



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

JANUARY 2026

MARTIN LUTHER KING JR DAY



DAY OF RACIAL HEALING

JAN. 20TH FROM 6-8 PM

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

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

The new year is a perfect time to start something new. This could be an event or activity that you have been meaning to test out or even something outside your comfort zone to challenge yourself. For those who always wanted to learn a language, our popular American Sign Language class returns this month on Wednesdays from 1:30-3pm. Arts instructor Mary-Linn Hughes returns this month with an 8 week photography workshop, Through Our Eyes: Disability about sharing the narrative of disability through art. Through sensory projects this class helps strengthen emotional regulation and community connection while making art accessible to all. On January 15 we will also host a field trip to the Academy Museum from 1:30-5pm. Our annual Day of Racial Healing event will be an opportunity to contemplate our shared values and create a blueprint to heal from the effects of racism. I look forward to a January of stretching to experience new opportunities.



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 9AM–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 9:00 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., JANUARY 7 • 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.

Los Angeles LGBT Center
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Harry & Jeanette Weinberg Senior Center
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



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

- Wednesday, January 1, closed for New Years Day
- Monday, January 19, closed for MLK Day

Lunch will NOT be served the following dates:

- Friday, January 2

We apologize for any inconvenience. Please plan accordingly.



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



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

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.**

Location: Senior Center

TUESDAYS

DANCE, MEDITATION, & MOVEMENT

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.

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.



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+.

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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1118 N McCadden Place, Los Angeles, CA 90038

RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

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

AMERICAN SIGN LANGUAGE

1:30–3PM

Join this six-week workshop where you will learn American Sign Language and how to incorporate it with your expressions, letting your hands speak for you. Facilitated by Michael Spady.

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

COFFEE CHAT W/ ANDRES H.

9:30-10:30AM

Enjoy a cozy morning coffee with Andres and fellow Senior Services participants. It's the perfect chance to catch up, hear what's new at the center, and meet new people!

Location: Senior Center

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

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

THROUGH OUR EYES PHOTOGRAPHY

1:30–3PM

Join us for an 8-week photography workshop where LGBTQ+ seniors can explore the art of storytelling through photography. Participants will have the opportunity to document and share their lives—including the realities and resilience of living with disabilities—using only their cell phones. The workshop culminates in a group exhibition celebrating each participant's unique perspective. Pre-session workshops are on Jan. 9 & 16.

JAN. 9: Accessible Art for Emotional Wellness (with Lenny Gerard)

- A relaxed, supportive space where participants can slow down, breathe,

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



AMERICAN SIGN LANGUAGE



EVERY WEDNESDAY
JAN. 7 - FEB. 11 FROM 1:30 - 3 PM

JOIN THIS SIX-WEEK WORKSHOP WHERE YOU WILL LEARN AMERICAN SIGN LANGUAGE AND HOW TO INCORPORATE IT WITH YOUR EXPRESSIONS, LETTING YOUR HANDS SPEAK FOR YOU.
FACILITATED BY MICHAEL SPADY.

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

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



and create without judgment. Through sensory projects this class helps strengthen emotional regulation and community connection while making art accessible to all.

JAN. 16: Multisensory Papermaking Activity (with Saint Remy) – Participants will engage in a multi sensory papermaking process using their senses of touch, sound, sight, and movement to explore texture, emotion, and material transformation. Participants will be invited to bring dry flowers or a flat paper object of personal meaning to tear, blend, and transform into new handmade paper, building awareness of sustainability, patience, memory, and the creative power of reuse.

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.



THURSDAY MORNINGS
9:30 – 10:30 AM

LIMITED
TIME
ONLY

*
COFFEE CHAT



W/ ANDRES H.

ENJOY A COZY MORNING COFFEE WITH ANDRES AND FELLOW SENIOR SERVICES PARTICIPANTS. IT'S THE PERFECT CHANCE TO CATCH UP, HEAR WHAT'S NEW AT THE CENTER, AND MEET NEW PEOPLE!

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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

INTRO TO Brazilian JIU JITSU





EVERY MONDAY, 1:30 - 2:30 PM

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

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

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

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

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

SPILLING THE TEA



SPILLING THE TEA

DON'T BE SHY, SPILL THE TEA!

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

Tuesdays 1:30-2:30 PM

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

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

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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

THROUGH OUR EYES
DISABILITY EDITION PRESENTED BY MARY-LINN HUGHES



JOIN US FOR AN 8-WEEK PHOTOGRAPHY WORKSHOP WHERE LGBTQ+ SENIORS CAN EXPLORE THE ART OF STORYTELLING THROUGH PHOTOGRAPHY. PARTICIPANTS WILL HAVE THE OPPORTUNITY TO DOCUMENT AND SHARE THEIR LIVES—including the realities and resilience of living with disabilities—using only their cell phones. THE WORKSHOP CULMINATES IN A GROUP EXHIBITION CELEBRATING EACH PARTICIPANT'S UNIQUE PERSPECTIVE.

PRE-SESSION WORKSHOPS ARE ON JAN. 9 & 16:
JAN 9: ACCESSIBLE ART FOR EMOTIONAL WELLNESS
(PRESENTED BY LENNY GERARD)
JAN 16: MULTISENSORY PAPERMAKING ACTIVITY (PRESENTED BY SAINT REMY)

THIS WORKSHOP IS EXCLUSIVELY FOR LGBTQ+ SENIORS LIVING WITH MENTAL OR PHYSICAL DISABILITIES.

 **FRIDAYS, 1:30- 3:30 P.M.**
JANUARY 9 - MARCH 23

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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

MONDAY	TUESDAY	WEDNESDAY
5 Quick & Healthy Meals on a Budget! 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	6 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 Drum Circle, 5:30-7:30PM	7 Cyber Center, 10AM-1PM & 2-5 PM Men's Social Group, 10AM-12PM Chair Yoga, 11AM-12PM Farmers Market, 11AM-1PM Beginning Tap, 1:30-2:30PM Housing Application Days, 1:30-3PM American Sign Language, 1:30-3PM Veteran's Support Group, 2-3PM
12 Breakfast Bingo, 9:30-11AM Racial Justice Allies, 11AM-12PM Senior Writing Group, 11:30AM-1:30PM Jiu-Jitsu, 1:30-2:30PM Healthy Living for Your Brain & Body, 2-3PM	13 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 Roommate Social, 6-8PM Prostate Cancer Support Group, 7-9PM	14 Cyber Center, 10AM-1PM & 2-5 PM Men's Social Group, 10AM-12PM Chair Yoga, 11AM-12PM Beginning Tap, 1:30-2:30PM Housing Application Days, 1:30-3PM American Sign Language, 1:30-3PM Veteran's Support Group, 2-3PM
19 Senior Services Closed Martin Luther King Jr. Day	20 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 Day of Racial Healing, 6-8PM	21 Cyber Center, 10AM-1PM & 2-5 PM Men's Social Group, 10AM-12PM Chair Yoga, 11AM-12PM Beginning Tap, 1:30-2:30PM Housing Application Days, 1:30-3PM American Sign Language, 1:30-3PM Veteran's Support Group, 2-3PM
26 Music Appreciation: Music and Memory, 10-11AM Sound Bath, 11AM- 12 PM Racial Justice Allies, 11AM-12PM Senior Writing Group, 11:30AM-1:30PM Jiu-Jitsu, 1:30-2:30PM Understanding Alzheimer's and Dementia, 2-3PM	27 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 HIV & Aging Dinner, 6-8PM Seasoned & Sizzling, 5:30-7PM Veteran's Potluck Dinner, 6-7:30PM Prostate Cancer Support Group, 7-9PM	28 Cyber Center, 10AM-1PM & 2-5 PM Men's Social Group, 10AM-12PM Chair Yoga, 11AM-12PM Beginning Tap, 1:30-2:30PM Housing Application Days, 1:30-3PM American Sign Language, 1:30-3PM Veteran's Support Group, 2-3PM

THURSDAY	FRIDAY
1 Senior Services Closed	2 New Year's Reflection 9:30-10:30AM Everyday Movement, 11:30AM-12:30PM New Year's Movie 12:30-3PM Ebony Sage Circle, 3-4:30PM Cancer Support Group, 3-5PM No Lunch Service
8 Men's Hiking, 9:30AM Coffee Chat w/ Andres H. 9:30-10:30AM Senior Pantry Pickup, 9:30-11AM Grupo de Apoyo, 10-11:30AM Cyber Center, 10AM-1PM & 2-5PM Alzheimer's Support Group, 12-1:30PM Reading Opens Minds, 1:30-3PM Men Living with HIV, 1:30-3PM Pathways to Housing, 1:30-3PM	9 Map it Out! (w/ Dawn Moreno-Freedman) 10:30AM-12PM Farmers Market at Mi Centro, 11AM-1PM Everyday Movement, 11:30AM-12:30PM Through Our Eyes: Accessible Art for Emotional Wellness, 1:30-3PM Art Appreciation, 3-4PM Cancer Support Group, 3-5PM
15 Men's Hiking, 9:30AM Coffee Chat w/ Andres H. 9:30-10:30AM Senior Pantry Pickup, 9:30-11AM Cyber Center, 10AM-1PM & 2-5PM Men Living with HIV, 1:30-3PM Caminos a la Vivienda, 1:30-3PM Field Trip: Academy Museum, 1:30-5PM	16 Nurturing Connections 10-11AM Everyday Movement, 11:30AM-12:30PM Through Our Eyes: Multisensory Papermaking Activity, 1:30-3PM Ebony Sage Circle @ Center South, 3-4:30PM Cancer Support Group, 3-5PM
22 Co-Ed Hiking 9:30 AM Coffee Chat w/ Andres H. 9:30-10:30AM Senior Pantry Pickup, 9:30-11AM Cyber Center, 10AM-1PM & 2-5PM Alzheimer's Support Group, 12-1:30PM Reading Opens Minds, 1:30-3PM Men Living with HIV, 1:30-3PM Dwell Well, 1:30-2:30PM	23 Nurturing Connections 10-11AM Farmers Market at Center South, 11AM-1PM Everyday Movement, 11:30AM-12:30PM Through Our Eyes Photography, 1:30-3PM TransMasc Exchange, 3-4:30PM Cancer Support Group, 3-5PM
29 Men's Hiking, 9:30AM Coffee Chat w/ Andres H. 9:30-10:30AM Cyber Center, 10AM-1PM & 2-5PM MCC-UCCV Potluck, 12-2 PM Men Living with HIV, 1:30-3PM Disability Wellness Fair, 1:30-3PM	30 Nurturing Connections 10-11AM Everyday Movement, 11:30AM-12:30PM Through Our Eyes Photography, 1:30-3PM Cancer Support Group, 3-5PM

VETERAN'S DAY BREAKFAST



**CELEBRATE WITH US AS
TWO OF OUR JIU-JITSU
PARTICIPANTS EARN
THEIR STRIPES!**



**STILL WE RISE
'WILD WOMEN'
GROUP**





Non-Weekly Events

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS. JAN. 8 & 22, 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

ALZHEIMER'S ASSOCIATION'S HEALTHY LIVING WORKSHOPS

MON., JAN. 12 & 26, 2-3PM

The Alzheimer's Association offers no-cost education programs to increase knowledge and support for those facing dementia. The following two courses are being offered at Senior Center:

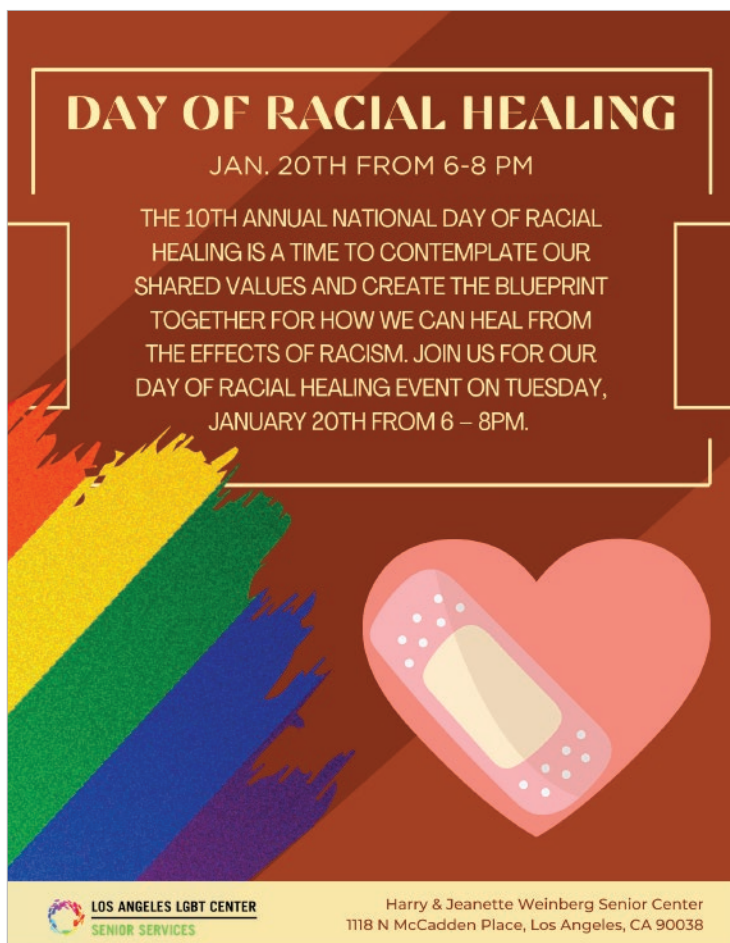
JAN. 12: HEALTHY LIVING FOR YOUR BRAIN & BODY

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

JAN. 26: UNDERSTANDING ALZHEIMER'S & DEMENTIA

Learn about detection, causes, risk factors, stages and treatment of Alzheimer's disease.

Location: Senior Center



ART APPRECIATION

FRI., JAN. 9, 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

Password: 081457

BREAKFAST BINGO

MON., JAN. 12, 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, JAN. 15, 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 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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

CAMINOS A LA VIVIENDA

**Jueves, 15 de Enero
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 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 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

HEALTHY LIVING WORKSHOP

PRESENTED BY **ALZHEIMER'S ASSOCIATION**
California Southland Chapter



**MONDAY, JAN 12
2 - 3 PM**

HEALTHY LIVING FOR YOUR BRAIN & BODY
Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

**MONDAY, JAN 26
2 - 3 PM**

Understanding Alzheimer's & Dementia
Learn about detection, causes, risk factors, stages and treatment of Alzheimer's disease.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

DRUM CIRCLE

W/ PATRICIA BYRDELL

TUESDAY, JAN. 6
5:30 - 7:30 PM



Join us for a Drum Circle at Senior Center! Together, we'll create rhythms that uplift the spirit, foster connection, and celebrate the joy of community. No experience needed—just bring your energy.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

DAY OF RACIAL HEALING

TUES., JAN. 20, 6–8PM

The 10th Annual National Day of Racial Healing is a time to contemplate our shared values and create the blueprint together for how we can heal from the effects of racism. Join us for our Day of Racial Healing event, in honor of Martin Luther King Jr. Day, on Tuesday, January 20, 6–8pm. Additional details coming soon.

Location: Senior Center

DISABILITY HEALTH & WELLNESS FAIR

THURS., JAN. 29, 1:30-3PM

Improving health and wellness and fostering a sense of community for people with disabilities. Come find out what your community has to offer to help you stay healthy. Get resources you need and connect with service providers. More information to come in our weekly eblasts. RSVP to seniors@lgbtcenter.org or (323) 860-5830 to receive further updates in January. If you require any specific accommodations, please contact us via email/phone by Jan 16, 2026. For Ages 50+.

Location: Senior Center

DWELL WELL:

DOCUMENT READY

Thursday, January 22
1:30-2:30 PM



Review the frequently requested documents when applying to affordable housing to prepare you for success.

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

Or Zoom: Meeting ID: 966 8780 6392
Passcode: 885161

LOS ANGELES LGBT CENTER
SENIOR SERVICES

DRUM CIRCLE

TUES., JAN. 6, 5:30-7:30PM

Join us for a Drum Circle at Senior Center! Together, we'll create rhythms that uplift the spirit, foster connection, and celebrate the joy of community. No experience needed—just bring your energy.

Location: Senior Center

DWELL WELL SERIES: DOCUMENT READY

THURS., JAN. 22, 1:30–2:30PM

This month's topic: Document Ready. Review the frequently requested documents when

applying to affordable housing to prepare you for success.

Location: Senior Center or

Meeting ID: 966 8780 6392

Password: 885161

EBONY SAGE CIRCLE

FRI., JAN. 2 & 16, 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

FARMERS MARKET

WED., JAN. 7, 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., JAN. 23, 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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

Disability Health & Wellness Fair

**THURSDAY, JANUARY 29
1:30–3 PM**

IMPROVING HEALTH AND WELLNESS AND FOSTERING A SENSE OF COMMUNITY FOR PEOPLE WITH DISABILITIES. COME FIND OUT WHAT YOUR COMMUNITY HAS TO OFFER TO HELP YOU STAY HEALTHY. GET RESOURCES YOU NEED AND CONNECT WITH SERVICE PROVIDERS. MORE INFORMATION TO COME IN OUR WEEKLY EBLASTS.

RSVP TO SENIORS@LALGBTCENTER.ORG OR (323) 860-5830 TO RECEIVE FURTHER UPDATES IN JANUARY. IF YOU REQUIRE ANY SPECIFIC ACCOMMODATIONS, PLEASE CONTACT US VIA EMAIL/PHONE BY JAN 16, 2026. FOR AGES 50+.

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



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

EBONY SAGE CIRCLE

Open to all black and brown-identified senior (50+) participants. This group aims to promote self-awareness, quality of life, learning, and unity with LGBTQ+ communities of color.

in person & online via Zoom.

First Friday: Senior Center (1118 N McCadden Place)
Third Friday: Center South
(2313 W. Martin Luther King Jr. Blvd)

Meeting ID: 735 732 7145 Passcode: n90pm

ACADEMY MUSEUM FIELDTRIP

Thursday, January 15th
1:30-5:00PM



Join Senior Services for a fieldtrip to the ACADEMY Museum! Transportation provided. Recommended donation is \$10; no one will be turned away for inability to pay. Food will not be provided. Please notify us of any accommodation requests with your RSVP. Space is Limited. RSVP by Jan. 8 to seniors@lalgbtcenter.org or (323) 860 5830

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

FARMERS MARKET AT MI CENTRO

VIERNES, JAN. 9, 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

FIELD TRIP: ACADEMY MUSEUM

THURS., JAN. 15, 1:30-5PM

Join Senior Services for a field trip to the Academy Museum! Transportation provided. Recommended donation is \$10; no one will be turned away for inability to pay. Food will not be provided. Please notify us of any accommodation requests with your RSVP. Space is Limited. RSVP by Jan. 8 to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., JAN. 13 & 27, 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,

FRIDAY, JANUARY 2
12:30 - 3PM

NEW YEAR'S MOVIE

PHANTOM THREAD

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

doctors, insurance, sex, relationships, and coping. To RSVP, contact info@cancersupportla.org.

Location: Virtual

GRUPO DE APOYO DE VIH

JUEVES, JAN. 8, 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

HEALTHY LIVING BENEFITS WORKSHOP

MON., JAN. 5, 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. This month's topic: Hoarding & Home Safety.

Location: Senior Center

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., JAN. 27, 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. We'll reflect on our journeys and set meaningful goals for the year ahead. Together, we'll design personalized Vision Boards for 2026 as a powerful way to celebrate resilience, embrace hope, and visualize the dreams that matter most to you.

Location: Senior Center

MONDAY, JAN. 5 11AM–12PM

**JANUARY PRESENTATION:
HOARDING & HOME SAFETY**



THIS SESSION WILL EXPLORE THE IMPACT OF HOARDING ON HOME SAFETY AND THE INCREASED RISK OF FIRE HAZARDS. YOU WILL LEARN ABOUT COMMON DANGERS ASSOCIATED WITH CLUTTERED ENVIRONMENTS, PRACTICAL STRATEGIES TO REDUCE RISKS, AND RESOURCES AVAILABLE FOR SUPPORT.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES



PRIDE HALL
TUESDAY, JANUARY 27TH
6:00–8:00PM

JANUARY

Vision Board

We'll reflect on our journeys and set meaningful goals for the year ahead. Together, we'll design personalized Vision Boards for 2026 as a powerful way to celebrate resilience, embrace hope, and visualize the dreams that matter most to you.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES



LGBTech Q&A with Mom's Computer

MONDAY, JAN. 5

1:30 - 3:00 PM

Digital Note-Taking

New Year Password Saver Workshop.
Never get stuck without your password
again. How does AI work on my
smartphone?



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

LGBTECH Q&A WITH MOM'S COMPUTER

MON., JAN. 5, 1:30-3PM

JAN. 5: DIGITAL NOTE-TAKING

New Year Password Saver Workshop.
Never get stuck without your password
again. How does AI work on my
smartphone? All questions answered.
Beginners welcome! Tech Trivia & Prizes
Windows/Mac/Iphone/Android & all
devices welcome.

Location: Senior Center

MAP IT OUT W/ DAWN MORENO-FREEDMAN

FRI., JAN. 9, 10:30AM-12PM

Start 2026 with a clear vision of what you
want. In this workshop, you will create a vision
board with images and words for the year
that you want. Dream it, create it, and live a
joyful life for 2026!

Location: Senior Center

MCC-UCCV POTLUCK

THURS., JAN. 29, 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

MUSIC APPRECIATION: MUSIC AND MEMORY

MON., JAN. 26, 10-11AM

Independence at Home is facilitating a
group that will explore the positive impact
of music on memory stimulation and recall.
Participants will have the chance to share
the name of a song or artist they remember
listening to as a child, teen, or young adult.

Location: Senior Center

NURTURING CONNECTIONS WOMEN'S SUPPORT GROUP

FRIDAY, JAN. 16, 23 & 30
10 - 11 AM

Join us for friendship, fun, and
conversation. This is a welcoming
space for women and femme-identifying
individuals aged 50+ to share stories,
build connections, and find support.



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

NEW YEAR'S MOVIE

FRI., JAN. 2, 12:30–3PM

Kick off the new year with a screening of Phantom Thread! Come early to catch up, share your New Year's stories, and enjoy some laughs before the movie starts. Don't miss this chance to relax and connect!

Location: Senior Center

NEW YEAR'S REFLECTION

FRI., JAN. 2, 9:30–10:30AM

Join Andres H. for a cozy morning chat! Share some favorite memories from last year and talk about what we're looking forward to in the new year. Bring photos to share! Light beverages provided.

Location: Senior Center

NURTURING CONNECTIONS - WOMEN'S SUPPORT GROUP

FRI., JAN. 16, 23 & 30, 10-11AM

Join us for friendship, fun, and conversation. This is a welcoming space for women and femme-identifying individuals aged 50+ to share stories, build connections, and find support.

Location: Senior Center

PATHWAYS TO HOUSING

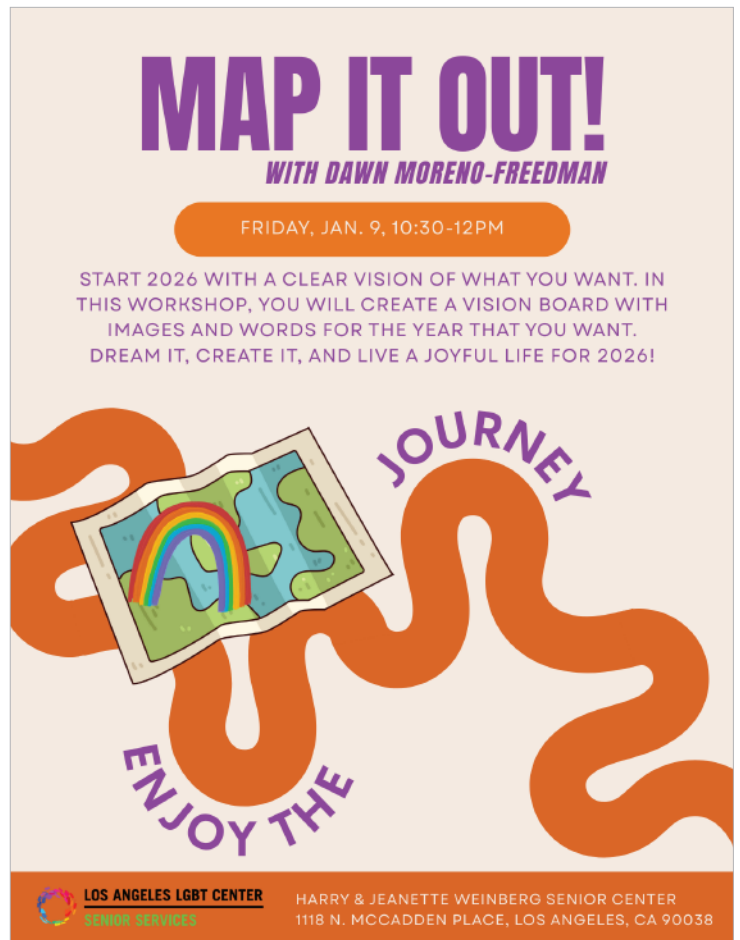
THURS., JAN. 8, 1:30–3PM

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



MAP IT OUT!
WITH DAWN MORENO-FREEDMAN

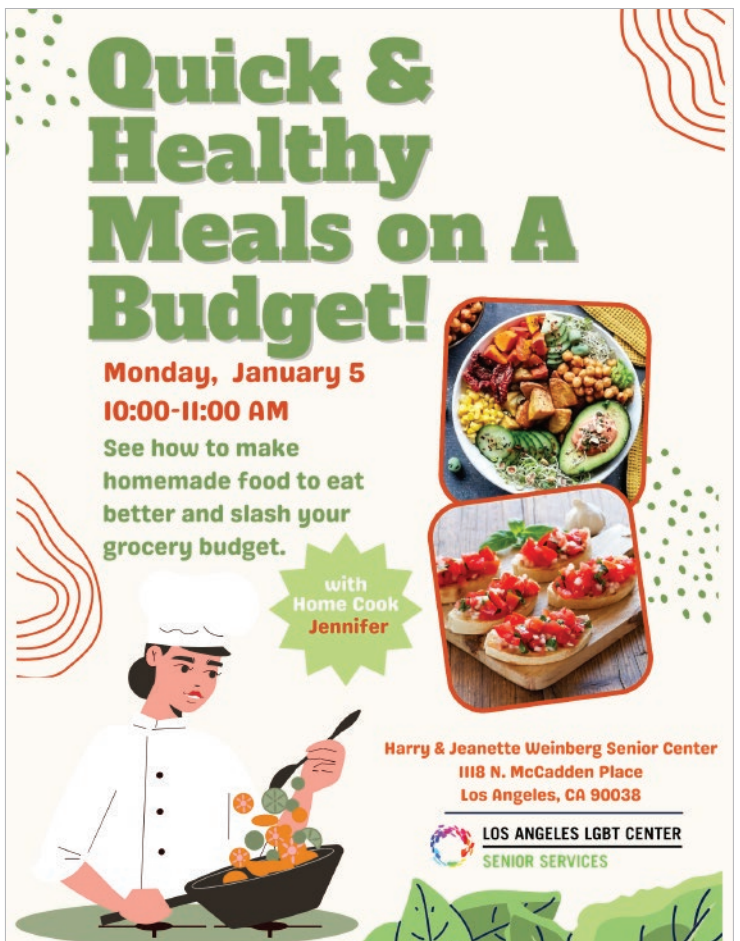
FRIDAY, JAN. 9, 10:30-12PM

START 2026 WITH A CLEAR VISION OF WHAT YOU WANT. IN THIS WORKSHOP, YOU WILL CREATE A VISION BOARD WITH IMAGES AND WORDS FOR THE YEAR THAT YOU WANT. DREAM IT, CREATE IT, AND LIVE A JOYFUL LIFE FOR 2026!

JOURNEY
ENJOY THE

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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



Quick & Healthy Meals on A Budget!

Monday, January 5
10:00-11:00 AM

See how to make homemade food to eat better and slash your grocery budget.

with Home Cook Jennifer

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

ROOMMATE SOCIAL

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

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

QUICK & HEALTHY MEALS ON A BUDGET!

FRI., JAN. 5, 10-11AM

See how to make homemade food to eat better and slash your grocery budget.

Facilitated by Activities Team Member Jennifer G.

Location: Senior Center

READING OPENS MINDS

THURS., JAN. 8 & 22, 1:30-3PM

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

Now meeting at 1:30pm.

Location: Senior Center

ROOMMATE SOCIAL

THURS., JAN. 13, 6-8PM

Are you looking for a roommate or do you have a spare room? Come to our Senior Roommate Social! Enjoy snacks, refreshments, and socialize; come find a roommate, and maybe even a friend. Affordable Living for the Aging will be in attendance to offer resources and answer your questions. Limited Space. RSVP to seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

SEASONED & SIZZLING

TUES., JAN. 27, 5:30-7PM

Join us for this bi-monthly gathering hosted by Senior Services and the Spilling the Tea program. A social and support group for transgender and gender nonconforming adults to support one another and build community. This event is open to adults age 50+ who identify as transgender, gender nonconforming, bi/lesbian women. No Potluck theme in January, bring any dish!

Location: Senior Center

FOR TRANSGENDER AND ENBY ADULTS

SEASONED & SIZZLING

BRING A DISH TO SHARE!

NO POTLUCK THEME IN JANUARY,
BRING ANY DISH!

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

TUESDAY, JANUARY 27 FROM 5:30-7 PM



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

SOUND BATH

MON., JAN. 26, 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., JAN. 23, 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

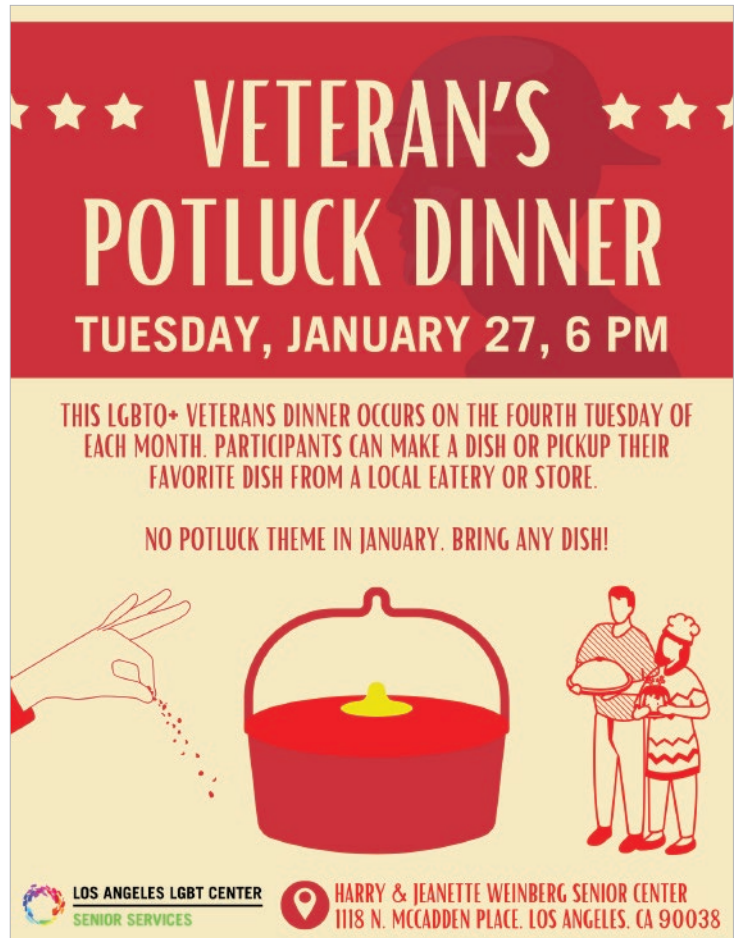
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VETERAN'S POTLUCK DINNER

TUES., JAN. 27, 6–7:30PM

This LGBTQ+ Veterans dinner occurs on the fourth Tuesday of each month. Participants can make a dish or pickup their favorite dish from a local eatery or store. No Potluck theme in January, bring any dish!


Location: Senior Center





VETERAN'S POTLUCK DINNER
TUESDAY, JANUARY 27, 6 PM

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

NO POTLUCK THEME IN JANUARY. BRING ANY DISH!



 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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



 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

PATHWAYS TO HOUSING

THURSDAY, JANUARY 8
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



SENIOR SERVICES & EBONY SAGE
PRESENTS

SOULFUL CELEBRATION

FEBRUARY 26TH 3-5PM

IN HONOR OF BLACK HISTORY MONTH AND
NATIONAL BLACK HIV/AIDS AWARENESS DAY,
JOIN US FOR AN AFTERNOON OF INSPIRATION,
CELEBRATION, CONVERSATION AND MUSIC.

SPACE IS LIMITED. RSVP REQUIRED BY FEBRUARY 17
TO SENIORS@LALGBTCENTER.ORG OR (323) 860-5830

SUGGESTED DONATION: \$5

*NO ONE WILL BE TURNED AWAY FOR INABILITY TO PAY

PRIDE HALL - ANITA MAY ROSENSTEIN CAMPUS
1118 N. MCCADDEN AVE, LOS ANGELES, CA 90038

FREE PARKING AVAILABLE.



LOS ANGELES LGBT CENTER
SENIOR SERVICES