



LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## FEBRUARY 2026



# NATIONAL CANCER PREVENTION MONTH

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

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



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.

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## 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.

Los Angeles LGBT Center  
Anita May Rosenstein Campus  
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1118 N. McCadden Place, 90038  
323-860-5830 and [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## CONSULTORÍA DE CASOS

Miércoles y Jueves | 9:30 a.m.–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.

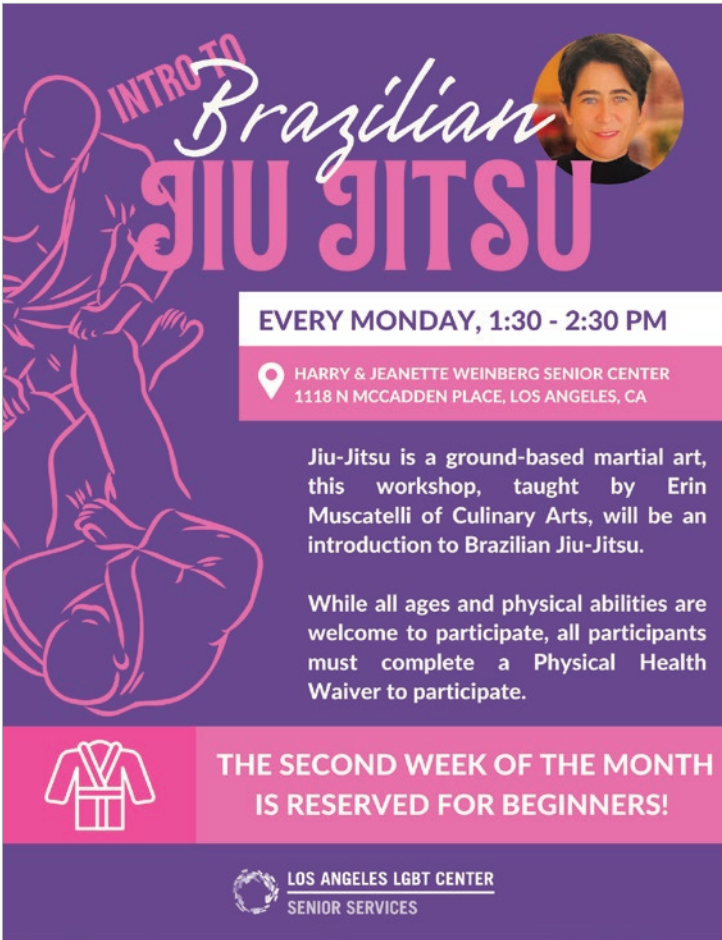
**Inscríbete para obtener una cita por medio de nuestro quiosco. Citas según disponibilidad.**

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

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









**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

## 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

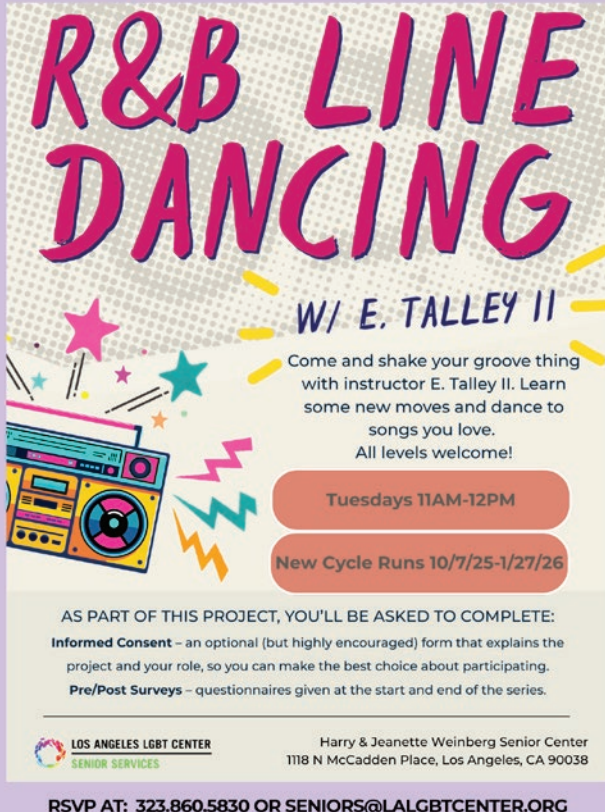
### DANCE, MEDITATION, & MOVEMENT

**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. >>>

### 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

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

**RSVP AT: 323.860.5830 OR SENIORS@LALGBTCENTER.ORG**

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](mailto: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](mailto: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 OR [SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG)

## SPILLING THE TEA

DON'T BE SHY, SPILL THE TEA!



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

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

**\*Group does not meet on the 4<sup>th</sup> Tuesday of 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  
 1118 N McCadden Place, Los Angeles, CA 90038

FOR MORE INFO CONTACT 323.860.5830 OR SENIORS@LALGBTCENTER.ORG

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 >>>



**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.**

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 5<sup>th</sup> 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 >>>

**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



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](mailto: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](mailto:seniors@lalgbtcenter.org) or (323) 860-5830.



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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

A poster for the 'EAT SMART LIVE STRONG' program. The background is a collage of fresh produce including green leafy vegetables, a whole carrot, grapefruit slices, green grapes, a green apple, two avocados, and a bowl of brown rice. The text is centered on a white background. At the top left is the Los Angeles LGBT Center Senior Services logo. The title 'EAT SMART LIVE STRONG' is in large green letters. Below it, 'EVERY FRIDAY IN FEBRUARY 11 AM–12 PM' is in smaller green letters. The description 'A free 4-week nutrition education workshop series that supports older adults with increasing daily fruit and vegetable consumption and physical activity.' is in black. The topics '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+.' are listed below. At the bottom, it says 'PRESENTED BY' followed by logos for CalFresh, Department of Aging, and the City of Los Angeles. The address 'HARRY &amp; JEANETTE WEINBERG SENIOR CENTER 1118 N MCCADDEN PLACE LOS ANGELES, CA 90038' is at the very bottom.

## THROUGH OUR EYES

### DISABILITY EDITION

PRESENTED BY MARY-LINN HUGHES

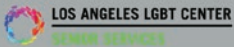


JOIN US FOR AN 8-WEEK PHOTOGRAPHY WORKSHOP WHERE LGBTQ+ SENIORS CAN EXPLORE THE ART OF STORYTELLING THROUGH PHOTOGRAPHY. PARTICIPANTS WILL HAVE THE OPPORTUNITY TO DOCUMENT AND SHARE THEIR LIVES—including the realities and resilience of living with disabilities—using only their cell phones. THE WORKSHOP 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

## 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](mailto:info@cancersupportla.org)

**Location:** Virtual

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

# 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**

**CalFresh** **HEALTHY LIVING** **CITY OF LOS ANGELES** **Department of Aging** **CHS** **FOODBANK**

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





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](mailto: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

## 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



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LOS ANGELES LGBT CENTER  
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LOS ANGELES LGBT CENTER  
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## 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
FEBRUARY		
<p><b>2</b></p> <p>Quick &amp; Healthy Meals on a Budget! 10-11AM</p> <p>Healthy Living Benefits Workshop 11AM-12PM</p> <p>Racial Justice Allies 11AM-12PM</p> <p>Senior Writing Group 11:30AM-1:30PM</p> <p>Jiu-Jitsu 1:30-2:30PM</p> <p>LGBTech 1:30-3PM</p>	<p><b>3</b></p> <p>Cyber Center 10AM-1PM &amp; 2-5PM</p> <p>Dance Meditation &amp; Movement 10-11AM</p> <p>R&amp;B Line Dancing 11AM-12PM</p> <p>Cardio Soul Dance 1:30-2:30PM</p> <p>Moving Forward 1:30-3PM</p> <p>Spilling the Tea 1:30-2:30PM</p> <p>Mindfulness &amp; Meditation 5-6PM</p> <p>Exploring Race &amp; Combatting Racism - The Remix 6-8:15PM</p>	<p><b>4</b></p> <p>Medicare Counseling 10-11:30AM</p> <p>Cyber Center 10AM-1PM &amp; 2-5PM</p> <p>Men's Social Group 10AM-12PM</p> <p>Chair Yoga 11AM-12PM</p> <p>Farmers Market 11AM-1PM</p> <p>Beginning Tap 1:30-2:30PM</p> <p>Housing Application Days 1:30-3PM</p> <p>Small Claims Workshop 1:30-2:30PM</p> <p>Veteran's Support Group 2-3PM</p>
<p><b>9</b></p> <p>Breakfast Bingo 9:30-11AM</p> <p>Racial Justice Allies 11AM-12PM</p> <p>Senior Writing Group 11:30AM-1:30PM</p> <p>Jiu-Jitsu 1:30-2:30PM</p> <p>Living with Pride, Planning with Purpose: Preparing for End of Life 1:30-2:30PM</p>	<p><b>10</b></p> <p>In Fellowship 9:30-11AM</p> <p>Cyber Center 10AM-1PM &amp; 2-5PM</p> <p>Dance Meditation &amp; Movement 10-11AM</p> <p>R&amp;B Line Dancing 11AM-12PM</p> <p>Cardio Soul Dance 1:30-2:30PM</p> <p>Moving Forward 1:30-3PM</p> <p>Spilling the Tea 1:30-2:30PM</p> <p>Mindfulness &amp; Meditation 5-6PM</p> <p>Exploring Race and Combatting Racism - The Remix 6-8:15PM</p> <p>Prostate Cancer Support Group 7-9PM</p>	<p><b>11</b></p> <p>Cyber Center 10AM-1PM &amp; 2-5 PM</p> <p>Men's Social Group 10AM-12PM</p> <p>Chair Yoga 11AM-12PM</p> <p>Beginning Tap 1:30-2:30PM</p> <p>Housing Application Days 1:30-3PM</p> <p>Know Your Rights Workshop 1:30-2:30PM</p> <p>Veteran's Support Group 2-3PM</p>
<p><b>16</b></p> <p>Senior Services Closed</p> <p>President's Day</p>	<p><b>17</b></p> <p>Cyber Center 10AM-1PM &amp; 2-5PM</p> <p>From Hustle to Business 10-11AM</p> <p>Dance Meditation &amp; Movement 10-11AM</p> <p>R&amp;B Line Dancing 11AM-12PM</p> <p>Cardio Soul Dance 1:30-2:30PM</p> <p>Moving Forward 1:30-3PM</p> <p>Spilling the Tea 1:30-2:30PM</p> <p>Mindfulness &amp; Meditation 5-6PM</p>	<p><b>18</b></p> <p>Cyber Center 10AM-1PM &amp; 2-5 PM</p> <p>Men's Social Group 10AM-12PM</p> <p>Chair Yoga 11AM-12PM</p> <p>Beginning Tap 1:30-2:30PM</p> <p>Housing Application Days 1:30-3PM</p> <p>Movement &amp; Balance 1:30-2:30PM</p> <p>Veteran's Support Group 2-3PM</p>
<p><b>23</b></p> <p>Thankful for Tomorrow: A Visioning Journey with Gratitude 10-11AM</p> <p>Sound Bath 11AM- 12 PM</p> <p>Racial Justice Allies 11AM-12PM</p> <p>Senior Writing Group 11:30AM-1:30PM</p> <p>Jiu-Jitsu 1:30-2:30PM</p> <p>Living with Pride, Planning with Purpose: Preparing for End of Life 1:30-2:30PM</p>	<p><b>24</b></p> <p>Cyber Center 10AM-1PM &amp; 2-5PM</p> <p>Dance Meditation &amp; Movement 10-11AM</p> <p>R&amp;B Line Dancing 11AM-12PM</p> <p>Cardio Soul Dance 1:30-2:30PM</p> <p>Spilling the Tea 1:30-2:30PM</p> <p>Moving Forward 1:30-3PM</p> <p>Mindfulness &amp; Meditation 5-6PM</p> <p>Veteran's Potluck Dinner 6-7:30PM</p> <p>HIV Dinner &amp; Discussion 6-8PM</p> <p>Prostate Cancer Support Group 7-9PM</p>	<p><b>25</b></p> <p>Cyber Center 10AM-1PM &amp; 2-5 PM</p> <p>Men's Social Group 10AM-12PM</p> <p>Chair Yoga 11AM-12PM</p> <p>Beginning Tap 1:30-2:30PM</p> <p>Housing Application Days 1:30-3PM</p> <p>Movement &amp; Balance 1:30-2:30PM</p> <p>Veteran's Support Group 2-3PM</p>



THURSDAY	FRIDAY
<b>5</b> 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	<b>6</b> 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
<b>12</b> 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	<b>13</b> 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
<b>19</b> 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	<b>20</b> 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
<b>26</b> 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	<b>27</b> 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

## A FROSTY AFFAIR TO REMEMBER...



## HOLIDAY PARTY



## DECEMBER 2025





**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 socials 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](mailto: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 socials media campaigns for Hollywood movie studios and TV shows. Required: bring your phone or tablet >>>



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 estan envidados en aprender. Únete en persona o por Zoom. Para mas informacion, contacte: [seniors@lalgbtcenter.org](mailto: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



### 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


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### DEDICATION & AWARENESS WORKSHOP



**THURSDAY, FEBRUARY 5**  
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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.

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  
1118 N McCadden Place  
Los Angeles, CA 90038

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



## 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

## 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





## 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 de 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](mailto:seniors@lgbtcenter.org); o por teléfono al 323-860-5830

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

 **LOS ANGELES LGBT CENTER**  
SENIOR SERVICES



# 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](mailto: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](mailto:info@cancersupportla.org).

**Location:** Virtual

## GRUPO DE APOYO DE VIH

**JUEVES, FEB. 26, 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](mailto: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**



## 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 Weimberg 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

## 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!

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. >>>



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





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

## LGBTECH 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




### 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

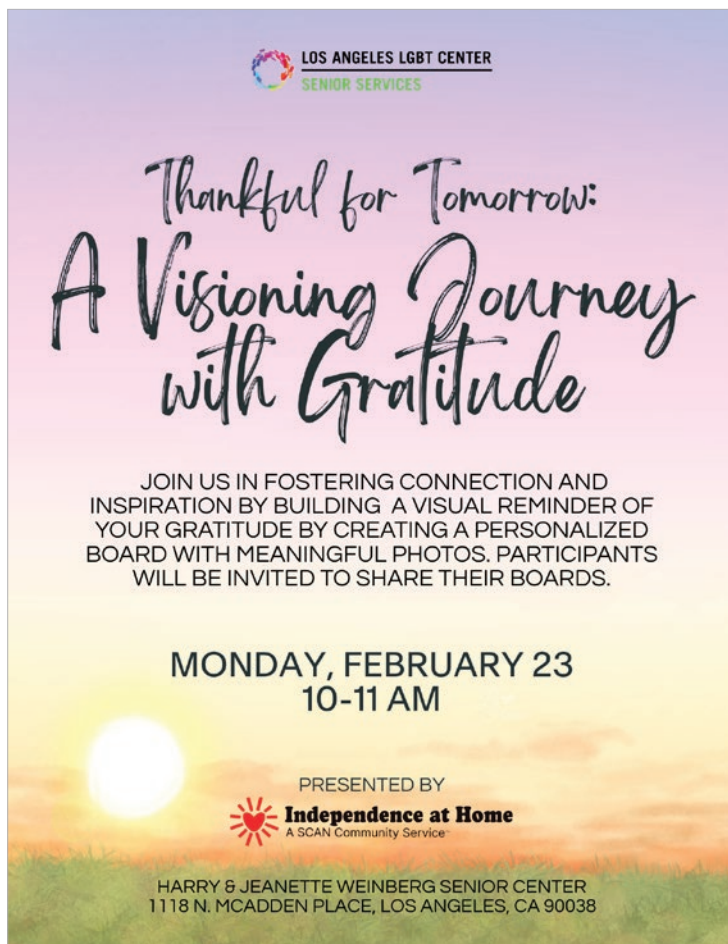
W/ CENTER FOR HEALTHCARE RIGHTS

**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.



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



**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. MCADDEN 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

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**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

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**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

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**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

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**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

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**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

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**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

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**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