



LOS ANGELES
LGBT
CENTER

SENIOR
SERVICES

50+

APRIL 2026

Generations Working Together

— GLOBAL —
INTERGENERATIONAL
— WEEK —



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

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

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

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

Mailing Address:

Senior Services
6725 Santa Monica Blvd
Los Angeles, CA 90038

Helpline:
323-860-5830

Toll Free:
877-688-4833

For questions, more information or to RSVP for upcoming events, please contact us at seniors@lalgbtcenter.org or **323-860-5830**.

GO GREEN

Remove yourself from the mailing list and access the newsletter and calendar online through our email list. Send an email to seniors@lalgbtcenter.org requesting to "Go Green."



LETTER FROM KIERA

Our Anita May Rosenstein Campus is the first intergenerational LGBTQIA+ shared space campus. This month we are participating in Global Intergenerational Week which invites individuals and community organizations to promote intergenerational connection in all of it's forms. We are hosting three opportunities for connection across ages this month. Do you like to play chess? Join us for "Chess with Youth" on April 7 from 5-6:30pm at the Senior Center. Connect with CSUN college students by attending a panel presentation with our older adults sharing their history on 4/14 from 4:30-6pm. Learning LGBTQ+ Language and Youth Advocacy Today 5-6:30PM, Presented by OUT Leaders from Youth Services.

We also have a number of popular annual events this month you may want to attend including our Passover Seder on 4/2; Women's Liberation Celebration Dance on 4/16; Spring Senior Showcase on 4/21 and our Senior Art Exhibit Reception on 4/30 from 5-7pm at the Village. Please join us!



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:

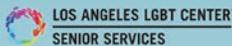
The Cyber Center is open for computer use on Tuesdays, Wednesdays, and Thursdays, from 10:00 AM to 1:00 PM and 2:00 PM to 5:00 PM, based on availability. Location: The Village, 1125 N. McCadden Pl., Los Angeles, CA 90038.



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.



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



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 5th Thursday of the month.*

Senior Pride Pantry Pick-up:
Thursdays 9:30-11 AM

Senior Pantry Pick-up Location:
1111 N. Las Palmas, Los Angeles, CA 90038

Farmers Market

WED., APRIL 1 • 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.



WHAT'S ON YOUR MIND?

TO GIVE US FEEDBACK, MAKE A SUGGESTION, OR SUBMIT A GRIEVANCE, OPEN YOUR CELL PHONE CAMERA AND POINT IT AT THE QR CODE BELOW.

SCAN ME!

or <https://www.surveymonkey.com/r/SSFeedbackForm>

HELPLINE: 323-860-4833 OR SENIORS@LALGBTCENTER.ORG



LOS ANGELES LGBT CENTER
SENIOR SERVICES

Passover Seder

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

Space is limited. Please RSVP by March 25th to seniors@lalgbtcenter.org or (323) 869-5830.

Thursday, April 2nd
3:00-5:00PM
Pride Hall
Anita May
Rosenstein Campus
1118 N McCadden Place
Los Angeles, CA
90038



THURSDAY, APRIL 2
1:30 - 3PM

FILM SCREENING

WHEN DO WE EAT?



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

Final
Reading
May 1

Fridays
10:30 AM-12 PM

HOME IS A STORY

A writing and performing workshop focused on personal stories about housing. The group will share personal housing stories, and then learn the fundamentals of writing a monologue. We will learn interview techniques and how to write, inspired by the group's housing stories and facilitated by Ashley Sparks.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

FRIDAY APRIL 3 & 17
1:30-3PM

MURAL PAINTING DISCUSSION

A new mural is coming to Senior Services, and we'd love your voice in shaping it!

Join us for a discussion to help decide the subject of the mural so that it reflects our community and its values.

Then, come be part of its creation with painting sessions happening Fridays in May, 1:30-3pm.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

AARP Presents: Six Pillars of Brain Health



AARP
Los Angeles

Friday, April 3 / 2-3PM

It's never too late to focus on brain health! In this interactive session, you will learn about the six pillars of brain health which are all about strategies for supporting brain health. We'll share ideas to inspire each other to try new things.

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.

LOS ANGELES LGBT CENTER
 SENIOR SERVICES

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 1118 N McCadden Place, Los Angeles, CA 90038

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. >>>

Every Thursday 10-11AM

BRAIN GAMES

Brain games for seniors. Come stimulate your cognitive functions like memory, focus, and problem-solving, with activities such as word search, puzzles, and memory card games. Competitive fun with prizes.

Facilitated by Activities Coordinator Jennifer.

LOS ANGELES LGBT CENTER
 SENIOR SERVICES

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

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.

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 >>>

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

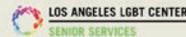
Come join E Talley II
to learn a series
of contemporary dance routines
that will help you reach your
daily recommended steps
in a fun and uplifting environment



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

A poster for a Brazilian Jiu Jitsu workshop. The background is purple with pink line art of two people in a Jiu Jitsu hold. The text "INTRO TO Brazilian JIU JITSU" is written in a mix of fonts. A circular photo of a man is in the top right. A pink box contains the date and time. A location pin icon is next to the address. A paragraph describes the workshop. A bottom pink box contains a gi icon and text about a beginner's session. The Los Angeles LGBT Center logo is at the bottom.

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



National Women and Girls HIV/AIDS Awareness Day.

Location: Senior Center
 or **Meeting ID:** 976 9741 6232
Passcode: 786547

WEDNESDAYS

MEN'S SOCIAL GROUP

10AM–12PM

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

Location: Senior Center
 or **Meeting ID:** 932 7122 4639
Passcode: 249740

CHAIR YOGA

11AM–12PM

Join our facilitator Lucero, for this 15-week cycle, for a fun and supportive class that challenges both body and mind. Together, you'll explore gentle techniques to boost balance, build stability, support memory, and improve overall health. 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

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 >>>

FRIDAY, APRIL 3

11AM - 12PM

MARCH PRESENTATION: ALZHEIMER'S DISEASE



This month's topic: Alzheimer's disease and its effects. Learn about what causes memory loss, the difference between normal aging and signs of dementia, and what to do when you visit the doctor.

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

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES



RAINBOW REFLECTIONS



APRIL 14TH

4:30-6PM



CSUN STUDENTS * DR. MARIE CARTIER



Rainbow reflections invites LGBTQ+ elders to share their past experiences with Queer Studies college students currently attending California State University Northridge to educate and provide an understanding of LGBTQ+ history to help the next generation strengthen and protect the community. Facilitated by Dr. Marie Cartier.

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

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



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

BRAIN GAMES

10-11AM

Brain games for seniors. Come stimulate your cognitive functions like memory, focus, and problem-solving, with activities such as word search, puzzles, and memory card games. Competitive fun with prizes. Facilitated by Activities Coordinator Jennifer.

Location: Senior Center

MEN LIVING WITH HIV

1:30-3PM

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

Location: Senior Center

**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

FRIDAYS

HOME IS A STORY

10:30AM-12PM

A writing and performing workshop focused on personal stories about housing. The group will share personal housing stories, and then learn the fundamentals of >>>

writing a monologue. We will learn interview techniques and how to write, inspired by the group's housing stories. This 4-part class will culminate in a public sharing of stories at the Center on May 1.

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

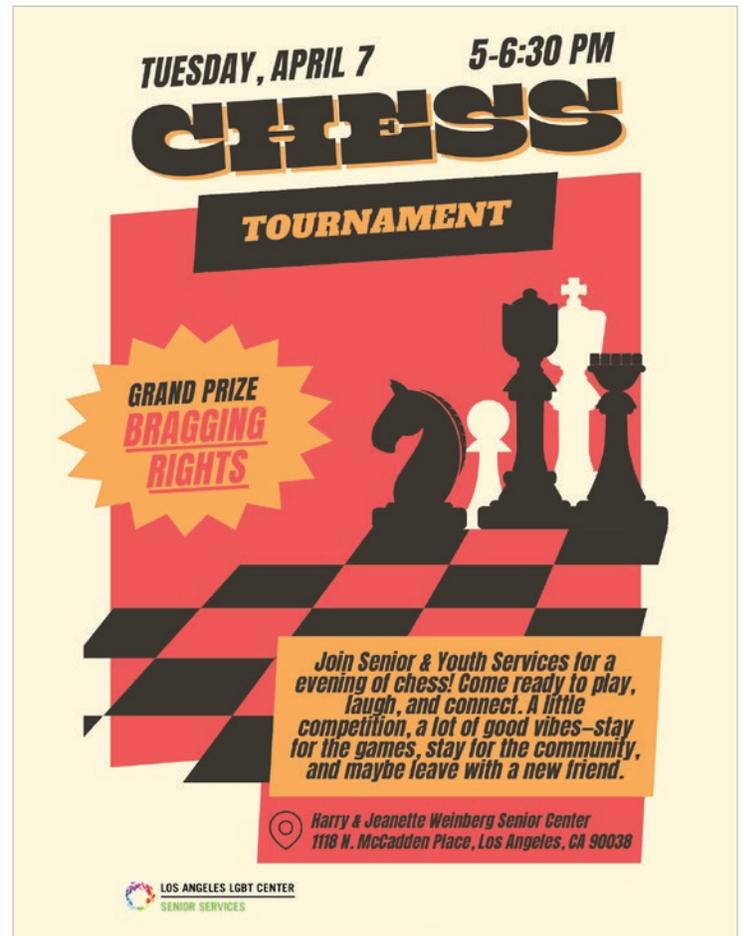
Password: 7tmxHL

LGBTQ+ SENIORS CANCER SUPPORT GROUP

3–5PM

This online support group for LGBTQ+ seniors impacted by cancer offers a comfortable online environment to share experiences and learn from others. RSVP to info@cancersupportla.org

Location: Virtual



TUESDAY, APRIL 7 5-6:30 PM

CHESS

TOURNAMENT

GRAND PRIZE BRAGGING RIGHTS

Join Senior & Youth Services for a evening of chess! Come ready to play, laugh, and connect. A little competition, a lot of good vibes—stay for the games, stay for the community, and maybe leave with a new friend.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES



NEW WORDS, SHARED RESPECT: LEARNING LGBTQ+ LANGUAGE AND YOUTH ADVOCACY TODAY

PRESENTED BY: LOS ANGELES LGBT CENTER'S OUT LEADERS | **TUESDAY, APRIL 21 5-6:30PM**

Language continues to evolve, and this workshop creates a welcoming space for seniors to learn directly from LGBTQ+ youth about the terminology commonly used today. Through open conversation and shared experiences, youth facilitators known as the OUT Leaders (ages 18-24) will explain key terms related to gender, identity, and community while also highlighting how young people are advocating for inclusion, respect, and equity in their schools and communities. This workshop celebrates Global Intergenerational Week, presented by OUT Leaders from the Center's Youth Services Department.



OUT FOR

SAFE SCHOOLS X SPACES

LOS ANGELES LGBT CENTER | Harry & Jeanette Weinberg Senior Center
SENIOR SERVICES | 1118 N. McCadden Place, Los Angeles, CA 90038

APRIL 2024		
MONDAY	TUESDAY	WEDNESDAY
		<p>1</p> <p>Cyber Center 10AM-1PM & 2-5 PM Men's Social Group 10AM-12PM Chair Yoga 11AM-12PM Farmers Market 11AM-1PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM</p>
<p>6</p> <p>Quick & 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>7</p> <p>Cyber Center 10AM-1PM & 2-5PM Dance Meditation & Movement 10-11AM R&B Line Dancing 11AM-12PM Cardio Soul Dance 1:30-2:30PM Moving Forward 1:30-3PM Spilling the Tea 1:30-2:30PM Meditation & Mindfulness 5-6PM Chess Tournament 5-6:30PM</p>	<p>8</p> <p>Cyber Center 10AM-1PM & 2-5 PM Men's Social Group 10AM-12PM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM</p>
<p>13</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 Living with Pride, Planning with Purpose: Preparing for End of Life 1:30-2:30PM</p>	<p>14</p> <p>Cyber Center 10AM-1PM & 2-5PM Dance Meditation & Movement 10-11AM R&B Line Dancing 11AM-12PM Cardio Soul Dance 1:30-2:30PM Moving Forward 1:30-3PM Spilling the Tea 1:30-2:30PM Rainbow Reflections 4:30-6PM Prostate Cancer Support Group 7-9PM</p>	<p>15</p> <p>Cyber Center 10AM-1PM & 2-5 PM Men's Social Group 10AM-12PM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM</p>
<p>20</p> <p>Racial Justice Allies 11AM-12PM Senior Writing Group 11:30AM-1:30PM Jiu-Jitsu 1:30-2:30PM LGBTech 1:30-3PM</p>	<p>21</p> <p>Cyber Center 10AM-1PM & 2-5PM Dance Meditation & Movement 10-11AM R&B Line Dancing 11AM-12PM Moving Forward 1:30-3PM Spilling the Tea 1:30-3PM Spring Senior Showcase 1:30-3PM Learning LGBTQ+ Language and Youth Advocacy Today 5-6:30PM</p>	<p>22</p> <p>Cyber Center 10AM-1PM & 2-5 PM Men's Social Group 10AM-12PM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM</p>
<p>27</p> <p>Music Appreciation: Music and Memory 10-11AM Sound Bath 11AM- 12PM 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>28</p> <p>Cyber Center 10AM-1PM & 2-5PM Dance Meditation & Movement 10-11AM R&B Line Dancing 11AM-12PM Cardio Soul Dance 1:30-2:30PM Moving Forward 1:30-3PM Spilling the Tea 1:30-2:30PM Veteran's Potluck Dinner 6-7:30PM HIV Dinner & Discussion 6-8PM Prostate Cancer Support Group 7-9PM</p>	<p>29</p> <p>Cyber Center 10AM-1PM & 2-5 PM Men's Social Group 10AM-12PM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Roommate Social 1:30-3PM Veteran's Support Group 2-3PM</p>

THURSDAY	FRIDAY
<p>2</p> <p>Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Brain Games 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 Film Screening: When Do We Eat? 1:30-3PM Passover Seder 3-5PM</p>	<p>3</p> <p>Home is a Story 10:30AM-12PM Healthy Living Benefits Workshop 11AM-12PM Everyday Movement 11:30AM-2:30PM Mural Painting Discussion 1:30-3PM AARP Presents: Six Pillars of Brain Health 2-3PM Ebony Sage Circle 3-4:30PM Cancer Support Group 3-5PM</p>
<p>9</p> <p>Men's Hiking, 9:30AM Senior Pantry Pickup, 9:30-11AM Brain Games 10-11AM Cyber Center, 10AM-1PM & 2-5PM Repujado Workshop (Tin Making) 11AM-12:30PM Alzheimer's Support Group, 12-1:30PM Men Living with HIV, 1:30-3PM Caminos a la Vivienda, 1:30-3PM</p>	<p>10</p> <p>Home is a Story 10:30AM-12PM Farmers Market at Mi Centro 11AM-1PM Everyday Movement 11:30AM-12:30PM Still Life Drawing 1:30-3PM Art Appreciation 3-4PM Cancer Support Group 3-5PM</p>
<p>16</p> <p>Co-Ed Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Brain Games 10-11AM 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 Women's Liberation Celebration Dance 7-9PM</p>	<p>17</p> <p>Home is a Story 10:30AM-12PM Everyday Movement 11:30AM-12:30PM Mural Painting Discussion 1:30-3PM Ebony Sage Circle @ Center South 3-4:30PM Cancer Support Group 3-5PM</p>
<p>23</p> <p>Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Brain Games 10-11AM Cyber Center 10AM-1PM & 2-5PM Alzheimer's Support Group 12-1:30PM Men Living with HIV 1:30-3PM Crafts with LA Public Library 1:30-2:30PM</p>	<p>24</p> <p>Home is a Story 10:30AM-12PM 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>
<p>30</p> <p>Men's Hiking 9:30AM Brain Games 10-11AM Cyber Center 10AM-1PM & 2-5PM Men Living with HIV 1:30-3PM Narrative Medicine Workshop 1:30-3PM Senior Art Exhibit Reception 5-7PM</p>	

SOULFUL CELEBRATION

SENIORS SWEETHEART DANCE

WORKSHOP FUN



LOS ANGELES LGBT CENTER
SENIOR SERVICES

Breakfast
BINGO

MONDAY | APR. 13

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

AARP PRESENTS: SIX PILLARS OF BRAIN HEALTH

FRI. APR. 3, 2-3PM

It's never too late to focus on brain health! In this interactive session, you will learn about the six pillars of brain health which are all about strategies for supporting brain health. We'll share ideas to inspire each other to try new things. AARP invites you to challenge yourself to take some simple steps to manage stress, sleep better, move more, eat healthy, keep you brain engaged and spend time with people you enjoy.

Location: Senior Center

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS. APR. 9 & 23, 12-1:30PM

Join the Alzheimer's Association LGBTQ+ support group for caregivers, family members, and friends caring for an LGBTQ+ loved one. Develop a support system, talk about challenges, and learn about resources. This online group meets on the 2nd and 4th Thursday of each month. To RSVP, please contact Yael Wyte at 310-912-9120, or email ywyte@alz.org

Location: Virtual

ART APPRECIATION

FRI., APR. 10, 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., APR. 13, 9:30-11AM

Join us at the Senior Center for fun >>>



**CRAFTS WITH
LA PUBLIC LIBRARY**
APRIL 23 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: PICTURE FRAME MAKING

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

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, APR. 9, 1:30–3PM

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

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

Ubicación: Centro para personas mayores

Código de acceso: 988 7811 2731

Contraseña: 114741

CHESS TOURNAMENT

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

Join Senior & Youth Services for a evening of chess! Come ready to play, laugh, and connect. A little competition, a lot of good vibes—stay for the games, stay for the community, and maybe leave with a new friend.

Location: Senior Center

CRAFTS WITH LA PUBLIC LIBRARY

THURS., APR. 23, 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: Picture Frame Making.

Location: Senior Center



CAMINOS A LA VIVIENDA

**Jueves, 9 de Abril
1:30-3:00PM**

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

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



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

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

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

DWELL WELL: UNDERSTANDING HOUSING ASSISTANCE PROGRAMS

Thursday, April 16

1:30-2:30 PM



This month's Dwell Well will provide tips for effective communication with landlords, handling disputes, and maintaining a positive relationship.

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, April 2nd
3:00 - 4:30 PM

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



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.

For more information, contact:
seniors@lalgbtcenter.org or (323) 860-5830

DWELL WELL SERIES: LANDLORD-TENANT COMMUNICATION

THURS., APR. 16, 1:30–2:30PM

This month's Dwell Well will provide tips for effective communication with landlords, handling disputes, and maintaining a positive relationship.

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

EBONY SAGE CIRCLE

FRI., APR. 3 & 17, 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., APR. 1, 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., APR. 24, 11AM–1PM

Come and select fresh produce at our community site, Center South. >>>



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

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, APR. 10, 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

FILM SCREENING: WHEN DO WE EAT?

THURS., APR. 2, 1:30–3PM

Join us for the fun comedy, *When Do We Eat?* The film focuses on the members of the Stuckman family gathering for Sedar with patriarch Ira, an old-fashioned man who pushes his sons as hard as his own father pushed him.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., APR. 14 & 28, 7–9PM

In partnership with Cancer Support Community LA, the gay and bisexual >>>



LOS ANGELES LGBT CENTER SENIOR SERVICES

LGBTech Q&A with Mom's Computer

MONDAY, APRIL 6
1:30 - 3:00 PM

Clean up slow computers and fix common issues. Learn simple maintenance to keep things running smoothly

MONDAY, April 20

Use your voice to make calls, set reminders, and ask questions. Hands-free help for everyday tasks. Simple, practical demonstrations. Scam awareness update. One-on-one tech always available.

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



Quick & Healthy Meals on A Budget!

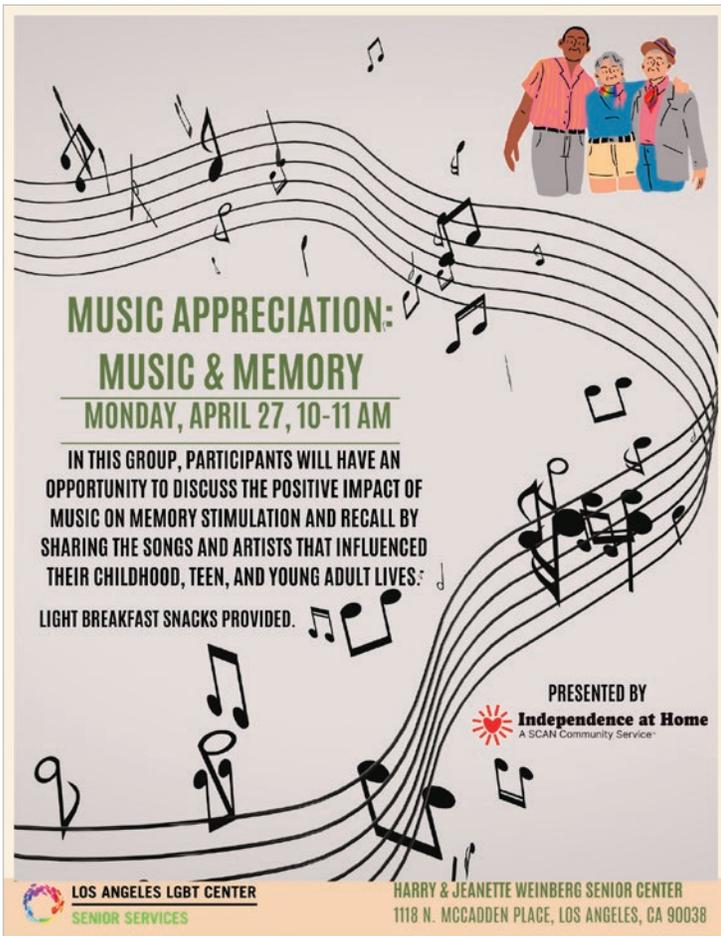
Monday, April 6
10:00-11:00 AM

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

with Home Cook Jennifer

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

LOS ANGELES LGBT CENTER SENIOR SERVICES



**MUSIC APPRECIATION:
MUSIC & MEMORY**
MONDAY, APRIL 27, 10-11 AM

IN THIS GROUP, PARTICIPANTS WILL HAVE AN OPPORTUNITY TO DISCUSS THE POSITIVE IMPACT OF MUSIC ON MEMORY STIMULATION AND RECALL BY SHARING THE SONGS AND ARTISTS THAT INFLUENCED THEIR CHILDHOOD, TEEN, AND YOUNG ADULT LIVES:
LIGHT BREAKFAST SNACKS PROVIDED.

PRESENTED BY
Independence at Home
A SCAN Community Service™

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

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

Location: Virtual

HEALTHY LIVING BENEFITS WORKSHOP

FRI., APR. 3, 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: Alzheimer's disease and its effects. Learn about what causes memory loss, the difference between normal aging and signs of dementia, and what to do when you visit the doctor.

Location: Senior Center

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., APR. 28, 6-8PM

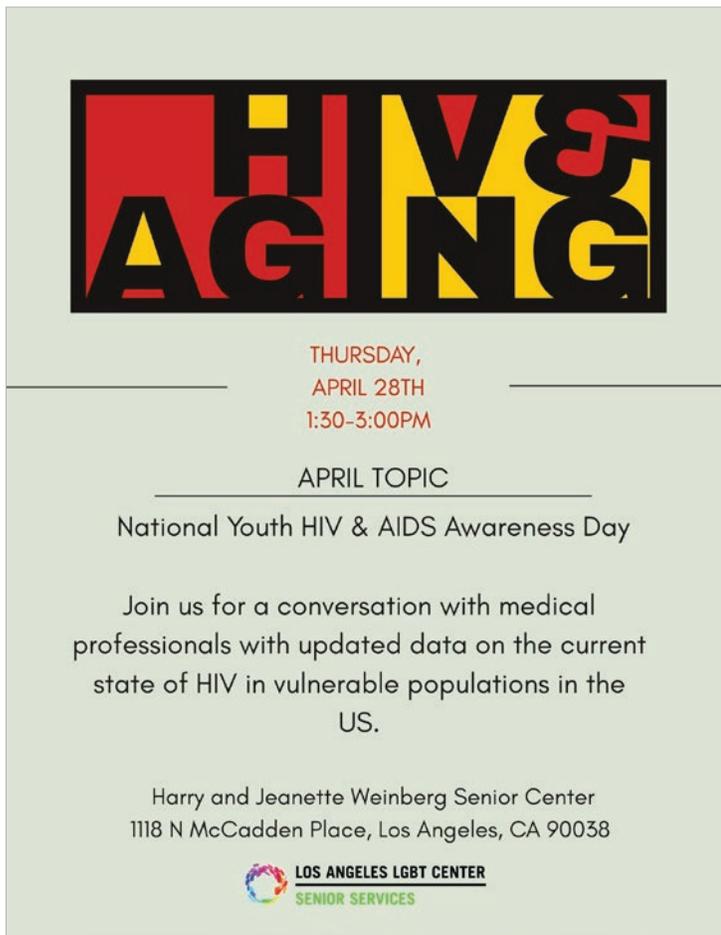
Join us on the 4th Tuesday of each month for a dinner and discussion series geared towards people living with HIV or impacted by HIV. We'll reflect on our journeys and set meaningful goals for the year ahead. March topic: National Women and Girls HIV/AIDS Awareness Day.

Location: Senior Center

INDEPENDENCE AT HOME PRESENTS: MUSIC APPRECIATION & MEMORY

MON., APR. 27, 10-11AM

In this group, participants will have an opportunity to discuss the positive impact of music on memory stimulation and recall by sharing the songs and artists that influenced their childhood, >>>



HIV & AGING

THURSDAY,
APRIL 28TH
1:30-3:00PM

APRIL TOPIC

National Youth HIV & AIDS Awareness Day

Join us for a conversation with medical professionals with updated data on the current state of HIV in vulnerable populations in the US.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

teen, and young adult lives. Light breakfast snacks provided.

Location: Senior Center

LGBTECH Q&A WITH MOM'S COMPUTER

MON., APR. 6 & 20, 1:30-3PM

APR. 6: Clean up slow computers and fix common issues. Learn simple maintenance to keep things running smoothly.

APR. 20: Use your voice to make calls, set reminders, and ask questions. Hands-free help for everyday tasks. Simple, practical demonstrations. 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., APR. 13 & 27, 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

MEDITATION & MINDFULNESS

TUES., APR. 7, 5-6PM (FINAL CLASS MEETING)

Take time to slow down and reconnect with yourself. This 10-week class >>>

Through Our Eyes

Senior Art Exhibit



Advocate & Gochis Galleries
1125 N McCadden Place
Los Angeles, CA 90038

Open April 20 - May 16 from 9-5 PM

Through photographs and personal stories, LGBTQ seniors with disabilities reflect on lives shaped by resilience, memory, and connection.

This exhibition is presented in conversation with a concurrent exhibition by participants from the Trans* Lounge photography workshop, where images and stories offer another powerful set of voices from our community.

Gallery Opening Reception

Thursday, April 30
5 - 7 PM



Questions? Email seniors@lalgbtcenter.org or call (323) 860-5830

STILL LIFE

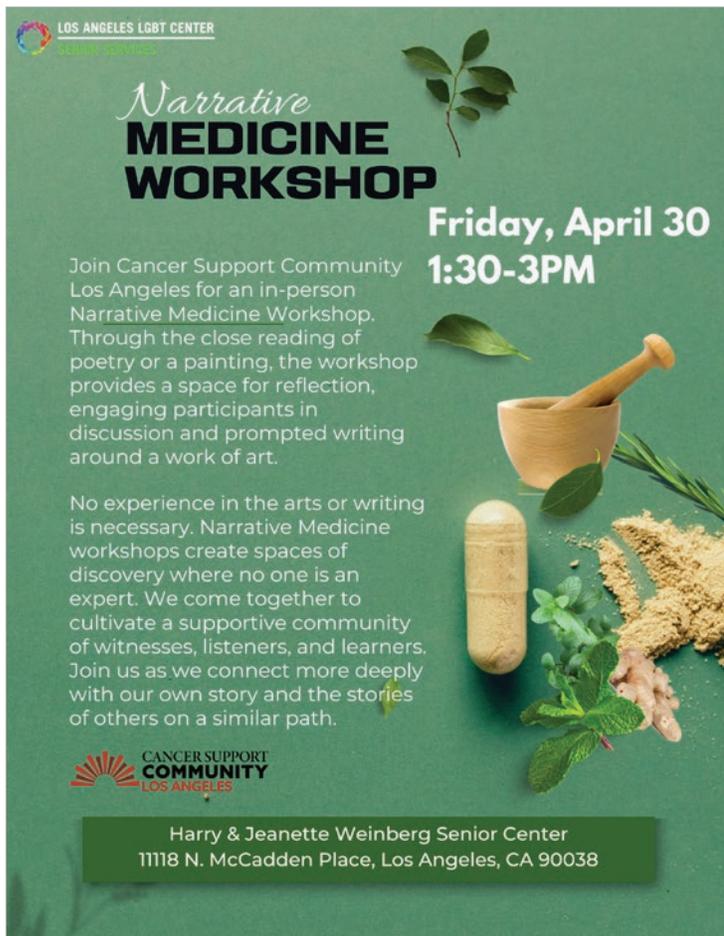
drawing

Friday, April 10 & 24
1:30-3:00 PM

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



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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

Narrative MEDICINE WORKSHOP

Friday, April 30
1:30-3PM

Join Cancer Support Community Los Angeles for an in-person Narrative Medicine Workshop. Through the close reading of poetry or a painting, the workshop provides a space for reflection, engaging participants in discussion and prompted writing around a work of art.

No experience in the arts or writing is necessary. Narrative Medicine workshops create spaces of discovery where no one is an expert. We come together to cultivate a supportive community of witnesses, listeners, and learners. Join us as we connect more deeply with our own story and the stories of others on a similar path.

CANCER SUPPORT
COMMUNITY
LOS ANGELES

Harry & Jeanette Weinberg Senior Center
11118 N. McCadden Place, Los Angeles, CA 90038

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! Facilitated by Trevor Lee, Founder and Executive Director of With Love Projects.

Location: Senior Center

MURAL PAINTING DISCUSSION

FRI., APR. 3 & 17, 1:30-3PM

A new mural is coming to Senior Services, and we'd love your voice in shaping it! Join us for a discussion to help decide the subject of the mural so that it reflects our community and its values.

Then, come be part of its creation with painting sessions happening Fridays in May!

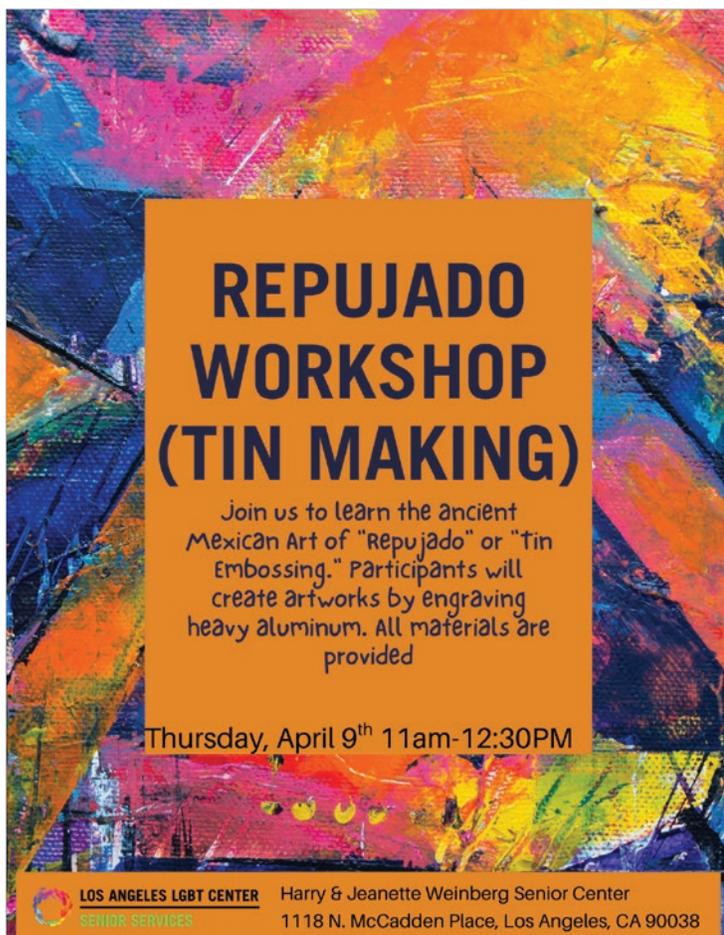
Location: Senior Center

NARRATIVE MEDICINE WORKSHOP

THURS., APR. 30, 1:30-3PM

Join Cancer Support Community Los Angeles for an in-person Narrative Medicine Workshop. Through the close reading of poetry or a painting, the workshop provides a space for reflection, engaging participants in discussion and prompted writing around a work of art. No experience in the arts or writing is necessary. Narrative Medicine workshops create spaces of discovery where no one is an expert. We come together to cultivate a supportive community of witnesses, listeners, and learners. Join us as we connect more deeply with our own story and the stories of others on a similar path.

Location: Senior Center



REPUJADO WORKSHOP (TIN MAKING)

Join us to learn the ancient Mexican Art of "Repujado" or "Tin Embossing." Participants will create artworks by engraving heavy aluminum. All materials are provided

Thursday, April 9th 11am-12:30PM

LOS ANGELES LGBT CENTER
SENIOR SERVICES

Harry & Jeanette Weinberg Senior Center
11118 N. McCadden Place, Los Angeles, CA 90038

NEW WORDS, SHARED RESPECT: LEARNING LGBTQ+ LANGUAGE AND YOUTH ADVOCACY TODAY

TUES., APR. 21, 5-6:30PM

Language continues to evolve, and this workshop creates a welcoming space for seniors to learn directly from LGBTQ+ youth about the terminology commonly used today. Through open conversation and shared experiences, youth facilitators known as the OUT Leaders (ages 18-24) will explain key terms related to gender, identity, and community while also highlighting how young people are advocating for inclusion, respect, and equity in their schools and communities. This workshop celebrates Global Intergenerational Week, presented by OUT Leaders from the Center's Youth Services Department.

Location: Senior Center

PASSOVER SEDER

THURS., APR. 2, 3-5PM

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

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

PATHWAYS TO HOUSING

THURS., APR. 2, 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

ROOMMATE SOCIAL

Are you looking for a roommate or do you have a spare room? Come to our Senior Roommate Social! Enjoy snacks, refreshments, and socialize; come find a roommate, and maybe even a friend.

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



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

THURSDAY, APRIL 16 7 - 9 PM WOMEN'S LIBERATION

Celebration Dance – United by Womanhood



With DJ Les Ortiz

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+.

FREE ITALIAN EATS AND MOCKTAILS WILL BE AVAILABLE

THE VILLAGE AT ED GOULD PLAZA 1125 N. MCCADDEN PLACE, LOS ANGELES, 90038
RSVP TO SENIORS@LALGBTCENTER.ORG OR (323) 860-5830

QUICK & HEALTHY MEALS ON A BUDGET!

MON., APR. 6, 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: Healthy Oatmeal.

Location: Senior Center

RAINBOW REFLECTIONS

TUES., APR. 14, 4:30-6PM

Rainbow reflections invites LGBTQ+ elders to share their past experiences with Queer Studies college students currently attending California State University Northridge to educate and provide an understanding of LGBTQ+ history to help the next generation strengthen and protect the community. Facilitated by Dr. Marie Cartier.

Location: Senior Center

READING OPENS MINDS

THURS., APR. 2 & 16, 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.

Location: Senior Center

REPUJADO WORKSHOP (TIN MAKING)

THURS., APR. 9, 11AM-12:30PM

Join us to learn the ancient Mexican Art of "Repujado" or "Tin Embossing." Participants will create artworks by engraving heavy aluminum. All materials are provided.

Location: Senior Center

ROOMMATE SOCIAL

WED., APR. 29, 1:30-3PM

Are you looking for a roommate or do you have a spare room? Come to our Senior >>>

Roommate Social! Enjoy snacks, refreshments, and socialize; come find a roommate, and maybe even a friend. Limited Space. RSVP to seniors@lgbtcenter.org or 323-860- 5830.

Location: Senior Center

SENIOR ART EXHIBIT RECEPTION

THURS., APR. 30, 5-7PM

This year's exhibition showcases two unique programs at the Los Angeles LGBT Center. The Trans* Lounge and Senior Services bring a vibrant photography exhibit, Snap & Tell and Through our Eyes: Disability, both led by workshop facilitator Mary-Linn Hughes. Join us on April 30th for the opening, meet the artists, and enjoy some light snacks and refreshments.

Location: Advocate & Gochis Galleries, 1125 N McCadden Place, Los Angeles, CA 90038

SOUND BATH

MON., APR. 27, 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

SPRING SENIOR SHOWCASE

TUES., APR. 21, 1:30-3PM

Discover our exceptional programs and talented participants at the Spring Senior Showcase, featuring captivating performances in writing, dancing, movement, and beyond.

Location: Senior Center

STILL LIFE DRAWING

FRI., APR. 10 & 24, 1:30-3PM >>>

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

Location: Senior Center

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., APR. 24, 3–4:30PM

A space for different generations of the transmasculine community. Welcoming trans men and transmasculine individual of all ages to join a space cultivated by the founder of Invisible Men, Luckie Alexander, for an intergenerational and supportive space.

Meeting ID: 970 2805 6270

Password: 803002

VETERAN'S POTLUCK DINNER

TUES., APR. 28, 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: International – bring a dish that represents you!

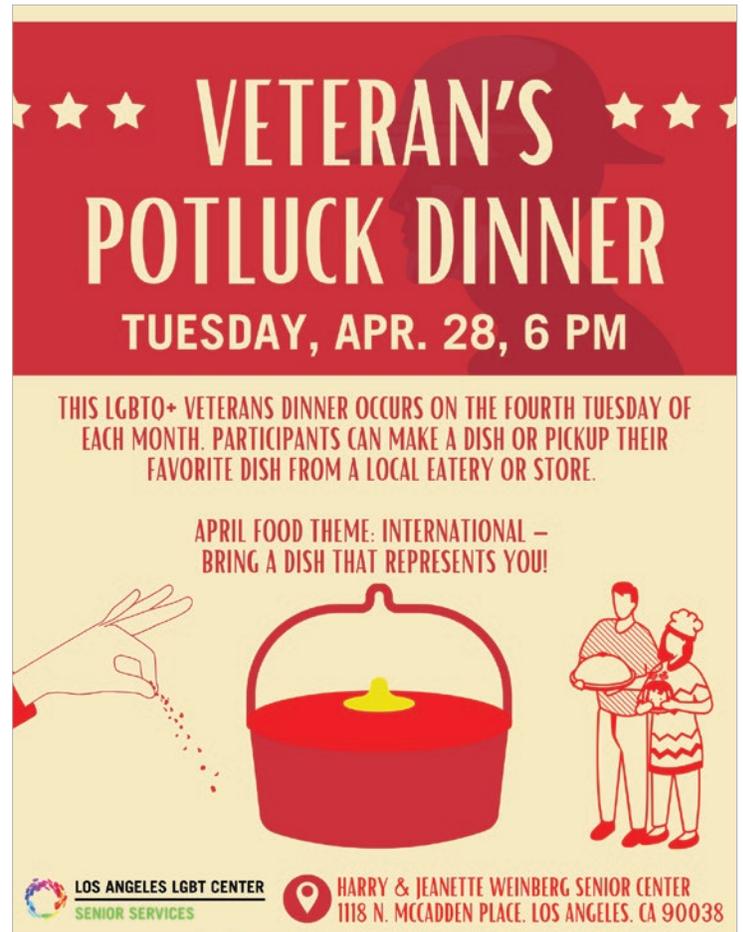
Location: Senior Center

WOMEN'S LIBERATION CELEBRATION - UNITED BY WOMANHOOD

THURS., APR. 16, 7–9PM

Join us as we celebrate our community of Lesbian, Bi, Trans, and Queer women ages 50+ for an evening of dancing, socializing, and fun! Come hungry, Italian eats, and a mocktail bar will be available. This is a free event. **Closed space for lesbian, bi, trans, and queer women ages 50+.** RSVP to seniors@lalgbtcenter.org or 323-860-5830.

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



VETERAN'S POTLUCK DINNER
TUESDAY, APR. 28, 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.

APRIL FOOD THEME: INTERNATIONAL – BRING A DISH THAT REPRESENTS YOU!



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



Senior Spring Showcase

Tuesday
APRIL 21 3:00 – 4:30 PM



Discover our exceptional programs and talented participants at the Spring Senior Showcase, featuring captivating performances in writing, dancing, movement, and beyond.

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

JOIN OUR

AANHPI CELEBRATION

STRONGER, TOGETHER

Join us to celebrate the diversity of Asian American, Native Hawaiian and Pacific Islander Heritage in the US.

If you are part of the AANHPI community, feel free to wear your national costume to strut in our Parade of Nations Fashion Show!

**THURSDAY | 2:30 –
MAY 7TH | 4:30PM**

The Village at Ed Gould Plaza

1125 N McCadden Place

Los Angeles, CA 90038

RSVP to (323) 860-5830 or seniors@lalgbtcenter.org
by April 25th.