



50+
FEBRUARY 2026



NATIONAL
CANCER
PREVENTION
MONTH



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, 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

February is Black History Month and we are hosting our annual Soulful Celebration on February 26 from 3-5pm. Are you interested in learning more about critical race theory? Attend one of our evening workshops, "Exploring Race and Combatting Racism - The Remix" with Gerry Walker this month on Tuesday evenings.

We have a number of new opportunities this month with a Songwriting Workshop and In Fellowship: An LGBTQ+ inclusive support group for addiction recovery. For those interested in self-care opportunities we will be starting new workshop series of Movement & Balance and Mindfulness & Meditation.

Our annual Sweetheart Dance will be on February 12. Wear red or pink; meet a new friend or love connection. Or just come to dance and have fun. We look forward to seeing you on the dance floor.



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



City of West Hollywood
California 1984

THE FOUNDATION

GILEAD

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.



DROP-IN CASE MANAGEMENT

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

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

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

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

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323-860-5830 and seniors@lalgbtcenter.org



CONSULTORÍA DE CASOS

Miércoles y Jueves | 9:30 a.m.–3 p.m.

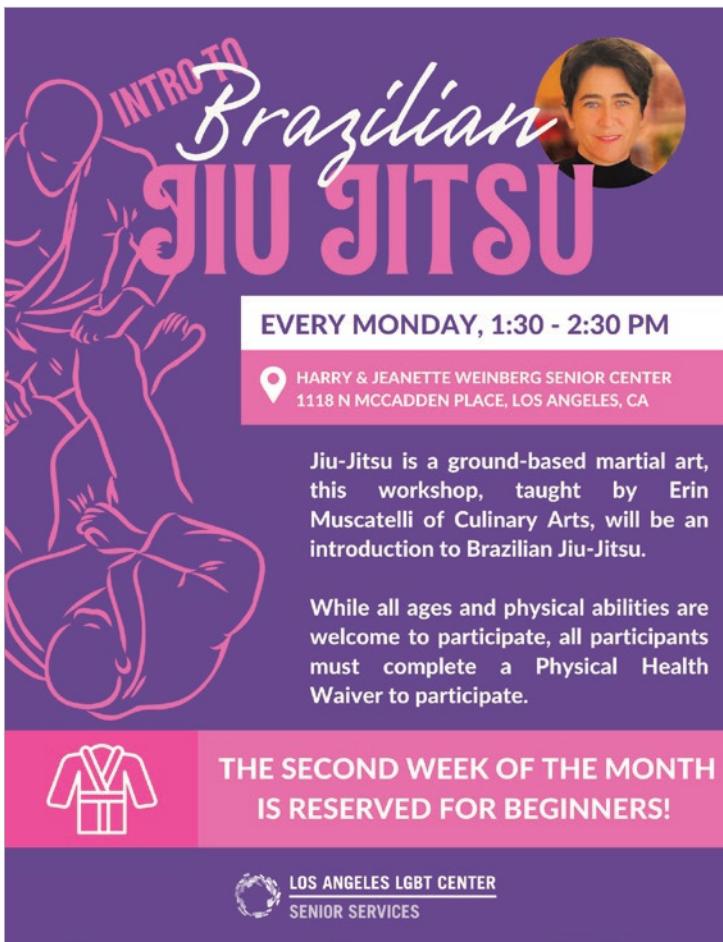
Obtén asistencia para completar aplicaciones relacionadas a vivienda, beneficios (de diferentes índoles), asistencia con cuidadores, salud (física y mental), entre muchos otros temas.

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

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

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Anita May Rosenstein Campus
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1118 N. McCadden Place, 90038
Nuestra línea Telefónica es: 323-860-5830
Nuestro correo electrónico es: seniors@lalgbtcenter.org





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.

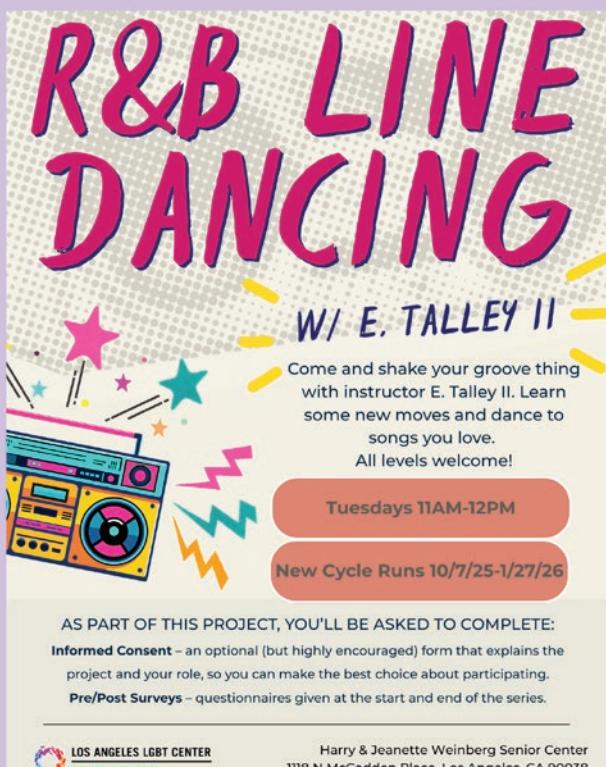
While all ages and physical abilities are welcome to participate, all participants must complete a Physical Health Waiver to participate.

THE SECOND WEEK OF THE MONTH IS RESERVED FOR BEGINNERS!

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

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 >>>

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](tel:323.860.5830) OR seniors@lalgbtcenter.org

SPILLING THE TEA SPILLING 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 every other month, beginning January 2026.**

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+.

Meditation & Mindfulness

EVERY TUESDAY 5-6 PM | CYCLE RUNS 02/03-03/06/26

Take time to slow down and reconnect with yourself. This 10-week class focuses on simple meditation and mindfulness practices that help calm the mind, reduce stress, and strengthen the connection between mind and body. Guided discussions give participants space to reflect on how they are feeling in their bodies and in their day-to-day lives.

All levels are welcome!



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
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FOR MORE INFO CONTACT 323.860.5830 OR SENIORS@LALGBTCENTER.ORG



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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



Monday, February 16

Closed for Presidents' Day

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

our bi-monthly potluck.

Location: Senior Center

or **Meeting ID: 976 9741 6232**

Passcode: 786547

MEDITATION & MINDFULNESS

5-6PM

Take time to slow down and reconnect with yourself. This 10-week class focuses on simple meditation and mindfulness practices that help calm the mind, reduce stress, and strengthen the connection between mind and body. Guided discussions give participants space to reflect on how they're feeling in their bodies and in their day-to-day lives. Structured coping exercises and sound-based practices. All levels are welcome! First class begins Feb. 3, facilitated by Trevor Lee, Founder and Executive Director of With Love Projects.

Location: Senior Center

WEDNESDAYS

MEN'S SOCIAL GROUP

10AM-12PM

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

Location: Senior Center

or **Meeting ID: 932 7122 4639**

Passcode: 249740

CHAIR YOGA

11AM-12PM

Join our facilitator Lucero, for this 15-week cycle, for a fun and supportive class that challenges both body and mind. Together, you'll explore gentle techniques to boost balance, build stability, support memory, and improve overall health. This 15-week cycle runs from 10/2-1/29/26. To join, RSVP 323.860.5830 or **>>>**

seniors@lalgbtcenter.org. Participants ages 60+ will be asked to complete an informed consent and pre/post test surveys.

Location: Senior Center

or **Meeting ID:** 981 4546 9997

Passcode: 418978

BEGINNING TAP DANCE

1:30–2:30PM

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

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. An 11-week class. First class begins Feb. 18.

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



BEGINNING TAP DANCE



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

WEDNESDAYS
1:30–2:30 PM

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



PATHWAYS TO HOUSING

**THURSDAY, FEBRUARY 5
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

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.

The Pride Pantry is available on the 1st, 2nd, 3rd & 4th Thursday 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

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

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

SONGWRITING FOR SENIORS

10-11AM

A collaborative songwriting workshop, where we transform shared stories and ideas into original music. Come learn the fundamental structure of a song and, together, we'll write and share our creations! No experience needed. Space is limited, please RSVP via seniors@lalgbtcenter.org or 323-860-5830.

Location: Senior Center

EAT SMART LIVE STRONG

11AM-12PM

Eat Smart Live Strong is a free 4-week nutrition education series that supports older adults in increasing daily fruit and vegetable consumption and physical activity. Additional topics include how to prepare healthy, quick meals and snacks, ways to include exercise into your day, and helpful food facts. A live food demonstration will be featured and free giveaways provided for those in attendance! For folks 60+.

Location: Senior Center

EVERYDAY MOVEMENT FOR ALL

11:30AM-12:30PM

Learn how to bring balance & joy to daily activities through this Alexander Technique class with Becky Sandler. Learn improved mind/body awareness as we explore how to sit, stand, and move with greater ease and less pain.

Meeting ID: 202 631 4079

Password: 7tmxHL

SONGWRITING FOR SENIORS

FRIDAYS 10 - 11 AM

Come be part of our collaborative songwriting workshop, where we transform shared stories and ideas into original music. Learn the fundamental structure of a song and, together, we'll write and share our creations!

No experience needed, please RSVP.

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



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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

An advertisement for the Eat Smart Live Strong workshop. It features a collage of healthy food images including salmon, lemons, grapefruit, grapes, avocados, and tomatoes. The text reads:

EAT SMART LIVE STRONG
EVERY FRIDAY IN FEBRUARY
11 AM-12 PM

A free 4-week nutrition education workshop series that supports older adults with increasing daily fruit and vegetable consumption and physical activity.

Topics include how to prepare healthy, quick meals and snacks, ways to include exercise into your day, and helpful food facts. Free give-a-ways provided for those in attendance! For folks 60+.

PRESENTED BY

CalFresh | **Department of Aging** | **State of California** | **Los Angeles County**

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.

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



FRIDAYS, 1:30- 3:30 P.M.
JANUARY 9 - MARCH 13



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

WISER DINING

A free 20-minute presentation that promotes nutrition, health, and wellness. Food demonstrations, helpful food facts, and guidance around affordable and easy-to-prepare meals and snacks are highlighted. Free give-a-ways provided for those in attendance!

EVERY FRIDAY IN FEBRUARY
1 - 1:30PM



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

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.

Location: Senior Center

WISER DINING

1–1:30PM

A free 20-minute presentation that promotes nutrition, health and wellness. Food demonstrations, helpful food facts and guidance around affordable and easy-to-prepare meals and snacks are highlighted. Free giveaways provided for those in attendance!

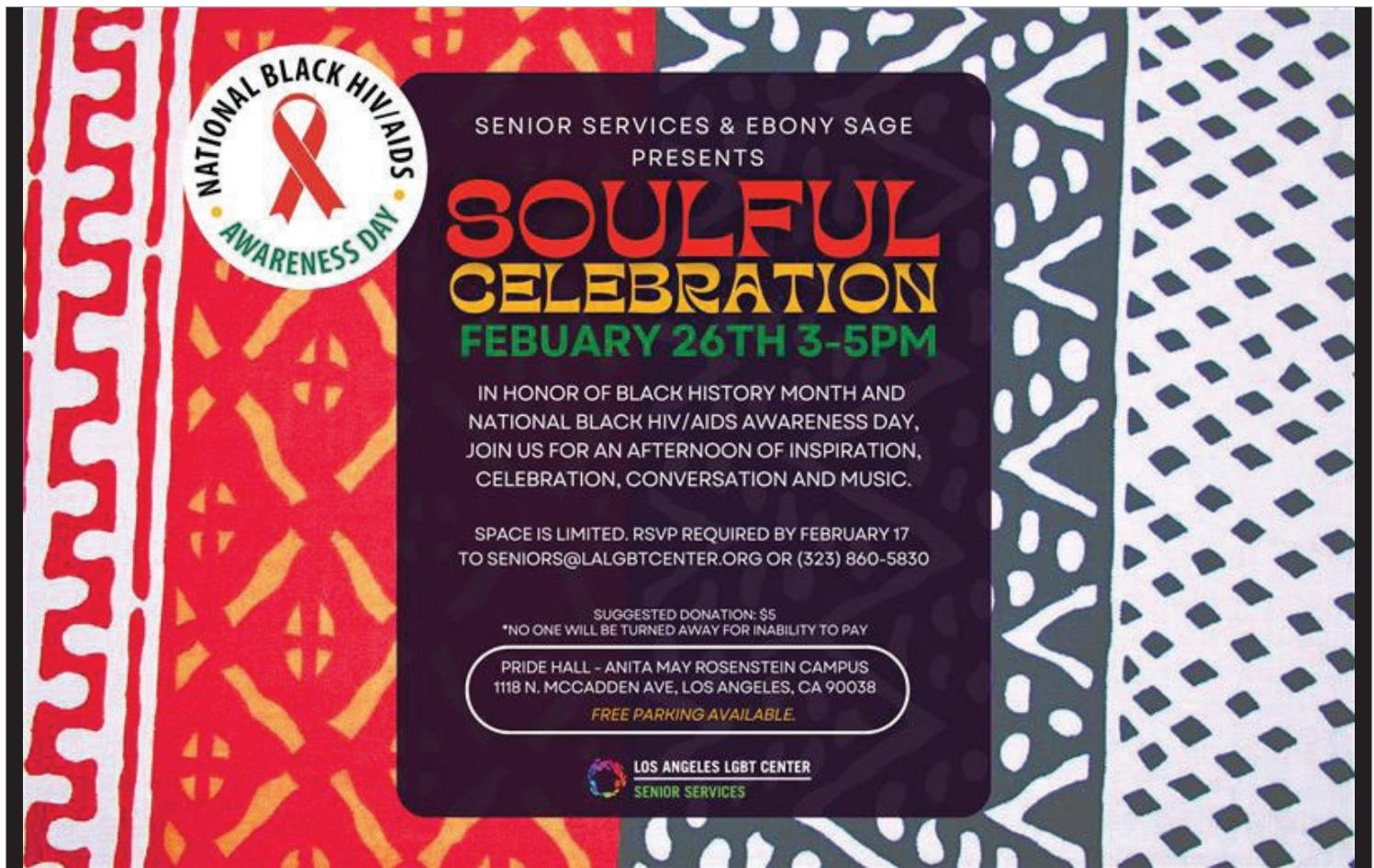
Location: Senior Center

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



Quick & Healthy Meals on A Budget!

Monday, February 2
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

LOS ANGELES LGBT CENTER
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NETFLIX
ALWAYS BE MY MAYBE

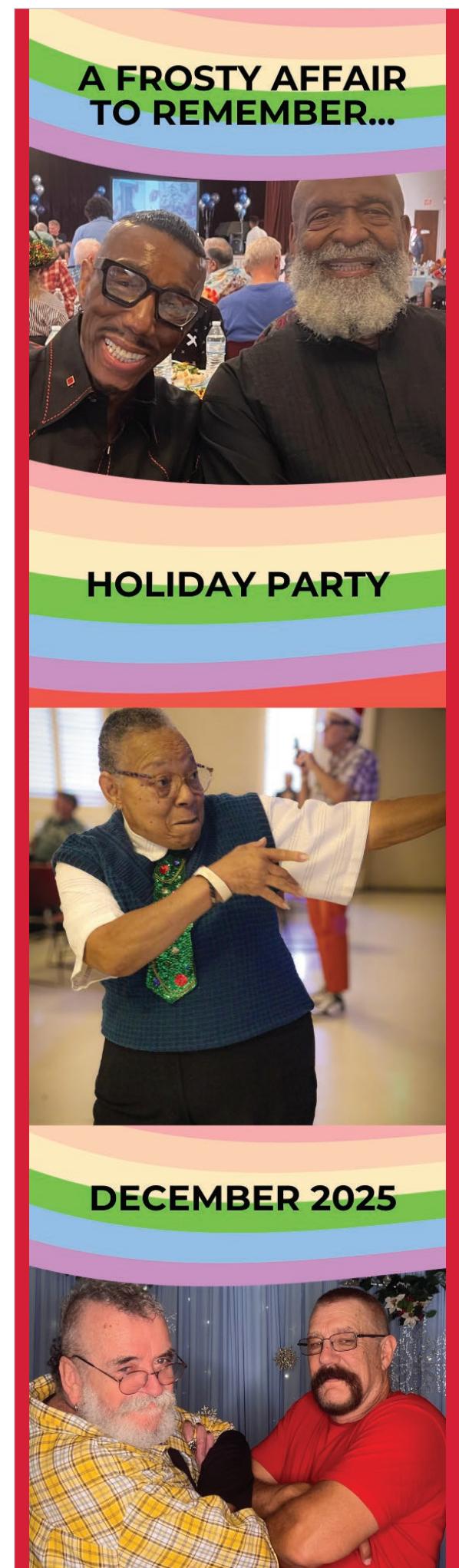
Rom-Com Movie Day!

Thursday, February 12
1:30-3 PM

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

MONDAY	TUESDAY	WEDNESDAY
<h1>FEBRUARY</h1>		
2 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	3 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 Mindfulness & Meditation 5-6PM Exploring Race & Combatting Racism - The Remix 6-8:15PM	4 Medicare Counseling 10-11:30AM Cyber Center 10AM-1PM & 2-5PM 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 Small Claims Workshop 1:30-2:30PM Veteran's Support Group 2-3PM
9 Breakfast Bingo 9:30-11AM Racial Justice Allies 11AM-12PM Senior Writing Group 11:30AM-1:30PM Jiu-Jitsu 1:30-2:30PM Living with Pride, Planning with Purpose: Preparing for End of Life 1:30-2:30PM	10 In Fellowship 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 Mindfulness & Meditation 5-6PM Exploring Race and Combatting Racism - The Remix 6-8:15PM Prostate Cancer Support Group 7-9PM	11 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 Know Your Rights Workshop 1:30-2:30PM Veteran's Support Group 2-3PM
16 Senior Services Closed President's Day	17 Cyber Center 10AM-1PM & 2-5PM From Hustle to Business 10-11AM 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 Mindfulness & Meditation 5-6PM	18 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 Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM
23 Thankful for Tomorrow: A Visioning Journey with Gratitude 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 Living with Pride, Planning with Purpose: Preparing for End of Life 1:30-2:30PM	24 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 Mindfulness & Meditation 5-6PM Veteran's Potluck Dinner 6-7:30PM HIV Dinner & Discussion 6-8PM Prostate Cancer Support Group 7-9PM	25 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 Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM

THURSDAY	FRIDAY
5 Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Dedication & Awareness Workshop 10-11AM Cyber Center 10AM-1PM & 2-5PM Reading Opens Minds 1:30-3PM Men Living with HIV 1:30-3PM Pathways to Housing 1:30-3PM	6 Songwriting for Seniors 10-11AM Eat Smart Live Strong Workshop 11AM-12PM Everyday Movement 11:30AM-12:30PM Wiser Dining 1-1:30PM Through our Eyes Photography 1:30-3PM Beginner's Guide to Instagram for Seniors: Share & Connect! 2-3PM Ebony Sage Circle 3-4:30PM Cancer Support Group 3-5PM
12 Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-1PM & 2-5PM Alzheimer's Support Group 12-1:30PM Men Living with HIV 1:30-3PM Rom-Com Movie Day 1:30-3PM Caminos a la Vivienda 1:30-3PM Seniors Sweetheart Dance 3-5PM	13 Songwriting for Seniors 10-11AM Eat Smart Live Strong Workshop 11AM-12PM Farmers Market at Mi Centro 11AM-1PM Everyday Movement 11:30AM-12:30PM Wiser Dining 1-1:30PM In Fellowship 1:30-3PM Through our Eyes Photography 1:30-3PM Art Appreciation 3-4PM Cancer Support Group 3-5PM
19 Co-Ed Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-1PM & 2-5PM Reading Opens Minds 1:30-3PM Men Living with HIV 1:30-3PM Dwell Well 1:30-2:30PM	20 Songwriting for Seniors 10-11AM Eat Smart Live Strong Workshop 11AM-12PM Everyday Movement 11:30AM-12:30PM Wiser Dining 1-1:30PM Through our Eyes Photography 1:30-3PM Ebony Sage Circle @ Center South 3-4:30PM Cancer Support Group 3-5PM
26 Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-1PM & 2-5PM Grupo de Apoyo 10-11:30AM Alzheimer's Support Group 12-1:30PM MCC-UCCV Potluck 12-2PM Reading Opens Minds 1:30-3PM Men Living with HIV 1:30-3PM Soulful Celebration 3-5PM	27 Songwriting for Seniors 10-11AM Eat Smart Live Strong Workshop 11AM-12PM Farmers Market at Center South 11AM-1PM Everyday Movement 11:30AM-12:30PM Wiser Dining 1-1:30PM Through our Eyes Photography 1:30-3PM Intermediate Guide to Instagram for Seniors 2-3PM TransMasc Exchange 3-4:30PM Cancer Support Group 3-5PM





LATLC
LOS ANGELES
TRIAL LAWYERS' CHARITIES

Los Angeles LGBT Center

Valentine's Breakfast BINGO

MONDAY | FEBRUARY 9

Join us the 2nd Monday of each month for Breakfast Bingo!

Join us for **Valentine Day Themed** treats, LATLC donut wall, polaroid photos, drinks, and plenty of fun!

Bingo starts promptly at 10 a.m.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

Beginner's Guide to Instagram for Seniors: Share & Connect!

FRIDAY, FEBRUARY 6
2-3 PM

Ready to see what your grandkids are up to, share your own memories, and find local events? This easy-to-follow, hands-on workshop is designed just for seniors who are beginners at Instagram! You'll Learn: Following friends, family, and your favorite hobbies, local organizations, and events, posting photos and videos, understanding the basic features and staying safe and private while exploring the app. No previous experience is needed! We'll go step-by-step to help you connect with the world and share your life visually.

Facilitated by Kevin Winston, who has managed social media campaigns for Hollywood movie studios and TV shows. Required: bring your phone or tablet with Instagram already loaded and an account already created.



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

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS. FEB. 12 & 26, 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., FEB. 13, 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

BEGINNER'S GUIDE TO INSTAGRAM FOR SENIORS: SHARE & CONNECT!

FRI., FEB. 6, 2-3PM

Ready to see what your grandkids are up to, share your own memories, and find local events? This easy-to-follow, hands-on workshop is designed just for seniors who are beginners at Instagram! You'll Learn: Following friends, family, and your favorite hobbies, local organizations, and events, posting photos and videos, understanding the basic features and staying safe and private while exploring the app. No previous experience is needed! We'll go step-by-step to help you connect with the world and share your life visually. Facilitated by Kevin Winston, who has managed social media campaigns for Hollywood movie studios and TV shows. Required: bring your phone or tablet with Instagram already loaded and an account already created. [>>>](#)

with Instagram already loaded and an account already created.

Location: Senior Center

BREAKFAST BINGO

MON., FEB 9, 9:30–11AM

Join us at the Senior Center for fun and lively Breakfast Bingo! February will be Valentine's Day Themed with treats, a donut wall, polaroid photos, drinks, and plenty of fun! Bingo starts promptly at 10AM. Presented by Los Angeles Trial Lawyers' Charities (LATLC).

Location: Senior Center

CAMINOS A LA VIVIENDA

JUEVES, FEB. 12, 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 están invitados a 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

DEDICATION & AWARENESS WORKSHOP

THURS., FEB. 5, 10-11 AM

February is National Cancer Awareness Month. Join us as we honor and raise awareness for our loved ones who have been diagnosed with cancer by creating a lavender ribbon tribute wall to support those we have lost, who have won, and who are still fighting. Supplies will be provided.

Location: Senior Center

LOS ANGELES LGBT CENTER
SENIOR SERVICES

CAMINOS A LA VIVIENDA

**Jueves, 12 de Febrero
1:30-3:00PM**

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

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

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

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



DEDICATION & AWARENESS WORKSHOP

**THURSDAY, FEBRUARY 5
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Harry & Jeanette Weinberg Senior Center
1118 N. McCadden Place, Los Angeles, CA 90038

DWELL WELL: SPARKING JOY AT ANY AGE (THE MARIE KONDO METHOD FOR HOUSING)

Thursday, February 19
1:30-2:30 PM



Learn a gentle approach toward decluttering your home.

In person:
Harry & Jeanette Weinberg Senior Center Meeting ID: 966 8780 6392
1118 N McCadden Place Passcode: 885161
Los Angeles, CA 90038

Or Zoom:



EXPLORING RACE & COMBATTING RACISM - THE REMIX

TUESDAY 6-8:15 PM
FEBRUARY 3 & 10

Via 2 sessions, deepen your understanding of the construct of race while exploring 3 major systemic "engines" of racism and discussing tools to impactfully combat them. Attendees will learn how to more compassionately engage across differences, creating spaces for daily dialogue, intentional curiosity and personal growth. Facilitated by staff Gerry Walker.

RSVP to attend one or both dates to
seniors@lalgbtcenter.org or (323) 860-5830

DWELL WELL SERIES: SPARKING JOY AT ANY AGE

THURS., FEB. 19, 1:30-2:30PM

This month's topic: Sparking Joy at Any Age
- A gentle approach towards decluttering your home using a Marie Kondo Method, a philosophy focused on keeping only items that "spark joy," transforming your relationship with possessions through a category-based tidying process that aims for a one-time, complete declutter to create a joyful, intentional home.

Location: Senior Center or

Meeting ID: 966 8780 6392

Password: 885161

EBONY SAGE CIRCLE

FRI., FEB. 6 & 20, 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

EXPLORING RACE & COMBATTING RACISM - THE REMIX

TUES., FEB. 3 & 10, 6-8:15PM

This two-part workshop series invites participants to deepen their understanding regarding the construct of race via the tools of Active Listening and Empathy. Facilitated by Gerry Walker.

Location: Senior Center



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

FARMERS MARKET

WED., FEB. 4, 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., FEB. 27, 11AM–1PM

Come and select fresh produce at our community site, Center South. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the 4th Friday of every month, 11AM–1PM. Produce is limited. First come, first served.

Location: Center South, 2313 W. Martin Luther King Jr. Blvd., Los Angeles, CA 90008

FARMERS MARKET AT MI CENTRO

VIERNES, FEB. 13, 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



Farmers Market

WED., FEBRUARY 4 • 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.

Grupo Apoyo VIH

Jueves, 26 de Febrero

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

Cuatro Jueves de cada mes

10:00-11:30AM

Si tienes alguna inquietud contáctanos por correo a seniors@lgbtcenter.org; o por teléfono al 323-860-5830

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

 LOS ANGELES LGBT CENTER
SENIOR SERVICES



FROM HUSTLE TO BUSINESS

MONDAY
FEBRUARY 17
10-11 AM



Side Gigs, Entrepreneurship & Community Funding. Learn how to turn your creative skills into sustainable income. This workshop is for artists, performers, small business owners, and people looking for extra income.

in person & online via Zoom
Meeting ID: 954 5636 4244 Passcode: 136289

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



GAY MEN'S PROSTATE CANCER SUPPORT GROUP

This group welcomes gay and bisexual men with prostate cancer and their partners.

This group provides a safe space to meet others with similar experiences and talk openly about issues such as treatment options, doctors, health insurance, sex, relationships, fears, coping with after-effects, and more.



THIS GROUP MEETS ONLINE
ON THE 2ND AND 4TH TUESDAY
OF EVERY MONTH.

FOR MORE INFO, CONTACT: INFO@CANCERSUPPORTLA.ORG

FROM HUSTLE TO BUSINESS

TUE., FEB. 17, 10-11AM

Side gigs, entrepreneurship & community funding. A workshop for artists, performers, small business owners, people looking for extra income. Learn how to turn creative skills (drag, content creation, freelance work) into sustainable income.

Location: Senior Center or

Meeting ID: 954 5636 4244

Password: 136289

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., FEB. 10 & 24, 7-9PM

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

Location: Virtual

GRUPO DE APOYO DE VIH

JUEVES, FEB. 26, 10-11:30AM

Acompáñanos en una dinámico 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., FEB. 2, 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: Nutrition and Food Benefits, presented by Project Food Box.

Location: Senior Center

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., FEB. 24, 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. February topic: Valentine's Day Meet Cute! This special evening will offer a safe, relaxed space to enjoy a meal while connecting with potential love interest and/or new friends who are interested in building genuine, respectful relationships.

Location: Senior Center

IN FELLOWSHIP: LGBTQ+ INCLUSIVE SUPPORT GROUP FOR ADDICTION RECOVERY

TUES., FEB. 10, 9:30-11AM & FRI., FEB 13, 1:30-3PM

In Fellowship is an LGBTQ+ inclusive support group that provides a safe, affirming, and non-judgmental space for individuals in their addiction recovery. This peer-based group addresses the unique challenges, such as discrimination, stigma, family rejection, and trauma, that LGBTQ+ individuals often face, which can contribute to higher rates of substance use. Whether your recovery journey is just beginning or you've celebrated significant milestones, all are welcome and encouraged to share their experiences.

Location: Senior Center



DINNER DISCUSSION

TUESDAY, FEBRUARY 24TH

6 - 8 PM

FEBRUARY TOPIC

Valentine's Day Meet Cute!

This special evening will offer a safe, relaxed space to enjoy a meal while connecting with potential love interest and/or new friends who are interested in building genuine, respectful relationships.

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



*NEW GROUP

LOS ANGELES LGBT CENTER
SENIOR SERVICES

IN FELLOWSHIP

TUESDAY, FEBRUARY 10, 9:30-11 AM

&

FRIDAY, FEBRUARY 13, 1:30-3 PM

In Fellowship is an LGBTQ+ inclusive support group that provides a safe, affirming, and non-judgmental space for individuals in their addiction recovery. This peer-based group addresses the unique challenges, such as discrimination, stigma, family rejection, and trauma, that LGBTQ+ individuals often face, which can contribute to higher rates of substance use.

Whether your recovery journey is just beginning or you've celebrated significant milestones, all are welcome and encouraged to share their experiences.



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



Intermediate Instagram for Seniors



FRIDAY, FEBRUARY 27
2-3 PM

Ready to go beyond the basics? This workshop is designed for seniors who already have an Instagram account and know how to post photos, but want to unlock the platform's more creative and interactive features! What You'll Master: Creating engaging stories, direct messaging (DMs), using reels, editing & filters, hashtags & exploring. Required: Bring your phone or tablet with Instagram already loaded and an account already created. Elevate your presence, make your content shine, and become a pro at connecting with the Instagram community!

Facilitated by Kevin Winston, who has managed socials media campaigns for Hollywood movie studios and TV shows.



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



Presented by
Legal Services Department of
the Los Angeles LGBT Center.



SMALL CLAIMS COURT

WEDNESDAY, FEBRUARY 4
1:30-2:30 PM

Are you over the age of 50 and have questions about filing claims against your landlord? Join us for an informational workshop where you'll learn how to navigate the small claims process—in cases involving disputes with landlords.

KNOW YOUR RIGHTS

WEDNESDAY, FEBRUARY 11
1:30-2:30 PM

Are you over the age of 50 and have questions about your housing? As a tenant, you have many rights when renting a residential unit. Learn about the basics of tenants' housing rights, housing protections, and the eviction process at this informational workshop.

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

Join in person or via Zoom
Meeting ID: 948 3930 5909
Passcode: 427645



INTERMEDIATE GUIDE TO INSTAGRAM FOR SENIORS

FRI., FEB. 27, 2-3PM

Ready to go beyond the basics? This workshop is designed for seniors who already have an Instagram account and know how to post photos, but want to unlock the platform's more creative and interactive features! What You'll Master: Creating engaging stories, direct messaging (DMs), using reels, editing & filters, hashtags & exploring. Required: Bring your phone or tablet with Instagram already loaded and an account already created. Elevate your presence, make your content shine, and become a pro at connecting with the Instagram community!

Creating engaging stories, direct messaging (DMs), using reels, editing & filters hashtags & exploring.

Required: Bring your phone or tablet with Instagram already loaded and an account already created.

Elevate your presence, make your content shine, and become a pro at connecting with the Instagram community!

Facilitated by Kevin Winston, who has managed socials media campaigns for Hollywood movie studios and TV shows.

Location: Senior Center

LEGAL SERVICES PRESENTATIONS

WED., FEB. 4 & 11, 1:30-2:30PM

FEB 4: SMALL CLAIMS COURT

Are you over the age of 50 and have questions about filing claims against your landlord? Join us for an informational workshop where you'll learn how to navigate the small claims process- in cases involving disputes with landlords.

FEB 11: KNOW YOUR RIGHTS

Are you over the age of 50 and have questions about your housing? As a tenant, you have many rights when renting a residential unit. Learn about the basics of tenants' housing rights, housing protections, and the eviction process at this informational workshop.

Presented by the Legal Services Department of the Los Angeles LGBT Center. [">>>>](#)

Location: Senior Center or
Meeting ID: 948 3930 5909
Password: 427645

LGBTQ+ Q&A WITH MOM'S COMPUTER

MON., FEB. 2, 1:30-3PM

FEB. 2: SMART PHONE TUNE UP TECH SPA

Update, Refresh, Clean up & Maintenance. Phone cleaning wipes provided. Use free AI for home finance budgeting and more. One on One Tech Always Available. Beginners welcome.

Location: Senior Center

LIVING WITH PRIDE, PLANNING WITH PURPOSE: PREPARING FOR END OF LIFE

MON., FEB. 9 & 23, 1:30-2:30PM

This workshop will focus on supporting clients in planning for end-of-life matters and exploring options such as creating wills, designating power of attorney, advance directives, emergency preparedness, and funeral planning. Participants will be able to start drafting their end-of-life plans with facilitators in our first five sessions; the last session will exclusively be dedicated to funeral planning and will include vendors/agencies.

Location: Senior Center

MEDICARE COUNSELING

WED., FEB. 4, 10-11:30AM

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

LIVING WITH PRIDE, PLANNING WITH PURPOSE: PREPARING FOR END OF LIFE

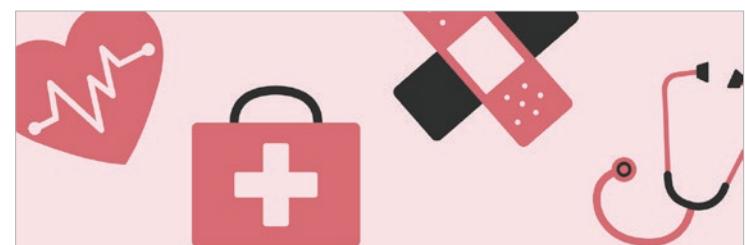
This 6-week workshop series will focus on planning for end of life matters and exploring options such as creating wills, designating power of attorney, advance directives, emergency preparedness, and funeral planning.

Participants will be able to start drafting their end of life plans with facilitators in our first five sessions, the last session will exclusively be dedicated to funeral planning and will include vendors/agencies.

Second & Fourth Mondays 1:30-2:30 PM
Workshop Series begins February 9



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



MEDICARE COUNSELING

w/ CENTER FOR HEALTHCARE RIGHTS

WEDNESDAY, FEBRUARY 4
10-11:30 AM

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

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LOS ANGELES LGBT CENTER
SENIOR SERVICES

Thankful for Tomorrow: A Visioning Journey with Gratitude

JOIN US IN FOSTERING CONNECTION AND INSPIRATION BY BUILDING A VISUAL REMINDER OF YOUR GRATITUDE BY CREATING A PERSONALIZED BOARD WITH MEANINGFUL PHOTOS. PARTICIPANTS WILL BE INVITED TO SHARE THEIR BOARDS.

MONDAY, FEBRUARY 23
10-11 AM

PRESENTED BY
 **Independence at Home**
A SCAN Community Service

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

★★★ VETERAN'S POTLUCK DINNER ★★★

TUESDAY, FEB. 24, 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.

FEBRUARY FOOD THEME: SOUTHERN/SOUL FOOD



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

MCC-UCCV POTLUCK

THURS., FEB. 26, 12-2PM

Valley Participants are invited to join our weekly social group at the 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

PATHWAYS TO HOUSING

THURS., FEB. 5, 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

QUICK & HEALTHY MEALS ON A BUDGET!

MON., FEB. 2, 10-11AM

See how to make homemade food to eat better and slash your grocery budget. Facilitated by Activities Team Member Jennifer G. This month's meal: Banana-oatmeal pancakes.

Location: Senior Center

READING OPENS MINDS

THURS., FEB. 5 & 19, 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

ROM-COM MOVIE DAY

THURS., FEB. 12, 1:30-3PM

Join us as we screen the hit Rom-Com film Always Be My Maybe, written by comedian and actress Ali Wong. A story about childhood sweethearts who have a falling out and don't speak for 15 years, only to reconnect as adults in San Francisco.

Location: Senior Center

SENIORS SWEETHEARTS DANCE: FOR LOVERS AND FRIENDS

Thurs., FEB. 12, 3-5PM

Eat, Dance, Love! Bring your sweetheart and/or friend for a fun afternoon of dancing and celebrating. This event is for couples, friends, and singles who are ready to mingle and bring love. Food, dessert bar, and beverages will be provided.

Location: Pride Hall – Anita May Rosenstein Campus 1118 N. McCadden Place, Los Angeles, CA 90038

SOULFUL CELEBRATION

THURS., FEB. 26, 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.

Location: Anita May Rosenstein Campus 1118 N. McCadden Place, Los Angeles, CA 90038. Free parking available.

SOUND BATH

MON., FEB. 23, 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

THANKFUL FOR TOMORROW: A VISIONING JOURNEY WITH GRATITUDE

MON., FEB. 23, 10-11AM

Join us in fostering connection and inspiration by building a visual reminder of your gratitude by creating a personalized board with meaningful photos. Participants will be invited to share their boards.

Location: Senior Center

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., FEB. 27, 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

VETERAN'S POTLUCK DINNER

TUES., FEB. 24, 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



LOS ANGELES LGBT CENTER

SENIOR SERVICES

Seniors Sweetheart Dance

For Lovers and Friends

THURSDAY
FEBRUARY 12

3-5 PM

.....
Food - Dessert Bar - Dance - Music
.....

Bring a sweetheart and/or friend for a fun afternoon of dancing and celebrating. This event is for couples, friends, and singles who are ready to mingle and bring love. Music by DJ Sidney.

Pride Hall – Anita May Rosenstein Campus
1118 N. McCadden Place, Los Angeles, CA 90038