



LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## MARCH 2026

# WOMEN'S HISTORY MONTH



Barbara Jordan



Miss Major



Billie Jean King

**LOS ANGELES  
LGBT  
CENTER**

**SENIOR  
SERVICES**

Senior Services strives to create a safe, welcoming, and respectful community where lesbian,

gay, bisexual and transgender people in their 50s, 60s, 70s, 80s, 90s and beyond can come together to learn, connect, build friendships, gain support and thrive!

Los Angeles LGBT Center  
Anita May Rosenstein Campus  
Harry & Jeanette Weinberg  
Senior Center  
1118 N McCadden Place  
Los Angeles, CA 90038

Mailing Address:

**Senior Services**  
**6725 Santa Monica Blvd**  
**Los Angeles, CA 90038**

Helpline:  
**323-860-5830**

Toll Free:  
**877-688-4833**

For questions, more information or to RSVP for upcoming events, please contact us at [seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.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@lgbtcenter.org](mailto:seniors@lgbtcenter.org) requesting to "Go Green."



## LETTER FROM KIERA

This month is a great time for our women over 50 to try something new and deepen our support networks, and our program continues to carve out opportunities for lesbian and queer women to come together, create community connections and honor our history.

On March 3, from 5:30–6:30PM, Patricia Byrdsell will host a Drum Circle to foster connection and community among women. On March 12, Senior Services will host a field trip to Descanso Gardens to enjoy the gardens, bathe in nature, and view a Women's History Month art exhibit featuring eight female artists who explore their bond with the natural world through contemporary photography and video.

To finish out the month on March 26, from 6–8PM, we will host a Women and Wine Social in Pride Hall featuring wine and non-alcoholic beverages, as well as games and appetizers. Hope to see you there!



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



**THE FOUNDATION**



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!

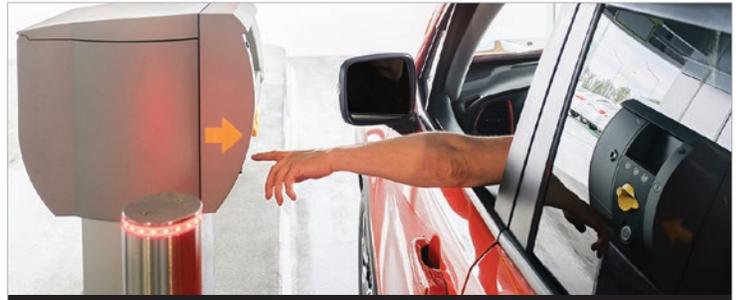
## Shower & Laundry Facilities:

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

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

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

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

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

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

323-860-5830 and seniors@lalgbtcenter.org



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## CONSULTORÍA DE CASOS

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

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

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

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

Los Angeles LGBT Center Anita May Rosenstein Campus  
Harry & Jeanette Weinberg Senior Center 1118 N.  
McCadden Place, 90038

Nuestra línea Telefónica es: 323-860-5830  
Nuestro correo electrónico es: seniors@lalgbtcenter.org



# 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

# Farmers Market

**WED., MARCH 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.



**LOS ANGELES LGBT CENTER**  
**SENIOR SERVICES**

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



- Monday, March 9<sup>th</sup>
- Monday, March 30<sup>th</sup>

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



**LOS ANGELES  
LGBT  
CENTER**  
**SENIOR  
SERVICES**

**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



# screenings + connections

Friday, March 27 from 10 - 11 AM  
Room 1017, Lunch Room



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

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

# pruebas + conexiones

Viernes, 27 de Marzo de 10 a 11 AM.  
Salón 1017, Comedor

Mobile Clinic at USC está emocionado de proveer pruebas de A1c (diabetes) y presión arterial. Nuestro medico estará aquí para responder a sus preguntas sobre los resultados de sus pruebas.

Prueba de presión arterial Prueba de A1c • Juegos de Mesa Pulseras • Dibujar • Colorear

mobile clinic  
at USC

## THE IMPORTANCE OF BEING SOCIAL

FRIDAY, MAR. 13, 2-3PM

Join students from **USC's Physician Assistance school** to explore the physical, mental, and social health benefits of community and connection, and learn about the health risks associated with loneliness and isolation. Stick around after for board games, card games, and a Q&A session.



## CONOZCA SUS DERECHOS

MARCH 19  
10-11:30 AM

Esta presentación cubrirá sus derechos legales en los Estados Unidos, cómo prepararse usted y su familia en caso de que ICE se presente, e información sobre la residencia legal y cambios recientes que pueden afectar a las personas no ciudadanas.

 Presentado por el Departamento de Servicios Legales del Centro LGBT de Los Ángeles

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

**FALLS PREVENTION RESEARCH STUDY**

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

**R&B LINE DANCING**  
W/ E TALLEY II

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

**Tuesdays 11AM-12PM**

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

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SENIOR SERVICES

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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! 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 our bi-monthly potluck. This month the group will join the HIV Dinner + Discussion for National Women and Girls HIV/AIDS Awareness Day.

**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**

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

### FALLS PREVENTION RESEARCH STUDY

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

## 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:

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



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**FOR MORE INFO CONTACT 323.860.5830 OR SENIORS@LALGBTCENTER.ORG**

LOS ANGELES  
LGBT CENTER  
SENIOR SERVICES

## LGBTQ VETERANS SUPPORT GROUP

HONORING ALL WHO SERVED

WEDNESDAYS FROM 2-3 PM

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

# CHAIR YOGA

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

**WEDNESDAYS 11AM-12PM**

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

AS PART OF THIS PROJECT, YOU'LL BE ASKED TO COMPLETE:

**Informed Consent** – an optional (but highly encouraged) form that explains the project and your role, so you can make the best choice about participating.

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

## 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. 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

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### 1:30–3PM

Looking for More Affordable Housing Options? Join our hands-on workshop designed specifically for older adults seeking affordable housing. Learn how to search for housing opportunities, complete applications, and take actionable steps—all in one session. Our team is here to support you as you explore options and work toward securing a place that fits your budget. Don't wait—let's take the first steps together! Meets every Wednesday in the Cyber Center. Space is limited, please arrive on time to secure a computer.

**Location:** The Village at Ed Gould Plaza, Cyber Center, 1125 N. McCadden Pl., Los Angeles, CA 90038

## VETERAN'S SUPPORT GROUP

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### 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

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### 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

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### 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

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### 1:30–3PM

Share your stories and experiences of living with HIV and meet some new friends! This support group is a safe space for the HIV-positive community. **Location:** Senior Center

## FRIDAYS

## EVERYDAY MOVEMENT FOR ALL

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### 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

## LGBTQ+ SENIORS CANCER SUPPORT GROUP

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### 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

## LOOKING FOR MORE AFFORDABLE HOUSING OPTIONS?

Join our hands-on workshop designed specifically for older adults seeking affordable housing. Learn how to search for housing opportunities, complete applications, and take actionable steps—all in one session. Our team is here to support you as you explore options and work toward securing a place that fits your budget. Don't wait—let's take the first steps together! Space is limited.

**EVERY WEDNESDAY**  
**1:30 - 3:00 PM**

Cyber Center at the Village at Ed Gould Plaza  
1125 N McCadden Place, Los Angeles 90038



## STRUGGLING WITH HOUSING CRISIS IN LOS ANGELES?

HOUSING NAVIGATION DROP-INS AT THE LA LGBT CENTER'S, SENIOR SERVICES DEPARTMENT

Are you facing challenging times? Worried about your housing situation or currently without housing?

Work one-on-one with a Housing Navigator to explore your options, create a personalized plan, and receive support on your housing journey.

Drop-in appointments are first come, first served every Tuesday. To secure a spot, please register in person at the Senior Center.

9:30 - 3 PM (Last appointment at 2:30 PM)

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



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

# EBONY SAGE CIRCLE

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

in person & online via Zoom.

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

Meeting ID: 735 732 7145      Passcode: n90pm

# SPILLING THE TEA

**SPILLING THE TEA**

**DO NOT BE SHY - SPILL THE TEA!**

**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

# TRANS DAY OF VISIBILITY

MARCH 31, 2026



## TRILLION CUT - DIAMONDS OF RESILIENCE DOCUMENTARY SCREENING

10:30-12PM

Join us for a screening of Trillion Cut: Diamonds of Resilience. This documentary paints a vivid portrait of six transgender aging women in Los Angeles who find strength and support within their "Diamonds" group.

## SPILLING THE TEA/ TRANS VISIBILITY CIRCLE

1:30-2:30PM

Join us for a welcoming open-house event where transgender and gender non-conforming adults—and any member of Senior Services—can enjoy a friendly panel discussion, relaxed mingling, and plenty of opportunities to connect, support one another, and build community.

IN PERSON, SENIOR CENTER OR MEETING ID:  
976 9741 6232  
PASSCODE: 786547



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## CONOZCA SUS DERECHOS

MARCH 19  
10-11:30 AM

Esta presentación cubrirá sus derechos legales en los Estados Unidos, cómo prepararse usted y su familia en caso de que ICE se presente, e información sobre la residencia legal y cambios recientes que pueden afectar a las personas no ciudadanas.

Presentado por el Departamento de Servicios Legales del Centro LGBT de Los Angeles



## STORY SHARING:

A WALK DOWN MEMORY LANE

MONDAY, MAR. 23 | 10-11 AM

JOIN US IN A SUPPORTIVE SPACE WHERE PARTICIPANTS WILL HAVE AN OPPORTUNITY TO SHARE THEIR PERSONAL STORIES WITH THE GROUP TO ENGAGE IN A MEANINGFUL CONVERSATION. STORY SHARING OFFERS THE OPPORTUNITY TO CONTEMPLATE SOME OF LIFE'S BIG QUESTIONS AND/OR REVIEW LIFE EXPERIENCES AND ADVENTURES.

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



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



MONDAY	TUESDAY	WEDNESDAY
<p><b>2</b></p> <p>Quick &amp; Healthy Meals on a Budget, 10-11AM            Racial Justice Allies, 11AM-12PM            Senior Writing Group, 11:30AM-1:30PM            Jiu-Jitsu, 1:30-2:30PM            LGBTech, 1:30-3PM</p>	<p><b>3</b></p> <p>Cyber Center, 10AM-1PM &amp; 2-5PM            Dance Meditation &amp; Movement, 10-11AM            R&amp;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 &amp; Meditation,, 5-6PM            Drum Circle 6-7 PM</p>	<p><b>4</b></p> <p>Cyber Center, 10AM-1PM &amp; 2-5 PM            Men's Social Group, 10AM-12PM            Chair Yoga, 11AM-12PM            Farmers Market, 11AM-1PM            Beginning Tap, 1:30-2:30PM            Housing Application Days, 1:30-3PM            Movement &amp; Balance, 1:30-2:30PM            Veteran's Support Group, 2-3PM</p>
<p><b>9</b></p> <p>Senior Services Closed</p>	<p><b>10</b></p> <p>Cyber Center, 10AM-1PM &amp; 2-5PM            Dance Meditation &amp; Movement, 10-11AM            R&amp;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 &amp; Meditation, 5-6PM            Prostate Cancer Support Group, 7-9PM</p>	<p><b>11</b></p> <p>Cyber Center, 10AM-1PM &amp; 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 &amp; Balance, 1:30-2:30PM            Veteran's Support Group, 2-3PM</p>
<p><b>16</b></p> <p>Breakfast Bingo, 9:30-11AM            Racial Justice Allies, 11AM-12PM            Senior Writing Group, 11:30AM-1:30PM            Jiu-Jitsu, 1:30-2:30PM            LGBTech, 1:30-3PM</p>	<p><b>17</b></p> <p>Cyber Center, 10AM-1PM &amp; 2-5PM            Dance Meditation &amp; Movement, 10-11AM            R&amp;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 &amp; Meditation, 5-6PM</p>	<p><b>18</b></p> <p>Cyber Center, 10AM-1PM &amp; 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 &amp; Balance, 1:30-2:30PM            Veteran's Support Group, 2-3PM</p>
<p><b>23</b></p> <p>Story Sharing: A Walk Down Memory Lane 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</p>	<p><b>24</b></p> <p>Cyber Center, 10AM-1PM &amp; 2-5PM            Dance Meditation &amp; Movement, 10-11AM            R&amp;B Line Dancing, 11AM-12PM            Cardio Soul Dance, 1:30-2:30PM            Moving Forward, 1:30-3PM            Mindfulness &amp; Meditation, 5-6PM            Veteran's Potluck Dinner, 6-7:30PM            HIV Dinner &amp; Discussion, 6-8PM            Prostate Cancer Support Group, 7-9PM</p>	<p><b>25</b></p> <p>Cyber Center, 10AM-1PM &amp; 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 &amp; Balance, 1:30-2:30PM            Veteran's Support Group, 2-3PM</p>
<p><b>30</b></p> <p>Senior Services Closed</p>	<p><b>31</b></p> <p>Cyber Center 10AM-1PM &amp; 2-5PM            Dance Meditation &amp; Movement 10-11AM            Trillion Cut Documentary Screening, 10:30AM-12PM            R&amp;B Line Dancing 11AM-12PM            Cardio Soul Dance 1:30-2:30PM            Moving Forward 1:30-3PM            Spilling the Tea/ Trans Visibility Circle 1:30-3PM            Mindfulness &amp; Meditation 5-6PM</p>	

THURSDAY	FRIDAY
<p><b>5</b></p> <p>Men's Hiking, 9:30AM            Senior Pantry Pickup, 9:30-11AM            LA Reporting Collective Listening Session            10-11:30AM            Cyber Center, 10AM-1PM &amp; 2-5PM            Reading Opens Minds, 1:30-3PM            Men Living with HIV, 1:30-3PM            Pathways to Housing, 1:30-3PM</p>	<p><b>6</b></p> <p>Songwriting for Seniors, 10-11AM            Everyday Movement, 11:30AM-12:30PM            Through our Eyes Photography, 1:30-3PM            Ebony Sage Circle, 3-4:30PM            Cancer Support Group, 3-5PM</p>
<p><b>12</b></p> <p>Men's Hiking, 9:30AM            Senior Pantry Pickup, 9:30-11AM            Cyber Center, 10AM-1PM &amp; 2-5PM            Women's History Month Movie,            10:30-12:00 PM            Alzheimer's Support Group, 12-1:30PM            Men Living with HIV, 1:30-3PM            Caminos a la Vivienda, 1:30-3PM            Field Trip Descanso Gardens, 1:30-6PM</p>	<p><b>13</b></p> <p>Healthy Living Benefits Workshop,            11AM-12PM            Farmers Market at Mi Centro, 11AM-1PM            Everyday Movement, 11:30AM-12:30PM            Through our Eyes Photography, 1:30-3PM            The Importance of Being Social, 2-3PM            Art Appreciation, 3-4PM            Cancer Support Group, 3-5PM</p>
<p><b>19</b></p> <p>Co-ed Hiking, 9:30AM            Senior Pantry Pickup, 9:30-11AM            Conozca Sus Derechos, 10-11:30AM            Cyber Center, 10AM-1PM &amp; 2-5PM            Reading Opens Minds, 1:30-3PM            Men Living with HIV, 1:30-3PM            Dwell Well, 1:30-2:30PM</p>	<p><b>20</b></p> <p>Los Angeles Public Library Registration,            10:30-11:30AM            Everyday Movement, 11:30AM-12:30PM            Still Life Drawing 1:30-3PM            Ebony Sage Circle @ Center South, 3-4:30PM            Cancer Support Group, 3-5PM</p>
<p><b>26</b></p> <p>Men's Hiking, 9:30AM            Senior Pantry Pickup, 9:30-11AM            Cyber Center, 10AM-1PM &amp; 2-5PM            Alzheimer's Support Group, 12-1:30PM            MCC UCCV Potluck, 12-2PM            Men Living with HIV, 1:30-3PM            Crafts with LA Public Library, 1:30-2:30PM            Women and Wine, 6-8PM</p>	<p><b>27</b></p> <p>USC Mobile Clinic, 10:00-11:00AM            Farmers Market at Center South, 11AM-1PM            Everyday Movement, 11:30AM-12:30PM            Still Life Drawing 1:30-3PM            TransMasc Exchange, 3-4:30PM            Cancer Support Group, 3-5PM</p>





LOS ANGELES LGBT CENTER  
SENIOR SERVICES

**Breakfast**

**BINGO**

**MONDAY | MAR. 16**

Join us this month for Breakfast Bingo!

Coffee, tea, and snacks begin at 9:30 AM  
Bingo starts promptly at 10 AM

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

## ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS. MAR. 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., MAR. 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

## BREAKFAST BINGO

**MON., MAR. 16, 9:30-11AM**

Join us at the Senior Center for fun and lively Breakfast Bingo! Win fun prizes and get to know your neighbors. Breakfast and coffee begin at 9:30AM. Bingo starts promptly at 10AM.

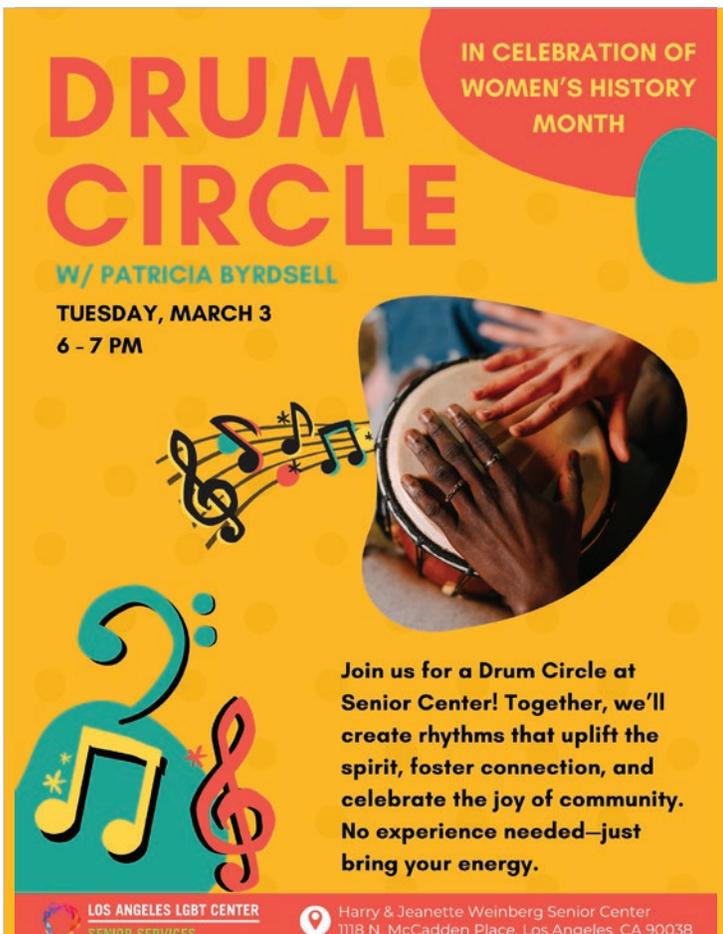
**Location:** Senior Center

## CAMINOS A LA VIVIENDA

**JUEVES, MAR. 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 participacion en este taller es requerido si esta interesado en participar en >>>



**DRUM CIRCLE**

W/ PATRICIA BYRDELL

TUESDAY, MARCH 3  
6 - 7 PM

IN CELEBRATION OF  
WOMEN'S HISTORY  
MONTH

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

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

nuestro programa de navegar viviendas, pero todos están invitados a aprender. Únete en persona o por Zoom. Para más información, 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

## CONOZCA SUS DERECHOS

**THURS, MARCH 19, 10-11:30AM**

Esta presentación cubrirá sus derechos legales en los Estados Unidos, cómo prepararse usted y su familia en caso de que ICE se presente, e información sobre la residencia legal y cambios recientes que pueden afectar a las personas no ciudadanas.

**Ubicación:** Centro para personas mayores

## CRAFTS WITH LA PUBLIC LIBRARY

**THURS., MAR. 26, 1:30–2:30PM**

Join LA Public Library for an afternoon of fun crafts and friendly conversation, learn about what the library offers and register in person! This month: tote bag decorating.

**Location:** Senior Center

## DRUM CIRCLE

**TUES., MAR. 3, 6-7PM**

Join us for a drum circle led by Patricia Byrdsell! Together, we'll create rhythms that uplift the spirit, foster connection, and celebrate the joy of community. No experience needed—just bring your energy.

**Location:** Senior Center

## DWELL WELL SERIES: UNDERSTANDING HOUSING ASSISTANCE PROGRAMS

**THURS., MAR. 19, 1:30–2:30PM**

This month's Dwell Well will explain various local, state, and federal housing assistance options and how to qualify for them. >>>

## CRAFTS WITH LA PUBLIC LIBRARY

MARCH 26TH FROM 1:30-2:30PM



JOIN LA PUBLIC LIBRARY FOR AN AFTERNOON OF FUN CRAFTS AND FRIENDLY CONVERSATION, LEARN ABOUT WHAT THE LIBRARY OFFERS AND REGISTER IN PERSON!

THIS MONTH: TOTE BAG DECORATING



## DWELL WELL:

UNDERSTANDING HOUSING ASSISTANCE PROGRAMS

Thursday, March 19

1:30–2:30 PM



This month's Dwell Well will explain various local, state, and federal housing assistance options and how to qualify for them. This is intended for voucher holders and updates on waitlists throughout Southern CA.

IN PERSON:

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

OR ZOOM:

Meeting ID: 966 8780 6392  
Passcode: 885161





## PATHWAYS TO HOUSING

**THURSDAY, MARCH 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](mailto:seniors@lalgbtcenter.org) or (323) 860-5830

This is intended for voucher holders and updates on waitlists throughout Southern California.

**Location:** Senior Center or  
**Meeting ID:** 966 8780 6392  
**Password:** 885161

## EBONY SAGE CIRCLE

**FRI., MAR. 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

## FARMERS MARKET

**WED., MAR. 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., MAR. 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. >>>



## CAMINOS A LA VIVIENDA

**Jueves, 12 de Marzo**  
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 Angeles. Los participantes aprenderán sobre la crisis de vivienda y reciben recursos comunitarios para identificar metas de vivienda realísticas cuando buscan por viviendas.

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

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

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

## FARMERS MARKET AT MI CENTRO

**VIERNES, MAR. 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

## FIELD TRIP: DESCANSO GARDENS

**THURS. MAR. 12, 1:30-6PM**

In Celebration of Women's History Month, join Senior Services for a field trip to Descanso Gardens! A special exhibit will be on display *Naturata Naturata: Nature's Action* which features the work of eight female artists who explore their bond with the natural world through contemporary photography and video. Space is limited, RSVP by March 5 to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

**Location:** Senior Center

## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

**TUES., MAR. 10 & 24, 7-9PM**

In partnership with Cancer Support Community LA, the gay and bisexual men's prostate cancer support group >>>



**LOS ANGELES LGBT CENTER SENIOR SERVICES**

# LGBTech Q&A with Mom's Computer

**MONDAY, MARCH 2**  
1:30 - 3:00 PM

Organize photos, remove duplicates, and share with family.  
Learn iPhone & Android photo basics.  
Never lose pictures again.

**MONDAY, MARCH 16**

Shop and pay bills safely online.  
Learn what's safe, what's not, and how to avoid mistakes.  
Build confidence using trusted apps.  
Scam Awareness Update.

**Good Of Elijah**  
Founder & Tech

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

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

For more info  
323.860.5830 or  
[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)



CELEBRATING WOMEN'S HISTORY MONTH

# Descanso Gardens

FIELD TRIP

**THURSDAY, MARCH 12**  
1:30 - 6:00 PM

In Celebration of Women's History Month, join Senior Services for a field trip to Descanso Gardens! A special exhibit will be on display *Naturata Naturata: Nature's Action* which features the work of eight female artists who explore their bond with the natural world through contemporary photography and video.

Transportation provided. Recommended donation is \$10; no one will be turned away for inability to pay. Space is limited.

RSVP required by March 6 to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830. Please notify us of any accommodation requests.

**LOS ANGELES LGBT CENTER SENIOR SERVICES**

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

FRIDAY, MARCH 13 11AM-12PM

**MARCH PRESENTATION: PROJECT FOODBOX**



Learn about Project FoodBox, an organization that brings nutrition science and coordination with care teams to deliver pantry items, medically tailored meals and produce from local farms.

JOIN US FOR OUR MONTHLY HEALTH BENEFITS WORKSHOP FOR SENIORS. EDUCATIONAL WORKSHOPS THAT FOCUS ON PHYSICAL, MENTAL AND EMOTIONAL HEALTH.

PRESENTED BY



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



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**

**HEALTHY LIVING BENEFITS WORKSHOP**

**FRI., MAR. 13, 11AM-12PM**

Join us for our monthly 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., MAR. 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. March topic: National Women and Girls HIV/AIDS Awareness Day.

**Location: Senior Center**

**LA PUBLIC LIBRARY REGISTRATION**

**FRI, MAR. 20, 10:30-11:30AM**

Join us for a special visit from the LA Public Library! Representatives will share valuable resources, answer questions about library services, and help attendees sign up for a free library card.

**Location: Senior Center**

**LGBTECH Q&A WITH MOM'S COMPUTER**

**MON., MAR. 2 & 16, 1:30-3PM >>>**



DINNER DISCUSSION  
TUESDAY, MARCH 24TH

6 - 8 PM

MARCH TOPIC

National Women and Girls HIV/AIDS Awareness Day

Join us for a fruitful conversation that will highlight, support, and celebrate the journey and experience of women living with HIV alongside our community partners.

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



**MAR. 2:** Organize photos, remove duplicates, and share with family. Learn iPhone & Android photo basics. Never lose pictures again.

**MAR. 16:** Shop and pay bills safely online. Learn what's safe, what's not, and how to avoid mistakes. Build confidence using trusted apps. Scam awareness update. One-on-one tech always available. Beginners welcome.

**Location:** Senior Center

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

**MON., MAR. 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

## LOS ANGELES REPORTING COLLECTIVE LISTENING SESSION

**THURS., MAR. 5, 10–11:30AM**

Join us for a lively conversation about news in the digital age with the Los Angeles Reporting Collective (LARC). This facilitated discussion is led by Ari Saperstein (director of LARC and former NPR journalist) alongside Chelsea Reynolds, PhD (Center for Media & Communities at ASU). Together, we'll talk about what's changed in how >>>



**FRI, MAR 20  
10:30–11:30AM**

## LA PUBLIC LIBRARY REGISTRATION

Join us for a special visit from the Los Angeles Public Library! Representatives will be on-site to share valuable resources, answer questions about library services, and help community members sign up for a free LA Public Library card.



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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

## Los Angeles Reporting Collective Listening Session

THURSDAY, MARCH 5, 10–11:30AM



Join us for a lively conversation about news in the digital age with the Los Angeles Reporting Collective (LARC). This facilitated discussion is led by Ari Saperstein (director of LARC and former NPR journalist) alongside Chelsea Reynolds, PhD (Center for Media & Communities at ASU). Together, we'll talk about what's changed in how we experience news, where things might be headed and answer questions about the state of journalism

*(This event is part of a grant-funded project from LA2050 to better understand how seniors engage with news)*

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# STILL LIFE

## *drawing*

Friday, March 20 & 27  
1:30-3:00 PM

Join us at Senior Services for an afternoon of still life painting and drawing. No experience needed. Limited space.



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SENIOR SERVICES

HARRY & JEANETTE WEINBERG SENIOR CENTER  
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we experience news, where things might be headed and answer questions about the state of journalism. *(This event is part of a grant-funded project from LA2050 to better understand how seniors engage with news).*

**Location:** Senior Center

## MCC-UCCV POTLUCK

**THURS., MAR. 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., MAR. 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., MAR. 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: Mediterranean Pasta Salad.

**Location:** Senior Center

# Quick & Healthy Meals on A Budget!

Monday, March 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  
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Los Angeles, CA 90038

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

## READING OPENS MINDS

**THURS., MAR. 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**

## SONGWRITING FOR SENIORS

**FRI., MAR. 6, 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. Final class March 6th.

**Location: Senior Center**

## SOUND BATH

**MON., MAR. 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**

## STORY SHARING: A WALK DOWN MEMORY LANE

**MON., MAR. 23, 10-11AM**

Join us in a supportive space where participants will have an opportunity to share their personal stories with the group to engage in a meaningful conversation. Story sharing offers the opportunity to contemplate some of life's big questions and/or review life experiences and adventures.

**Location: Senior Center**

# SONGWRITING FOR SENIORS

**FRIDAY MARCH 6TH 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. Last class March 6<sup>th</sup>.



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

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

## THROUGH OUR EYES DISABILITY EDITION

PRESENTED BY MARY-LINN HUGHES



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

**PRE-SESSION WORKSHOPS ARE ON JAN. 9 & 16:**

JAN 9: ACCESSIBLE ART FOR EMOTIONAL WELLNESS  
(PRESENTED BY LENNY GERARD)

JAN 16: MULTISENSORY PAPERMAKING ACTIVITY (PRESENTED BY SAINT REMY)

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



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

**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES

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

THURSDAY, MARCH 12  
10:30 - 12 PM

# WOMEN'S HISTORY MONTH MOVIE



OCEAN'S 8

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

## STILL LIFE DRAWING

**FRI., MAR. 20 & 27, 1:30-3PM**

Join us at Senior Services for an afternoon of still life painting and drawing. No experience needed. Limited space.

**Location:** Senior Center

## THE IMPORTANCE OF BEING SOCIAL

**FRI., MAR. 13, 2-3PM**

Join students from USC's Physician Assistance school to explore the physical, mental, and social health benefits of community and connection, and learn about the health risks associated with loneliness and isolation. Stick around after for board games, card games, and a Q&A session.

**Location:** Senior Center

## THROUGH OUR EYES PHOTOGRAPHY

**FRI., MAR. 6 & 13, 1:30-3PM**

Join us for an eight-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

## TRANS VISIBILITY CIRCLE

**TUES., MAR. 31, 1:30-2:30PM**

Join us for a welcoming open-house event where transgender and gender non-conforming adults—and any member of Senior Services—can enjoy a friendly panel discussion, relaxed mingling, and >>>

# VETERAN'S POTLUCK DINNER

TUESDAY, MAR. 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.

MARCH FOOD THEME: ITALIAN



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

plenty of opportunities to connect, support one another, and build community.

**Location:** Senior Center  
**Meeting ID:** 976 9741 6232  
**Password:** 786547

## TRANSMASC INTERGENERATIONAL EXCHANGE

**FRI., MAR. 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

## TRILLION CUT DOCUMENTARY SCREENING

**TUES., MARCH 31, 10:30AM–12PM**

Join us for a screening of *Trillion Cut: Diamonds of Resilience*. This documentary paints a vivid portrait of six transgender aging women in Los Angeles who find strength and support within their "Diamonds" group.

**Location:** Senior Center

## USC MOBILE CLINIC

**FRI., MAR. 27, 10–11AM**

Mobile Clinic at USC is excited to provide FREE A1c (diabetes) and blood pressure screenings. An on-site physician will answer any questions about your results. A variety of games and activities will be available while you wait!

**Location:** Senior Center

## VETERAN'S POTLUCK DINNER

**TUES., MAR. 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.

Potluck Theme: Italian!

**Location:** Senior Center

## WOMEN AND WINE

**THURS. MAR. 26, 6–8PM**

In celebration of women's history, join us for a special evening of mingling and building connections. Whether you're looking for new friends or growing your network, this is your space to unwind, chat, and sip. Fun social games, appetizers, wine, and non-alcoholic beverages will be provided. An event specifically for lesbian, bisexual, Trans, and queer women.

**Location:** Senior Center

## WOMEN'S HISTORY MONTH MOVIE

**THURS., MAR. 12, 10:30–12:00PM**

Join us at Senior Services for a screening of: *Ocean's 8*. Come and mingle with fellow participants before and after the movie!

**Location:** Senior Center



AN LBTQ W50+ SOCIAL

# Women Wine &

In celebration of women's history, join us for a special evening of mingling and building connections. Whether you're looking for new friends or growing your network, this is your space to unwind, chat, and sip.

Fun social games, appetizers, wine, and non-alcoholic beverages will be provided.

An event specifically for lesbian, bisexual, Trans, and queer women.

**THURSDAY, MARCH 26  
6–8 PM**

**PRIDE HALL – ANITA MAY  
ROSENSTEIN CAMPUS  
1118 N. MCCADDEN PLACE,  
LOS ANGELES, CA 90038**

**LOS ANGELES LGBT CENTER  
SENIOR SERVICES**

THURSDAY, APRIL 16 7 - 9 PM

# WOMEN'S LIBERATION

*Celebration Dance - United by Womanhood*

**JOIN US AS WE CELEBRATE OUR COMMUNITY OF  
LESBIAN, BI, TRANS AND QUEER WOMEN AGES 50+ FOR  
AN EVENING OF DANCING, SOCIALIZING AND FUN!**

*CLOSED SPACE FOR LESBIAN, BI, TRANS AND QUEER WOMEN AGES 50+.*

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

# PASSOVER SEDER

**THURSDAY, APRIL 2**

**3-5 PM**

**Join Senior Services for a Passover Seder, including  
traditional foods, songs, and hors d'oeuvres.**

**RSVP to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830**