



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

NOVEMBER 2025

HAPPY VETERANS DAY



TUESDAY, NOVEMBER 11TH

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

When I first started at the Center, one of the first things I did was sit in on our LGBTQ+ veterans group. I listened to members share memories of their service, and heard them talk about the trauma and disappointment they experienced after being less-than-honorably discharged due to their sexual orientation or gender identity.

In the years since, we've seen slow but steady progress as the Center worked to connect veterans to legal resources to have these discharges reversed—many of them successfully under the previous administration. I saw these changes positively impact the lives of the LGBTQ+ veterans in our program firsthand, allowing them to access vital benefits and services.

However, since January, we have seen these policies start moving backward. Active duty service members are being fired and losing the benefits they earned over years of service to our country. But LGBTQ+ service members deserve our support, and we will continue to advocate on their behalf.



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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

FOR MORE INFO
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., NOVEMBER 5 • 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



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:



- November 25
 - No Lunch Service
- November 26
 - Senior Services Closed at 2:00 PM
- November 27 & 28
 - Closed for Thanksgiving

**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.

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



Weekly Events

MONDAYS

RACIAL JUSTICE ALLIES

11AM–12PM

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

Meeting ID: 913 4967 4772

Passcode: 427757

SENIOR WRITING GROUP

11:30AM-1:30PM

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

Meeting ID: 949 3045 5017

Passcode: 218422

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

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

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

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+.

MOVEMENT & BALANCE W / LUCERO



New Cycle Runs 11/05 - 12/18
(No class on 11/26 or 12/10)

Wednesdays 1:30 - 2:30 PM

Come and learn to incorporate gentle, fluid exercises to enhance mobility, prevent falls, and improve overall physical health.

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-Test Surveys – questionnaires given at the start and end of the series.



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

FOR MORE INFO CONTACT 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

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 10/7/25-1/27/26

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.



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

RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

MOVEMENT & BALANCE

1:30–2:30PM

Join Lucero for a gentle class designed to improve strength, flexibility, and stability. Through guided movements and balance exercises, you'll build confidence, support mobility, and keep your body moving with ease.

Location: Senior Center

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

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

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

CHAIR YOGA @ MCC

2–3 PM

Join our facilitator Lucero, from November 6 - December 11 (no class on 11/27 or 12/11), 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. 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: MCC-UCCV, 5730 Cahuenga Blvd., North Hollywood, CA 91601

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

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.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

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+.

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



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.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

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



EXPRESS YOURSELF IN ART

1:30-3PM

Join Danny Rios and develop your artistic talents using pastels. Unharness your hidden talents and explore the possibilities! No experience required.

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



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.





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!**



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+.

Cardio Soul Dance Class

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



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-Test Surveys – questionnaires given at the start and end of the series.



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 1118 N McCadden Place, Los Angeles, CA 90038

RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

EXPRESS YOURSELF IN ART

DISCOVER YOUR HIDDEN POTENTIAL!

JOIN DANNY RIOS AND DEVELOP YOUR ARTISTIC TALENTS USING PASTELS. UNHARNESS YOUR HIDDEN TALENTS AND EXPLORE THE POSSIBILITIES! NO EXPERIENCE REQUIRED.

FRIDAYS IN NOVEMBER FROM 1:30-3PM



RSVP AT SENIORS@LALGBTCENTER.ORG OR (323) 860-5830



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

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

*A special meeting will occur on 11/18 to observe Transgender Day of Remembrance

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



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+.

CHAIR YOGA

New Cycle Runs 11/06 - 12/18
 (No class on 11/27 or 12/11)



For participants 50 and over, join our facilitator 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. To join, RSVP 323.860.5830 or seniors@lalgbtcenter.org.

To join participants must be registered with Senior Services.

WEDNESDAYS 1:30-2:30PM

MCC-UCCV,
 5730 CAHUENGA BLVD. NORTH
 HOLLYWOOD, CA 91601

IF YOU ARE 60+, 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.



RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

MONDAY	TUESDAY	WEDNESDAY
NOVEMBER		
3 Monday Giveaway, 9:30-1AM Mental Wellness Series, 10-11AM Healthy Living Benefits Workshop, 11AM-12PM Racial Justice Allies, 11AM-12PM Senior Writing Group, 11:30AM-1:30PM Jiu-Jitsu, 1:30-2:30PM LGBTech, 1:30-3PM	4 Cyber Center, 10AM-1PM & 2-5PM Dance, Meditation, & Movement, 10-11AM R&B Line Dancing, 11AM-12PM Cardio Soul Dance, 1:30-2:30PM Moving Forward, 1:30-3PM Spilling the Tea, 1:30-2:30PM Wild Women and The Words We Weave, 5:30-7:30PM	5 Cyber Center, 10AM-1PM & 2-5 PM Men's Social Group, 10AM-12PM Medicare Counseling (In-Person Counseling) 10AM-1PM Chair Yoga, 11AM-12PM Farmers Market, 11AM-1PM Beginning Tap, 1:30-2:30PM Movement & Balance, 1:30-2:30PM Housing Application Days, 1:30-3PM Veteran's Support Group, 2-3PM
10 Breakfast Bingo, 9:30-11AM Racial Justice Allies, 11AM-12PM Senior Writing Group, 11:30AM-1:30PM Jiu-Jitsu, 1:30-2:30PM Medicare Counseling Presentation, 1:30-3PM	11 Veteran's Day Breakfast, 9:30-11AM Cyber Center, 10AM-1PM & 2-5PM Dance, Meditation, & Movement, 10-11AM R&B Line Dancing, 11AM-12PM Cardio Soul Dance, 1:30-2:30PM Moving Forward, 1:30-3PM Spilling the Tea, 1:30-2:30PM Wild Women and the Words We Weave, 5:30-7:30PM Prostate Cancer Support Group, 7-9PM	12 Cyber Center, 10AM-1PM & 2-5PM Men's Social Group, 10AM-12PM Chair Yoga, 11AM-12PM Beginning Tap, 1:30-2:30PM Movement & Balance, 1:30-2:30PM Housing Application Days, 1:30-3PM Veteran's Support Group, 2-3PM
17 Medicare Counseling (In-Person Counseling) 10AM-1PM Racial Justice Allies, 11AM-12PM Senior Writing Group, 11:30AM-1:30PM Jiu-Jitsu, 1:30-2:30PM LGBTech, 1:30-3PM	18 Cyber Center, 10AM-1PM & 2-5PM Dance, Meditation, & Movement, 10-11AM R&B Line Dancing, 11AM-12PM Cardio Soul Dance, 1:30-2:30PM Spilling the Tea, 1:30-2:30PM Moving Forward, 1:30-3PM	19 Cyber Center, 10AM-1PM & 2-5PM Men's Social Group, 10AM-12PM Chair Yoga, 11AM-12PM Beginning Tap, 1:30-2:30PM Movement & Balance, 1:30-2:30PM Housing Application Days, 1:30-3PM Veteran's Support Group, 2-3PM
24 Monday Video Workout, 9:30-10:30AM Racial Justice Allies, 11AM-12PM Sound Bath, 11AM-12PM Senior Writing Group, 11:30AM-1:30PM Jiu-Jitsu, 1:30-2:30PM Medicare Counseling Presentation, 1:30-3PM	25 Laundry/Shower, 9 AM-12:30PM Cyber Center, 10AM-1PM Moving Forward, 11AM-12:30PM Spilling the Tea, 11:30AM-12:30PM No Lunch Service Senior Center Building Closes at 12:30PM Intergenerational Thanksgiving 3-6PM	26 Cyber Center, 10AM-1PM & 2-5PM Men's Social Group, 10AM-12PM Chair Yoga, 11AM-12PM Senior Services Closes at 2:00PM

THURSDAY		FRIDAY	
6 HIV Breakfast, 9:30-11AM Men's Hiking, 9:30AM Senior Pantry Pickup, 9:30-11AM Walking & Talking, 10-11AM Cyber Center, 10AM-1PM & 2-5PM Pathways to Housing, 1:30-3PM Reading Opens Minds, 1:30-3PM Men Living with HIV, 1:30-3PM Chair Yoga @ MCC 2-3PM	7 Exploring Race and Combatting Racism, 10-11:30AM Everyday Movement, 11:30AM-12:30PM Express Yourself in Art 1:30-3PM Health Matters Forum Screening 1:30-3PM Ebony Sage Circle, 3-4:30PM Cancer Support Group, 3-5PM		
13 Men's Hiking, 9:30AM Senior Pantry Pickup, 9:30-11AM Walking & Talking, 10-11AM Cyber Center, 10AM-1PM & 2-5PM Alzheimer's Support Group, 12-1:30PM Caminos a la Vivienda, 1:30-3PM Men Living with HIV, 1:30-3PM Chair Yoga @ MCC 2-3PM	14 Exploring Race and Combatting Racism, 10-11:30AM Farmers Market @ Mi Centro, 11AM-1PM Everyday Movement, 11:30AM-12:30PM Express Yourself in Art 1:30-3PM Art Appreciation, 3-4PM Cancer Support Group, 3-5PM		
20 Co-ed Hiking, 9:30AM Senior Pantry Pickup, 9:30-11AM Walking & Talking, 10-11AM Cyber Center, 10AM-1PM & 2-5PM MCC-UCCV Potluck 12-2 PM Dwell Well, 1:30-2:30PM Reading Opens Minds, 1:30-3PM Men Living with HIV, 1:30-3PM Chair Yoga @ MCC 2-3PM	21 Vaccine Clinic, 10AM-12PM Farmers Market @ Center South, 11AM-1PM Everyday Movement, 11:30AM-12:30PM Express Yourself in Art 1:30-3PM Ebony Sage Circle @ Center South, 3-4:30PM TransMasc Exchange, 3-4:30PM Cancer Support Group, 3-5PM		
27 Senior Services Closed Thanksgiving	28 Senior Services Closed		





Non-Weekly Events

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., NOV. 13, 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., NOV. 14, 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., NOV. 10, 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

CAMINOS A LA VIVIENDA

JUEVES, NOV. 13, 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 realísticas cuando buscan por viviendas.

Su participación en este taller es requerido si esta interesado en participar en nuestro programa de navegar viviendas, pero todos estan envidados en aprender. Únete en persona o por Zoom. Para mas informacion, contacte: seniors@lalgbtcenter.org or (323) 860-5830.

Ubicación: Centro para personas mayores

Código de acceso: 988 7811 2731

Contraseña: 114741

DWELL WELL SERIES: RE-CERTIFICATIONS IN AFFORDABLE HOUSING & HOUSING AUTHORITY PROGRAMS

THURS., NOV. 20, 1:30–2:30PM

This topic covers the process and requirements for re-certifying eligibility in affordable housing and housing authority programs to ensure continued access to housing assistance.

Location: Senior Center

EBONY SAGE CIRCLE (NEW TIME/DATE)

FRI., NOV. 7 & 21, 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

CAMINOS A LA VIVIENDA

Jueves, 13 de Nov.
1:30 - 3:00 PM

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



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

Su participación en este taller es requerido si esta interesado en participar en nuestro programa de navegar viviendas, pero todos estan envidados en aprender.

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

DWELL WELL: RE-CERTIFICATIONS IN AFFORDABLE HOUSING & HOUSING AUTHORITY PROGRAMS

Thursday, November 20
1:30–2:30 PM



This topic covers the process and requirements for re-certifying eligibility in affordable housing and housing authority programs to ensure continued access to housing assistance.

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

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.



WE ARE NOW AT CAPACITY!

RSVP to join the WAITLIST by November 8 to
seniors@lalgbtcenter.org or (323)860-5830.

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



EXPLORING RACE AND COMBATting RACISM

FRI., NOV. 7 & 14, 10-11:30AM

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

FARMERS MARKET

WED., NOV. 5, 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., NOV. 21, 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**

SOUND BATH

Monday, November 24
11 AM-12 PM

A meditative practice where participants lie down or sit and are "bathed" in a wash of sounds produced by various instruments with the intention of inducing deep relaxation, stress reduction, and potentially promoting a sense of healing through vibrations created by the sounds.



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

FARMERS MARKET AT MI CENTRO

VIERNES, NOV. 14, 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., NOV. 11 & 25, 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

GRAND OPENING OF STORIES: THE AIDS MONUMENT

SUN., NOV 16, 4-5:15PM

Mark your calendar for the official grand opening of **STORIES: The AIDS Monument**. The event is open to the public and will take place Sunday, November 16, 2025, from 4:00-5:15 p.m. in the Plaza of the Pacific Design Center. Limited transportation available,



FREE IN-PERSON MEDICARE COUNSELING

The Center for Health Care Rights (CHCR) is a non-profit organization that provides Los Angeles County residents with free information and assistance with Medicare and related health insurance questions and problems.

Counseling topics include:

- ✓ New to Medicare
- ✓ Supplementing Medicare
- ✓ Financial assistance programs & share of cost
- ✓ Comparing costs for prescription drug plans
- ✓ How Medicare & Medi-Cal work together
- ✓ Medicare & employer coverage

Why Choose HICAP

The Health Insurance Counseling and Advocacy Program (HICAP) Volunteer Counselors are state-registered to provide impartial and unbiased Medicare counseling services by appointment at your community agency.



In-person counseling services are available on the first Wednesday & third Monday of each month at 10 AM, 11 AM, 12PM & 1PM at the LA LGBT Center Harry & Jeanette Weinberg Senior Center 1118 N. McCadden Place Los Angeles, CA 90038. For more information or to schedule an appointment, please contact seniors@lalgbtcenter.org or (323) 860-5830. Please note: free parking is available in the parking structure with validation from the Senior Center.

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$479,278 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

EXPLORING RACE & COMBATting RACISM

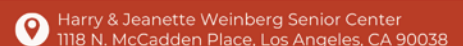
FILM SCREENINGS

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.





HEALTH MATTERS FORUM **SCREENING** **LIVE STREAM**

FRIDAY, NOVEMBER 7 FROM 1:30 - 3 PM

SENIOR SERVICES WILL HOST A SCREENING OF THE HEALTH MATTERS FORUM – A CONVERSATION WITH CALIFORNIA’S NEXT GOVERNOR, A FIRST-OF-ITS-KIND, NONPARTISAN DISCUSSION ABOUT HEALTH PRIORITIES FOR CALIFORNIANS. DON’T MISS THIS CHANCE TO LEARN MORE FROM THE FUTURE CANDIDATES FOR GOVERNOR OF CALIFORNIA.



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

please contact seniors@lalgbtcenter.org or (323) 860-5830.

Location: 8687 Melrose Ave Ste M60,
West Hollywood, CA 90069

HEALTH MATTERS FORUM SCREENING

FRI., NOV. 7, 1:30-3PM

On November 7th at 1:30 PM, Senior Services will host a screening of the *Health Matters Forum – A Conversation with California’s Next Governor*, a first-of-its-kind, nonpartisan discussion about health priorities for Californians. Don’t miss this chance to learn more from the future candidates for Governor of California.

Location: Senior Center

HEALTHY LIVING BENEFITS WORKSHOP

MON., NOV. 3, 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 the benefits session to learn about various resources. This includes benefits on Cal-Fresh, Medicare, IHSS, and other topics..

Location: Senior Center

HIV GROUPS BREAKFAST/ DESAYUNO PARA GRUPOS DE VIH

MON., NOV. 6, 9:30-11AM

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

MONDAY, NOVEMBER 3 11AM-12PM

NOVEMBER PRESENTATION: BENEFITS ASSISTANCE



LEARN ABOUT BENEFITS SUCH AS SSA, CALFRESH, IHSS, HEAP, MEDI-CAL, MEDICARE, HOPWA, LIFELINE, AND MORE. WITH THIS WORKSHOP YOU WILL LEARN ABOUT DIFFERENT TYPES OF BENEFITS, THEIR ELIGIBILITY, AND HOW TO APPLY.

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

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



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

Location: Senior Center

INTERGENERATIONAL THANKSGIVING

TUES., NOV. 25, 3-6PM

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.

Location: Senior Center

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

MON., NOV. 3 & 17, 1:30-3PM

NOV. 3: Tech Support Basics.

Thanksgiving Tech Class Party
Learn simple troubleshooting steps to fix common tech problems before calling for help.

NOV. 17: Avoiding Misinformation Online. Not everything you read is true!

Learn how to fact-check news, verify sources, and spot fake information.

Scam Awareness. All questions answered. Beginners welcome! Tech Trivia & Prizes

Windows/Mac/Iphone/Android and all devices welcome.

Location: Senior Center

**LOS ANGELES LGBT CENTER**
SENIOR SERVICES

HIV GROUPS BREAKFAST



NOVEMBER 6TH FROM 9:30 - 11:00 AM

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

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

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

**LOS ANGELES LGBT CENTER**
SENIOR SERVICES

LGBTech Q&A with Mom's Computer

MONDAY, NOVEMBER 3
1:30 - 3:00 PM
Tech Support Basics. Thanksgiving Tech Class Party
Learn simple troubleshooting steps to fix common tech problems before calling for help.

MONDAY, NOVEMBER 17
1:30 - 3:00 PM
Avoiding Misinformation Online
Not everything you read is true!
Learn how to fact-check news, verify sources, and spot fake information.



Good Of Elijah
Founder & Tech

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



MENTAL WELLNESS SERIES
10AM - 11AM

LOS ANGELES LGBT CENTER
SENIOR SERVICES

November 3 Resiliency
December 1 Holiday Blues

Presented by the Los Angeles County Department of Mental Health to help promote mental wellness, raise awareness about mental health issues, and to provide resources.

LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

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

MCC-UCCV POTLUCK

THURS., NOV. 20, 12-2PM

Valley participants are invited to join our weekly social group at Metropolitan Community Church-UCCV for fun activities & socializing. Potluck occurs on the third Thursday in November.

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

MEDICARE COUNSELING (IN-PERSON COUNSELING)

WED., NOV. 5 & MON., NOV. 17, 10-1PM

The Center for Health Care Rights (CHCR) is a non-profit organization that provides Los Angeles County residents with free information and assistance with Medicare and related health insurance questions and problems. In-person counseling services are available on the first Wednesday & third Monday of each month at 10 AM, 11 AM, 12PM & 1PM at the LA LGBT Center Harry & Jeanette Weinberg Senior Center 1118 N. McCadden Place Los Angeles, CA 90038. For more information or to schedule an appointment, please contact seniors@lalgbtcenter.org or (323) 860-5830.

Location: Senior Center

MEDICARE COUNSELING PRESENTATION

MON., NOV. 10 & NOV. 24, 1:30-3PM

Join the Center for Health Care Rights at Senior Services for a workshop offering free, unbiased guidance on Medicare and related health insurance. State-registered HICAP Counselors will provide clear information and answer your questions to help you make informed decisions about your coverage.

Location: Senior Center



MEDICARE COUNSELING
W/ CENTER FOR HEALTHCARE RIGHTS

NOV. 10 & NOV. 24
1:30 - 3:00 PM

Join the Center for Health Care Rights at Senior Services for a workshop offering free, unbiased guidance on Medicare and related health insurance. State-registered HICAP Counselors will provide clear information and answer your questions to help you make informed decisions about your coverage.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

MENTAL WELLNESS SERIES

MON., NOV. 3, 10–11AM

November Topic: 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 Haydeh Fakhrabadi, Psy.D., CPII with the Los Angeles County Department of Mental Health.

Location: Senior Center

MONDAY GIVEAWAY

MON., NOV. 3, 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: TBD.

Location: Senior Center

MONDAY VIDEO WORKOUT

MON., NOV. 24, 9:30–10:30 AM

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

Location: Senior Center

PATHWAYS TO HOUSING

THURS., NOV. 6, 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



PATHWAYS TO HOUSING

**THURSDAY, NOVEMBER 6
1:30PM - 3:00PM**

HARRY & JEANETTE WEINBERG
SENIOR CENTER
1118 N MCCADDEN PLACE
LOS ANGELES, CA 90038
OR ZOOM:
ID: 931 3146 8648 PASS: 091142



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 or (323) 860-5830

My Life is Poetry presents:

✦ Poetry & Margaritas ✦

Saturday, Nov. 22, 2025 ✦
3pm-4pm

Join us for a reading from the My Life is Poetry Class

NOHO Senior Arts Colony
10747 Magnolia Blvd, North Hollywood, CA 91601
Art Room, 1st floor

Free event & drinks!
Easy garage & street parking

Hear autobiographical poems by LGBT Seniors

Reception to follow program

POETS:
Dawn Moreno-Freedman
Hank Henderson
Harry Gipson
Jen O'Connor
Jim Pentecost
Leah Ross
Louise Moore
Mark Morante
Tom Howard



LOS ANGELES LGBT CENTER

VETERAN'S DAY BREAKFAST

HONORING THOSE WHO SERVED



NOVEMBER 11TH FROM 9:30 - 11:00 AM

IN HONOR OF VETERAN'S DAY, SENIOR SERVICES WILL HOST A BREAKFAST FOR LGBTQ+ VETERANS.

WE THANK YOU FOR YOUR SERVICE.

SPACE IS LIMITED.

RSVP REQUIRED BY NOV. 7 TO
HELPLINE: 323-860-4833 OR SENIORS@LALGBTCENTER.ORG



LOS ANGELES LGBT CENTER
SENIOR SERVICES



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

READING OPENS MINDS (NEW TIME)

THURS., NOV. 6 & 20, 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

SOUND BATH

MON., NOV. 24, 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.

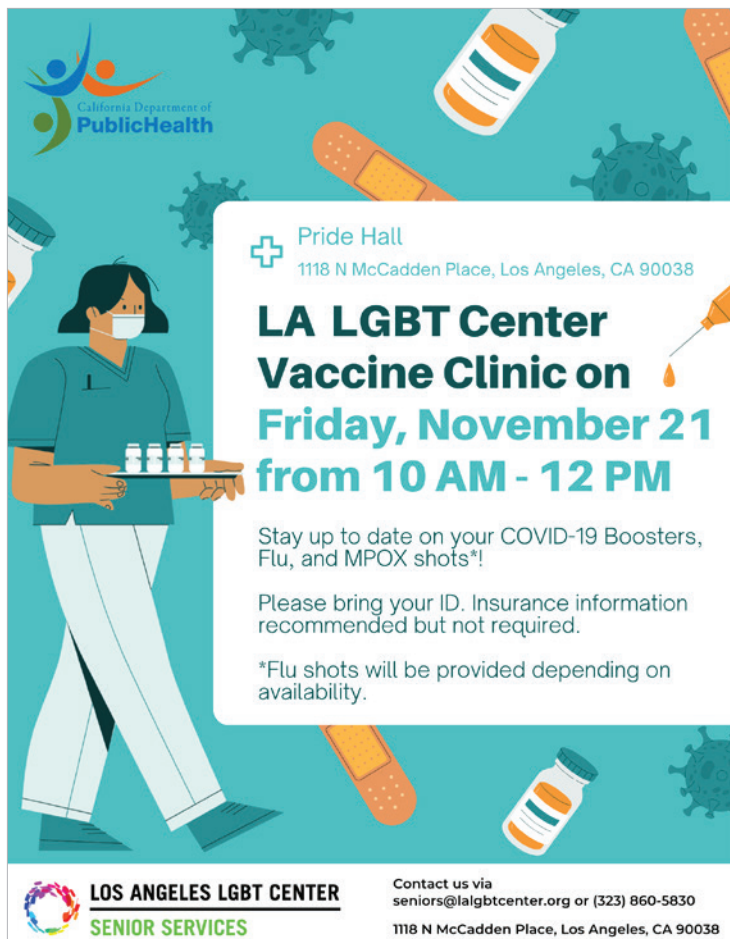
Location: Senior Center

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

TUES., NOV. 4 & 11, 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 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. Final reading on Nov.11!

Location: Senior Center

A poster for the LA LGBT Center Vaccine Clinic. It features a nurse in a blue uniform and white mask holding a tray of vials. The background is teal with illustrations of COVID-19 virus particles, a bandage, and a pill bottle. The text provides details about the clinic location, date, and time, along with information about COVID-19 boosters and MPOX shots.

California Department of Public Health

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

**LA LGBT Center
Vaccine Clinic on
Friday, November 21
from 10 AM - 12 PM**

Stay up to date on your COVID-19 Boosters, Flu, and MPOX shots*!

Please bring your ID. Insurance information recommended but not required.

*Flu shots will be provided depending on availability.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

Contact us via
seniors@lalgbtcenter.org or (323) 860-5830
1118 N McCadden Place, Los Angeles, CA 90038

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., NOV. 21, 3-4:30PM

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

FRI., NOV. 21, 10-12PM

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 DAY BREAKFAST

TUES., NOV. 11, 9:30-11AM

In honor of Veteran's Day, Senior Services will host a breakfast for LGBTQ+ Veterans. We thank you for your service. Space is limited. RSVP required by Nov. 7 to 323-860-4833 or seniors@lgbtcenter.org.

Location: Senior Center

GRAND OPENING OF STORIES: THE AIDS MONUMENT

Sunday November 16, 2025 4-5:15pm



Mark your calendar for the official grand opening of STORIES: The AIDS Monument. The event is open to the public and will take place Sunday, November 16, 2025, from 4:00- 5:15 p.m. in the Plaza of the Pacific Design Center. Limited transportation available, please contact seniors@lgbtcenter.org or (323) 860-5830.



Location:

**Pacific Design Center
8687 Melrose Ave Ste M60,
West Hollywood, CA 90069**



Still We Rise Presents

Wild Women and the Words We Weave

**Tuesday November 11
5:30-7:30 PM**



Join us for an intimate evening beneath the stars with women storytellers who will demonstrate the power of spoken word to spark connection, weave together laughter and pain, and remind the audience of the importance of sharing women's stories.

Space is limited. RSVP to
seniors@lgbtcenter.org or
(323) 860-5830

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

Hot cocoa and cozy
treats will be
provided



LOS
ANGELES
LGBT
CENTER

SENIOR
SERVICES

WINTER OLYMPICS HOLIDAY PARTY

FRIDAY, DECEMBER 12 / 2 - 5 PM

FRIENDSHIP AUDITORIUM
FREE PARKING - 3201 RIVERSIDE DRIVE
LOS ANGELES, CA 90027

✦ DANCING, FOOD, COFFEE BAR ✦
& PHOTO BOOTH!

FREE PARKING. TRANSPORTATION NOT AVAILABLE

RSVP OPENS ON NOVEMBER 3RD & CLOSES DECEMBER 4TH,
YOU MUST BE A REGISTERED MEMBER TO RSVP.

RSVP AT SENIORS@LALGBTCENTER.ORG OR 323-860-5830

ASL INTERPRETERS WILL BE AVAILABLE.

SUGGESTED DONATION \$10. NO ONE WILL BE
TURNED AWAY DUE TO LACK OF FUNDS.