-11 AM Cyber Center 10 AM-1 PM & 2-5 PM MCC-UCCV Potluck 12-2 PM Halloween Film: "Hocus Pocus" 1:30-3 PM Men Living with HIV 1:30-3 PM Halloween Dance 3-5 PM	31	Exploring Race and Combatting Racism 10-11:30 AM Everyday Movement 11:30 AM-12:30 PM Framing Queer Life 1:30-2:30 PM Cancer Support Group 3-5 PM Halloween Film: Casper 1:30-3 PM



CAMINOS A LA VIVIENDA

Jueves, 23 de Octubre
1:30-3:00PM

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

Únete en persona o por Zoom:
Código de acceso: 988 7811 2731
Contraseña: 114741

Este taller ayuda a los adultos de mayor edad entender la realidad en Los Ángeles. Los participantes aprenderán sobre la crisis de vivienda y reciben recursos comunitarios para identificar metas de vivienda realistas cuando buscan por viviendas.

Su participación en este taller es requerido si está interesado en participar en nuestro programa de navegar viviendas, pero todos están invitados a aprender.

Para más información, contacte:
seniors@lalgbtcenter.org or (323) 860-5830

Non-Weekly Events

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., OCT. 9 & 23, 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 APPRECIATION

FRI., OCT. 10, 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., OCT. 13, 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

BREAST/CHEST HEALTH

MON., OCT. 13, 1:30-2:30PM

THE SECOND FRIDAY
EACH MONTH 3-4PM

**ART
APPRECIATION**

**VIRTUAL
MEETING ID: 984 9274 8385
PASS: 081457**

Take charge of your breast/chest health in a supportive and inclusive space created for the LGBTQ community. This engaging workshop will cover how to reduce your risk for breast/chest cancer, understand personalized screening recommendations, and share how EWC can connect you to free services.

Location: Senior Center

CAMINOS A LA VIVIENDA

JUEVES, OCT. 23, 1:30-3PM

Este taller ayuda a los adultos de mayor edad entender la realidad en Los Ángeles. Los participantes aprenderán sobre la crisis de vivienda y reciben recursos comunitarios para identificar metas de vivienda realistas cuando buscan por viviendas.

Su participación en este taller es requerido si está interesado en participar en nuestro programa de navegar viviendas, pero todos están invitados a aprender. Únete en persona o por Zoom. Para más información, contacte: seniors@lalgbtcenter.org or (323) 860-5830.

Ubicación: Centro para personas mayores

Código de acceso: 988 7811 2731

Contraseña: 114741

CERVICAL HEALTH

MON., OCT. 27, 1:30-2:30PM

Join us for an empowering and inclusive hour focused on cervical health, tailored for the LGBTQ community. Learn how to prevent cervical cancer, explore up-to-date screening guidelines that reflect diverse bodies and experiences, and discover how EWC can support you in accessing care.

Location: Senior Center

CIRCA PRESENTS: GENERATIONS CONNECTED

SAT., OCT. 18, 1-2:30PM

Generations Connected is more than just a workshop; it is a vibrant and interactive

BREAST/CHEST & CERVICAL HEALTH

Presented by



CALIFORNIA HEALTH
COLLABORATIVE

MONDAY, OCTOBER 13

1:30 - 2:30 PM

Breast/Chest Health Presentation

Take charge of your breast/chest health in a supportive and inclusive space created for the LGBTQ community. This engaging workshop will cover how to reduce your risk for breast/chest cancer, understand personalized screening recommendations, and share how EWC can connect you to free services.

MONDAY, OCTOBER 27

1:30 - 2:30 PM

Cervical Health Presentation

Join us for an empowering and inclusive hour focused on cervical health, tailored for the LGBTQ community. Learn how to prevent cervical cancer, explore up-to-date screening guidelines that reflect diverse bodies and experiences, and discover how EWC can support you in accessing care.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

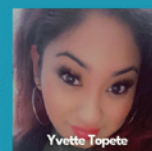
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one
INSTITUTE



**Generations
Connected**



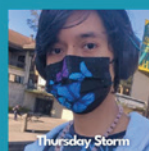
Abigail Martinez



Essence Phillips



Andre Simpson



Thursday Storm



Mary-Lynn Hughes



Ben Wang

Generations Connected

Organized by Mike Lopez and Yvette Topete, Los Angeles LGBT Center, Senior Services & Youth Services

RSVP at circafestival.org

October 18, 2025

1-2:30 p.m.

Los Angeles
LGBT Center's
Advocate & Gochis
Galleries



DECONSTRUCTING WHITENESS

TWO OPPORTUNITIES TO JOIN THIS
OPEN AND ENGAGING CONVERSATION

FRIDAY, OCTOBER 3

10-11:30 AM

Snacks & beverages will be provided

TUESDAY, OCTOBER 21

6-8:00 PM

Dinner will be provided

This group is for white people to examine the ways in which society is structured to benefit white folks. We will explore the ways in which we have internalized society's messaging, explore ways to challenge these unjust privileges, and identify ways to resist white supremacy, racism, sexism, and transphobia. Openness and self-examination are the foundation of our work together.

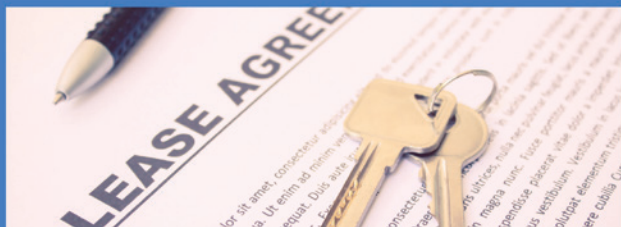


HARRY AND JEANETTE WEINBERG SENIOR CENTER
1118 N MCCADDEN PL, LOS ANGELES, CA 90038

FOR MORE INFORMATION CONTACT: SENIORS@LALGBTCENTER.ORG OR (323) 860-5830

DWELL WELL: UNDERSTANDING LEASE AGREEMENTS

Thursday, October 16
1:30-2:30 PM



Learn key terms and conditions to know when signing a lease. Participants will have an opportunity to ask questions and receive resources.

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

collaboration between dedicated colleagues from Senior Services and Youth Services at the Los Angeles LGBT Center. This program creates a unique space for three seniors and three youth to engage in profound and dynamic exchanges. Participants will delve into their own queer stories from the past, explore the realities of today, and share their aspirations for the future. Through heartfelt conversations, they will recount personal journeys of overcoming adversity, showcasing extraordinary resilience, and continually striving for equality while reclaiming their freedoms. With a variety of engaging activities, participants will have the invaluable opportunity to listen to firsthand narratives from members of the LGBTQ+ community. They will also actively participate in meaningful actions centered on empowering oneself and others. This workshop warmly welcomes individuals of all ages, inviting everyone to join in this important dialogue and collaborative experience. Space is limited. For more information visit circafestival.org

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

CULTIVATING JOY: EXPANDING YOUR MENTAL HEALTH TOOLKIT

WED., OCT. 29, 1:30-3PM

For many people, things feel "pretty tough" right now and a bit "out of control". In this workshop, we will explore ways to intentionally cultivate joy in our lives. The goal is not to "sugar-coat" the painful parts, but instead, to find tangible and concrete ways to foster most positivity. Please join us in this safe & supportive space. Facilitated by Dawn Moreno-Freedman and Michael McFadden.

Location: Senior Center

DECONSTRUCTING WHITENESS

**FRI., OCT. 3, 10-11:30AM &
TUE., OCT. 21, 6-8PM**

This group is for white people to examine the ways in which society is structured to benefit white folks.

We will explore the ways in which we have internalized society's messaging, explore ways to challenge these unjust privileges, and identify ways to resist white supremacy, racism, sexism and transphobia. Openness and self-examination are the foundation of our work together.

Attend either date, or both, for this open and thoughtful conversation. Snacks & beverages will be provided October 3 and dinner will be provided on October 21.

Location: Senior Center

DWELL WELL SERIES: UNDERSTANDING LEASE AGREEMENTS

THURS., OCT. 16, 1:30-2:30PM

In this session, learn key terms and conditions to know when signing a lease. There will be an opportunity for participant questions and receive resources.

Location: Senior Center

EBONY SAGE CIRCLE (NEW TIME/DATE)

FRI., OCT. 3 & 17, 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,



LOS ANGELES LGBT CENTER
SENIOR SERVICES

Cultivating Joy: Expanding Your Mental Health Toolkit

For many people, things feel "pretty tough" right now and bit "out of control." In this workshop, we will explore ways to intentionally cultivate joy in our lives.

The goal is not to "sugar-coat" the painful parts, but instead, to find tangible and concrete ways to foster most positivity. Please join us in this safe & supportive space. Facilitated by Dawn Moreno-Freedman & Michael McFadden.

**Wednesday, October 29
1:30-3 PM**

I can do this

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



EXPLORING RACE & COMBATTING RACISM

FILM SCREENINGS
OCTOBER 10 & 17 FROM 10 - 11:30 AM

WORKSHOP - FRIDAYS FROM 10 - 11:30 AM
OCTOBER 24 - NOVEMBER 14

We will screen two films surrounding the topic of anti-racism. These films are intended to offer insight on deconstructing race, understanding intersectionality, and identifying/addressing systemic racism. A post-screening discussion with Gerry Walker will follow.

This 4-session workshop invites participants to deepen their understanding regarding the construct of race via the tools of Active Listening and Empathy. Then we'll explore 3 major systemic "engines" of racism and discuss concepts to impactfully combat them. Also, through guided exercises, attendees will learn how to more deeply and compassionately engage across differences, creating spaces for honest dialogue, intentional curiosity and personal growth in their daily lives.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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



2313 W. Martin Luther King Jr. Blvd Los Angeles, CA 90008 or

Meeting ID: 735 732 7145

Password: n90pm

FARMERS MARKET

WED., OCT. 1, 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

EXPLORING RACE AND COMBATting RACISM - FILM SCREENINGS

FRI., OCT. 10 & 17, 10-11:30AM

Join us as we screen 2 films surrounding the topic of anti-racism. These films are intended to offer insight on deconstructing race, understanding intersectionality, and identifying/addressing systemic racism. A post-screening discussion with Gerry Walker will follow.

Location: Senior Center

FARMERS MARKET AT CENTER SOUTH

FRI., OCT. 24, 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

VIERNES, OCT. 10, 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

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., OCT. 14 & 28, 7–9PM

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

Location: Virtual

GRUPO DE APOYO DE VIH

JUEVES, OCT. 2, 10–11:30AM

Acompáñanos en una dinámica donde te podrás expresar por medio del dibujo, mientras compartes con nuevos amigos y recibes asistencia en diferentes áreas de apoyo social. Si tienes alguna inquietud contáctanos por correo a seniors@lalgbtcenter.org; o por teléfono al 323-860-5830

Location: Centro de Mayores



DINNER DISCUSSION

TUESDAY, OCTOBER 28

6 – 8 PM

OCTOBER TOPIC

National Latinx AIDS Awareness Day

Join us in a dynamic conversation with professionals on HIV-related affairs to discuss the direct incidence and history of HIV within the Latinx community.

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



HOUSING RESOURCE FAIR

Thursday, October 9
2-4 PM

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

Join Senior Services as we host our first Housing Resource Fair. Meet with housing service providers, property managers, and other resource agencies to receive information and get questions answered that can assist you during your housing journey.





MENTAL WELLNESS SERIES

10AM - 11AM



October 6 Depression and Anxiety

Learn to recognize the symptoms of depression and anxiety in seniors. Find out what contributes to these problems and what needs to be done when you or someone you love suffers from depression or anxiety.

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

HALLOWEEN DANCE

THURS., OCT. 30, 3-5PM

Get ready for a hauntingly good time! Join us for a wickedly fun Halloween dance. Expect ghoulish food & treats, wicked music, and our traditional costume contest.

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

HALLOWEEN MOVIE DAYS

THURS., OCT. 30 & FRI., OCT. 31, 1:30-3PM

Get ready for some classic Halloween laughs! Join us as we screen Hocus Pocus on October 30 and Casper on October 31.

Location: Senior Center

HEALTHY LIVING BENEFITS WORKSHOP

MON., OCT. 6, 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 Alzheimer's. Presented by Alzheimer's Los Angeles.

Location: Senior Center

HIV & AGING: DINNER & DISCUSSION SERIES


TUE., OCT. 28, 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. October 15 is National Latinx AIDS Awareness Day. Our dinner discussion will focus on the direct incidence and history of HIV within the Latinx community.

Location: Senior Center



w/ Andres Herrera



1:30 - 3:00 PM | Fridays in October


Explore what it means to live authentically as a queer person and capture those experiences through photography. In this workshop, we'll reflect on queer identity, share stories, and use the camera as a tool for creativity and self-expression. No photography experience is needed—just a willingness to create and connect.

Limited space, please RSVP.

RSVP VIA 323.860.5830 OR
SENIORS@LALGBTCENTER.ORG



LOS ANGELES LGBT CENTER
SENIOR SERVICES



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

HOUSING RESOURCE FAIR

THURS., OCT. 9, 2-4PM

Join Senior Services as we host our first Housing Resource Fair. Meet with housing service providers, property managers, and other resource agencies to receive information that can assist you during your housing journey.

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

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

MON., OCT. 6 & 20, 1:30-3PM

OCT. 6: Customizing Your Device.
Halloween Tech Class Party!

Make your phone or computer work for you! Learn how to adjust settings, change fonts, and personalize your device.

OCT. 20: Never get lost again! Learn how to use Google Maps, Waze, and Apple Maps for directions, traffic updates, and more.

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

Location: Senior Center

MCC-UCCV POTLUCK

THURS., OCT. 30, 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., OCT. 6, 10-11AM

October Topic: Depression and Anxiety

Screenings + Connections

**Friday, October 17
1:30 - 3 PM**



Mobile Clinic at USC is excited to provide FREE A1c (diabetes) and blood pressure screenings. On-site physician will be here to answer any questions about your results.

A1c Screening • Blood Pressure Screening • Board Games • Cards Bracelet • Drawing • Coloring



mobile clinic
at USC



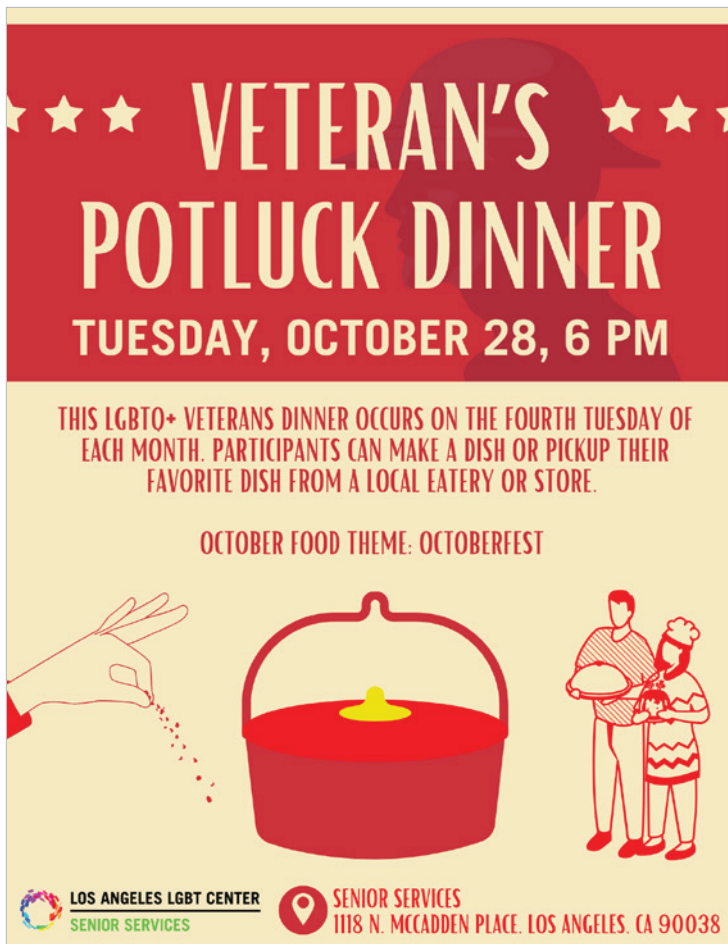
Join us for a
**SOCIAL MEDIA
WORKSHOP**
(Intermediate Level)

THURSDAY, OCTOBER 23, 1:30-3PM

Take your skills to the next level in this intermediate social media workshop to learn how to do Instagram Stories, Reels, and Live. You'll learn ways to boost engagement and keep your audience coming back for more. Bring your phone with Instagram on it for this hands-on workshop. This is an intermediate level workshop: You should already be comfortable posting photos, doing @tags and #hashtags. Facilitated by – Kevin Winston

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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



– Learn to recognize the symptoms of depression and anxiety in seniors. Find out what contributes to these problems and what needs to be done when you or someone you love suffers from depression or anxiety. Presented by Haydeh Fakhrabadi, Psy.D., CPII with the Los Angeles County Department of Mental Health.

Location: Senior Center

MONDAY GIVEAWAY

MON., OCT. 6, 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: Travel Body Scrub and Cream.

Location: Senior Center

MONDAY VIDEO WORKOUT

MON., OCT. 27, 9:30-10:30AM

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

Location: Senior Center

PATHWAYS TO HOUSING

THURS., OCT. 2, 1:30–3PM

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 or

Meeting ID: 931 3146 8648

Password: 091142

READING OPENS MINDS (NEW TIME)

THURS., OCT. 2 & 16, 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

SCREENINGS + CONNECTIONS

FRI., OCT. 17, 1:30-3PM

Mobile Clinic at USC is excited to provide FREE A1c (diabetes) and blood pressure screenings. On-site physician will be here to answer any questions about your results.

Location: Senior Center

SOCIAL MEDIA WORKSHOP (INTERMEDIATE LEVEL)

THURS., OCT. 23, 1:30-3PM

Take your skills to the next level in this intermediate social media workshop to learn how to do Instagram Stories, Reels, and Live. You'll learn ways to boost engagement and keep your audience coming back for more. Bring your phone with Instagram on it for this hands-on workshop. This is an intermediate level workshop: You should already be comfortable posting photos, doing @tags and #hashtags.

Location: Senior Center

SOUND BATH

MON., OCT. 27, 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

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., OCT. 24, 3-4:30PM

Now meets every fourth Friday of the month on Zoom. A space for different generations of the transmasculine community. Welcoming trans men and transmasculine individual of all ages to join a space cultivated by the founder of Invisible Men, Luckie Alexander, for an intergenerational and supportive space.

Meeting ID: 970 2805 6270

Password: 803002

VACCINE CLINIC

MON., OCT. 20, 10-11:30AM

Stay up to date on your COVID-19 boosters, and MPOX. 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 (NEW DATE)

TUES., OCT. 28, 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. **October food theme: Oktoberfest.**

Location: Senior Center



INTERGENERATIONAL THANKSGIVING CELEBRATION

NOVEMBER 25 | 3 - 6 PM

JOIN US FOR THE CENTER'S
ANNUAL INTERGENERATIONAL
THANKSGIVING DINNER,
LOVINGLY PREPARED BY THE
CULINARY ARTS PROGRAM.

THIS EVENT BRINGS LGBTQ+
YOUTH & SENIORS TOGETHER
FOR A DELICIOUS MEAL,
LIVELY ENTERTAINMENT, AND
AN AFTERNOON OF
GRATITUDE.



Space is Limited. RSVP by November 8 to
seniors@lalgbtcenter.org or (323)860-5830.

Pride Hall - 1118 N McCadden Place
Los Angeles, CA 90038



LOS ANGELES LGBT CENTER
SENIOR SERVICES