



LOS  
ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## MAY 2026

*STRONGER, TOGETHER*

# ASIAN AMERICAN — AND — NATIVE HAWAIIAN PACIFIC ISLANDER HERITAGE MONTH

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

**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

May is a month of many celebrations with AANPI Awareness Month, Jewish Heritage Month and Older Adults Month. You don't want to miss these important events.

We have a joyful celebration planned for Asian American, Native Hawaiian and Pacific Islander (AANPI) heritage month which will feature delicious food, a musical performance and guest speakers on May 7 from 2:30-4:30pm at the Village. On May 1 we will host a conversation for Jewish Heritage Month from 1:30-3:00pm. May 15 we will host our annual Honor our LGBT Elders Day celebration with Jewish Family Services at Plummer Park in West Hollywood from 2-3:30pm. Through our Eyes Senior Art Exhibition will run through May 16. You can view the art from 11-4 Mon-Friday at the Village Gallery. RSVP for our annual Senior Prom, June 5th. RSVP early to get a seat for this event before it sells out.



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



Senior Services is supported in part by the City of West Hollywood, The Jewish Community Foundation of Los Angeles, City of Los Angeles Department of Aging, and Gilead Sciences.

# Senior Services is here for you!

## Shower & Laundry Facilities:

Showers and laundry are available free of charge for registered senior participants Monday–Friday from 9AM–12:30PM. Sign up at the kiosk at the front desk. Shower and laundry facilities are drop-in and based on availability.

\*Laundry available every other day.

## Cyber Center:

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



## PARKING TICKETING SYSTEM

Parking in the parking garage is free with a validation card. Validation cards are available to registered participants attending one of our programs or a meeting with Senior Center staff.

Participants are required to take a ticket upon entrance of parking garage. Parking is available on P-1 and is based on availability. Obtain parking validation card at the front desk of the Senior Center to exit the garage. If you do not obtain a parking validation card, you will need to pay for parking to exit.

LOS ANGELES LGBT CENTER  
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## 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  
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## 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

## 2 DAYS A WEEK



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. Only 1 bag per client allowed.

**Senior Pride Pantry Pick-up:**  
Tuesdays 1:30-3 PM  
Thursdays 9:30-11 AM

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



For more information contact  
seniors@lalgbtcenter.org or 323-860-5830.

# DISPENSARÍA DE COMIDA

## 2 DÍAS A LA SEMANA



El servicio Senior Services Pride Pantry está disponible para los participantes registrados hasta dos veces al mes.

Por favor, traiga su tarjeta de Servicios para Adultos Mayores cuando recoja sus artículos. Solo se permite una bolsa por cliente.

**Dispensaría de comida:**  
Martes 1:30-3 PM  
Jueves 9:30-11 AM

**Dirección:**  
1111 N. Las Palmas, Los Angeles, CA 90038



Para obtener más información, comuníquese con  
seniors@lalgbtcenter.org o llame al 323-860-5830.



# 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

# STILL LIFE

## *drawing*

Friday, May 22 & 29  
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

# farmers market

JOIN US THE FIRST WEDNESDAY OF THE MONTH FOR FARMER'S MARKET! IN COLLABORATION WITH SEEDS OF HOPE, SHOP FOR FREE, FRESH AND NUTRITIOUS PRODUCE.

**WEDNESDAY, MAY 6  
11:00AM-1:00PM**

**BAYARD RUSTIN PLAZA  
ANITA MAY ROSENSTEIN CAMPUS**

1118 N. McCadden Place,  
Los Angeles 90038



Must be 50+ and  
a registered participant  
of the Senior Center

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



**LOS ANGELES LGBT CENTER**  
SENIOR SERVICES



# UPCOMING CLOSURES

SENIOR SERVICES WILL BE  
CLOSED THE FOLLOWING  
DATES/TIMES IN MAY:

**MONDAY, MAY 25 - MEMORIAL DAY**

WE APOLOGIZE FOR ANY INCONVENIENCE.  
PLEASE PLAN ACCORDINGLY.



**LOS ANGELES LGBT CENTER**  
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# AANHPI CELEBRATION

THE VILLAGE AT ED GOULD PLAZA | 1125 N MCCADDEN PL, LOS ANGELES, CA 90038

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

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

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

**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.



Harry & Jeanette Weinberg Senior Center  
 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**

**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! >>>



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.



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 1118 N. MCCADDEN PLACE, LOS ANGELES, CA 90038

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.

**Location:** Senior Center

or **Meeting ID:** 976 9741 6232

**Passcode:** 786547

## SENIOR SERVICES PRIDE PANTRY (NEW DAY ADDED)

**1:30-3PM**

Senior Services Pride Pantry is available to registered participants up to twice per month. Please bring your Senior >>>

## FALLS PREVENTION RESEARCH STUDY

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

### Cardio Soul Dance Class

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



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

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

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



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

RSVP AT: 323.860.5830 OR [SENIORS@LALGBTCENTER.ORG](mailto:SENIORS@LALGBTCENTER.ORG)

## SPILLING THE TEA

## SPILLING THE TEA

SPILL THE TEA, DON'T BE SHY.



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

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

\*Group does not meet on the 4<sup>th</sup> Tuesday of every other month, beginning January 2026.

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




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

STILL WE RISE PRESENTS

LOS ANGELES LGBT CENTER  
SENIOR SERVICES


# “Count it All Poetry”



A Poetry Workshop for Women Poets & So-Called Non-Poets

A 6-WEEK WOMEN'S WORKSHOP ABOUT THE POWER TO CALL ALL BACK TO SELF. PARTICIPANTS WILL BE ABLE TO USE THE ANCIENT TOOLS OF WORD AND POETRY TO NAVIGATE COLLECTIVE AND INDIVIDUAL TRANSFORMATIONAL POSSIBILITY AND “POWER” LITERALLY IN THE PALM OF OUR HANDS.

**FACILITATED BY WRITER & POET ALYESHA WISE**



**TUESDAYS**  
**MAY 5- JUNE 2, 5:00-7:00 PM**  
**PERFORMANCE CELEBRATION –JUNE 9**

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

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

Services card when picking up your items. Only 1 bag per client allowed.

**Location:** Senior Pride Pantry, 1111 N. Las Palmas, Los Angeles, CA 90038

## STILL WE RISE PRESENTS: "COUNT IT ALL POETRY" - A POETRY WORKSHOP FOR WOMEN POETS & SO-CALLED NON-POETS

**5-7PM**

A 6-week women’s workshop about the power to call all back to self. Participants will be able to use the ancient tools of word and poetry to navigate collective and individual transformational possibility and “power” literally in the palm of our hands. RSVP to join at [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or (323) 860-5830.

**Location:** Senior Center & via Zoom

## 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 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

# 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.

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SENIOR SERVICES

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## 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

## 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

## STILL WE RISE PRESENTS: WILD & WITTY WOMEN - A STANDUP COMEDY CLASS FOR QUEER WOMEN & WOMEN ALLIES

**2:30–4:30PM**

A 5-week comedy workshop for queer women and women allies who are ready to find their comedic voice and remind >>>





Still We Rise Presents

# WILD & WITTY WOMEN

A Standup Comedy Class for Queer Women & Women Allies

**WEDNESDAYS**  
MAY 6-27, 2:30-4:30 PM  
*Performance Celebration Tuesday, June 2*

A 5-week comedy workshop for queer women and women allies who are ready to find their comedic voice and remind the world exactly what it's been missing.

Participants will explore stand-up comedy technique, develop their unique comedic voice, write original material, and build the kind of performance confidence that turns a lifetime of stories into something the world needs to hear.

Come ready to laugh! No experience required.




FACILITATED BY PAULA ODYSSEOS

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

the world exactly what it's been missing. Participants will explore stand-up comedy technique, develop their unique comedic voice, write original material, and build the kind of performance confidence that turns a lifetime of stories into something the world needs to hear.

Bring a joke, an idea, or just a true story. Nothing needs to be polished. Facilitated by Paula Odysseos, comedian, storyteller, hype person, educator, and LGBTQ community member. Final performance celebration on Tuesday, June 2.

Come ready to laugh! No experience required.

**Location:** Senior Center

## THURSDAYS

### MEN'S HIKING GROUP

**9:30AM**

Join Senior Services volunteer Daryl Dean at the corner of Fern Dell Dr. and Black Oak Dr., 200 ft. north of Los Feliz Blvd. for a weekly hike. Comfortable shoes, water, and >>> snacks are recommended. Co-ed hiking is on the 3rd Thursday of the month.

**Location:** Griffith Park

### SENIOR SERVICES PRIDE PANTRY

**9:30-11AM**

Senior Services Pride Pantry is available to registered participants up to twice per month. Please bring your Senior Services card when picking up your items.

Only 1 bag per client allowed..

**Location:** Senior Pride Pantry, 1111 N. Las Palmas, Los Angeles, CA 90038

### BRAIN GAMES

**10-11AM**

Brain games for seniors. Come stimulate >>>



MAY: SECOND & 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.

Second 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

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

## FRIDAYS

## EVERYDAY MOVEMENT FOR ALL

**11:30AM–12:30PM**

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

**Meeting ID:** 202 631 4079

**Password:** 7tmxHL

## LGBTQ+ SENIORS CANCER SUPPORT GROUP

**3–5PM**

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

**Location:** Virtual

FOR TRANSGENDER AND ENBY ADULTS

# SEASONED & SIZZLING

**BRING A DISH TO SHARE!**  
MAY: MEXICAN!

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

**TUESDAY, MAY 26 FROM 5:30-7 PM**



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

# FALLS PREVENTION POST-SURVEY & TREATS

**FRI., MAY 8, 1:30-3:00 PM**



FOR FOLKS 60+ WHO PARTICIPATED IN OUR FALLS PREVENTION CLASSES THIS YEAR (CHAIR YOGA, R&B LINE DANCE, CARDIO SOUL, MOVEMENT & BALANCE, WALKING & TALKING, AND MEDITATION & MINDFULNESS), WE INVITE YOU TO JOIN US TO COMPLETE YOUR FALLS PREVENTION POST-SURVEY. YOUR FEEDBACK IS GREATLY APPRECIATED AND HELPS SUPPORT FUTURE PROGRAMMING. AS A THANK-YOU, PARTICIPANTS WHO COMPLETE THE SURVEY WILL ENJOY A SWEET TREAT.

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

MAY 2020		
MONDAY	TUESDAY	WEDNESDAY
<b>4</b>	<b>5</b>	<b>6</b>
<p>Quick &amp; Healthy Meals on a Budget! 10-11AM</p> <p>Vietnamese Spring Rolls Workshop 11AM-12PM</p> <p>Racial Justice Allies 11AM-12PM</p> <p>Senior Writing Group 11:30AM-1:30PM</p> <p>Jiu-Jitsu 1:30-3PM</p> <p>LGBTech 1:30-3PM</p>	<p>Cyber Center 10AM-1PM &amp; 2-5PM</p> <p>Dance Meditation &amp; Movement 10-11AM</p> <p>R&amp;B Line Dancing 11AM-12PM</p> <p>Cardio Soul Dance 1:30-2:30PM</p> <p>Moving Forward 1:30-3PM</p> <p>Spilling the Tea 1:30-2:30PM</p> <p>Senior Pantry Pickup 1:30-3PM</p> <p>Still We Rise Presents: Count it All Poetry 5-7PM</p>	<p>Cyber Center 10AM-1PM &amp; 2-5 PM</p> <p>Men's Social Group 10AM-12PM</p> <p>Farmers Market 11AM-1PM</p> <p>Chair Yoga 11AM-12PM</p> <p>Beginning Tap 1:30-2:30PM</p> <p>Housing Application Days 1:30-3PM</p> <p>Veteran's Support Group 2-3PM</p> <p>Still We Rise Presents: Wild &amp; Witty Women: A Standup Comedy Class 2:30-4:30PM</p>
<b>11</b>	<b>12</b>	<b>13</b>
<p>Breakfast Bingo 9:30-11AM</p> <p>Racial Justice Allies 11AM-12PM</p> <p>Senior Writing Group 11:30AM-1:30PM</p> <p>Living with Pride, Planning with Purpose: Preparing for End of Life 1:30-2:30PM</p>	<p>Cyber Center 10AM-1PM &amp; 2-5PM</p> <p>Dance Meditation &amp; Movement 10-11AM</p> <p>R&amp;B Line Dancing 11AM-12PM</p> <p>Cardio Soul Dance 1:30-2:30PM</p> <p>Moving Forward 1:30-3PM</p> <p>Spilling the Tea 1:30-2:30PM</p> <p>Senior Pantry Pickup 1:30-3PM</p> <p>Chess Tournament 5-6:30PM</p> <p>Still We Rise Presents: Count it All Poetry 5-7PM</p> <p>Prostate Cancer Support Group 7-9PM</p>	<p>Cyber Center 10AM-1PM &amp; 2-5 PM</p> <p>Men's Social Group 10AM-12PM</p> <p>Chair Yoga 11AM-12PM</p> <p>Beginning Tap 1:30-2:30PM</p> <p>Housing Application Days 1:30-3PM</p> <p>Veteran's Support Group 2-3PM</p> <p>Still We Rise Presents: Wild &amp; Witty Women: A Standup Comedy Class 2:30-4:30PM</p>
<b>18</b>	<b>19</b>	<b>20</b>
<p>Practice of Gratitude: What is Gratitude? 10-11AM</p> <p>Sound Bath 11AM-12PM</p> <p>Racial Justice Allies 11AM-12PM</p> <p>Senior Writing Group 11:30AM-1:30PM</p> <p>LGBTech 1:30-3PM</p>	<p>Cyber Center 10AM-1PM &amp; 2-5PM</p> <p>Dance Meditation &amp; Movement 10-11AM</p> <p>R&amp;B Line Dancing 11AM-12PM</p> <p>Cardio Soul 1:30-2:30PM</p> <p>Moving Forward 1:30-3PM</p> <p>Spilling the Tea 1:30-3PM</p> <p>Senior Pantry Pickup 1:30-3PM</p> <p>Still We Rise Presents: Count it All Poetry 5-7PM</p>	<p>Cyber Center 10AM-1PM &amp; 2-5 PM</p> <p>Men's Social Group 10AM-12PM</p> <p>Chair Yoga 11AM-12PM</p> <p>Beginning Tap 1:30-2:30PM</p> <p>Housing Application Days 1:30-3PM</p> <p>Veteran's Support Group 2-3PM</p> <p>Still We Rise Presents: Wild &amp; Witty Women: A Standup Comedy Class 2:30-4:30PM</p>
<b>25</b>	<b>26</b>	<b>27</b>
<p>Senior Services Closed</p>	<p>Dance Meditation &amp; Movement 10-11AM</p> <p>R&amp;B Line Dancing 11AM-12PM</p> <p>Cardio Soul Dance 1:30-2:30PM</p> <p>Moving Forward 1:30-3PM</p> <p>Spilling the Tea 1:30-2:30PM</p> <p>Senior Pantry Pickup 1:30-3PM</p> <p>Still We Rise Presents: Count it All Poetry 5-7PM</p> <p>Seasoned &amp; Sizzling 5:30-7PM</p> <p>Veteran's Potluck Dinner 6-7:30PM</p> <p>HIV Dinner &amp; Discussion 6-8PM</p> <p>Prostate Cancer Support Group 7-9PM</p>	<p>Cyber Center 10AM-1PM &amp; 2-5 PM</p> <p>Men's Social Group 10AM-12PM</p> <p>Chair Yoga 11AM-12PM</p> <p>Beginning Tap 1:30-2:30PM</p> <p>Housing Application Days 1:30-3PM</p> <p>Veteran's Support Group 2-3PM</p> <p>Still We Rise Presents: Wild &amp; Witty Women: A Standup Comedy Class 2:30-4:30PM</p>

THURSDAY	FRIDAY
	<p><b>1</b></p> <p>Home is a Story Finale 10:30AM-12PM            Everyday Movement 11:30AM-2:30PM            Jewish Heritage Conversation 1:30-3PM            Community Mural Painting (Closed Group) 1:30-3PM            Cancer Support Group 3-5PM</p>
<p><b>7</b></p> <p>Men's Hiking 9:30AM            Senior Pantry Pickup 9:30-11AM            Brain Games 10-11AM            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            AANHPI Celebration 2:30-4:30PM</p>	<p><b>8</b></p> <p>Senior Sex Education 10:30AM-12PM            Farmers Market at Mi Center 11AM-1PM            Everyday Movement 11:30AM-12:30PM            Community Mural Painting (Closed Group) 1:30-3PM            Falls Prevention Post-Survey &amp; Treats 1:30-3PM            Art Appreciation 3-4PM            Ebony Sage 3-4:30PM            Cancer Support Group 3-5PM</p>
<p><b>14</b></p> <p>Men's Hiking 9:30AM            Senior Pantry Pickup 9:30-11AM            Brain Games 10-11AM            Job Search &amp; Resume Building for TGI &amp; LGBTQ+ People 10-11AM            Cyber Center 10AM-1PM &amp; 2-5PM            Alzheimer's Support Group 12-1:30PM            Men Living with HIV 1:30-3PM            Caminos a la Vivienda 1:30-3PM</p>	<p><b>15</b></p> <p>Zine-Making Art Workshop 10-11AM            Everyday Movement 11:30AM-12:30PM            Community Mural Painting (Closed Group) 1:30-3PM            Honor Our LGBT Elders Day at Plummer Park 2-3:30PM            Ebony Sage Circle 3-4:30PM            Cancer Support Group 3-5PM</p>
<p><b>21</b></p> <p>Co-Ed Hiking 9:30AM            Senior Pantry Pickup 9:30-11AM            Brain Games 10-11AM            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>22</b></p> <p>Zine-Making Art Workshop 10-11AM            Farmers Market at Center South 11AM-1PM            Everyday Movement 11:30AM-12:30PM            Community Mural Painting (Closed Group) 1:30-3PM            Still Life Drawing 1:30-3PM            Cancer Support Group 3-5PM</p>
<p><b>28</b></p> <p>Men's Hiking 9:30AM            Senior Pantry Pickup 9:30-11AM            Brain Games 10-11AM            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</p>	<p><b>29</b></p> <p>Zine-Making Art Workshop 10-11AM            Everyday Movement 11:30AM-12:30PM            Community Mural Painting (Closed Group) 1:30-3PM            Still Life Drawing 1:30-3PM            TransMasc Exchange 3-4:30PM            Cancer Support Group 3-5PM</p>

**WOMEN & WINE**

**PASSOVER SEDER**

**MEDITATION & BALANCE**

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

**Breakfast**  
**BINGO**

**MONDAY | MAY 11**

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

## AANHPI CELEBRATION

**THURS., MAY 7, 2:30–4:30PM**

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!

**Location:** Senior Center

## ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

**THURS., MAY 14 & 28, 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., MAY 8, 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., MAY 11, 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

**CRAFTS WITH  
LA PUBLIC LIBRARY**

MAY 28 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: SCRAPBOOKING**

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

## CAMINOS A LA VIVIENDA

**JUEVES, MAY 14, 1:30–3PM**

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

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

**Ubicación:** Centro para personas mayores

**Código de acceso:** 988 7811 2731

**Contraseña:** 114741

## CHESS TOURNAMENT

**TUES., MAY 12, 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., MAY 28, 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: Scrapbooking.

**Location:** Senior Center

## DWELL WELL SERIES: FROM HOME TO HELP: NAVIGATING CARE TRANSITIONS WITH CONFIDENCE

**THURS., MAY 21, 1:30–2:30PM**

Life changes, and so do care needs. >>>



## CAMINOS A LA VIVIENDA

**Jueves, 14 de Mayo  
1:30-3:00PM**

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

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



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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

**TUESDAY, MAY 12 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

# DWELL WELL:

FROM HOME TO HELP: NAVIGATING CARE TRANSITIONS WITH CONFIDENCE

Thursday, May 21  
1:30-2:30 PM



Life changes, and so do care needs. This session breaks down what "transitions of care" really mean, how to spot early warning signs that additional support is needed, and how to guide you toward the right level of care at the right time. Attendees will leave feeling confident, informed, and prepared to support smoother, safer transitions.

**IN PERSON:**

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

**OR ZOOM:**

Meeting ID: 966 8780 6392  
Passcode: 885161



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

This session breaks down what "transitions of care" really mean, how to spot early warning signs that additional support is needed, and how to guide you toward the right level of care at the right time. Attendees will leave feeling confident, informed, and prepared to support smoother, safer transitions.

**Location:** Senior Center or

**Meeting ID:** 966 8780 6392

**Password:** 885161

## EBONY SAGE CIRCLE

**FRI., MAY 8 & 15, 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. In May, this group is hybrid and meets in person at the Senior Center on the second 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

## FALLS PREVENTION POST-SURVEY & TREATS

**FRI., MAY 8, 1:30-3PM**

For folks 60+ who participated in our Falls Prevention classes this year (Chair Yoga, R&B Line Dance, Cardio Soul, Movement & Balance, Walking & Talking, and Meditation & Mindfulness), we invite you to join us to complete your Falls Prevention post-survey. Your feedback is greatly appreciated and helps support future programming. As a thank-you, participants who complete the survey will enjoy a sweet treat.

**Location:** Senior Center

## FARMERS MARKET

**WED., MAY 6, 11AM-1PM >>>**



## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

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



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



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

FOR MORE INFO, CONTACT: [INFO@CANCERSUPPORTLA.ORG](mailto:INFO@CANCERSUPPORTLA.ORG)



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., MAY 22, 11AM-1PM**

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

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

## FARMERS MARKET AT MI CENTRO

**VIERNES, MAY 8, 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**

## GAY MEN'S PROSTATE CANCER SUPPORT GROUP

**TUES., MAY 12 & 26, 7-9PM >>>**



**LOS ANGELES LGBT CENTER SENIOR SERVICES**

# LGBTech Q&A with Mom's Computer

**MONDAY, MAY 4**  
1:30 - 3:00 PM

Find, save, and organize important files and forms. Learn basic folders and cloud storage. No more "where did it go?" moments.

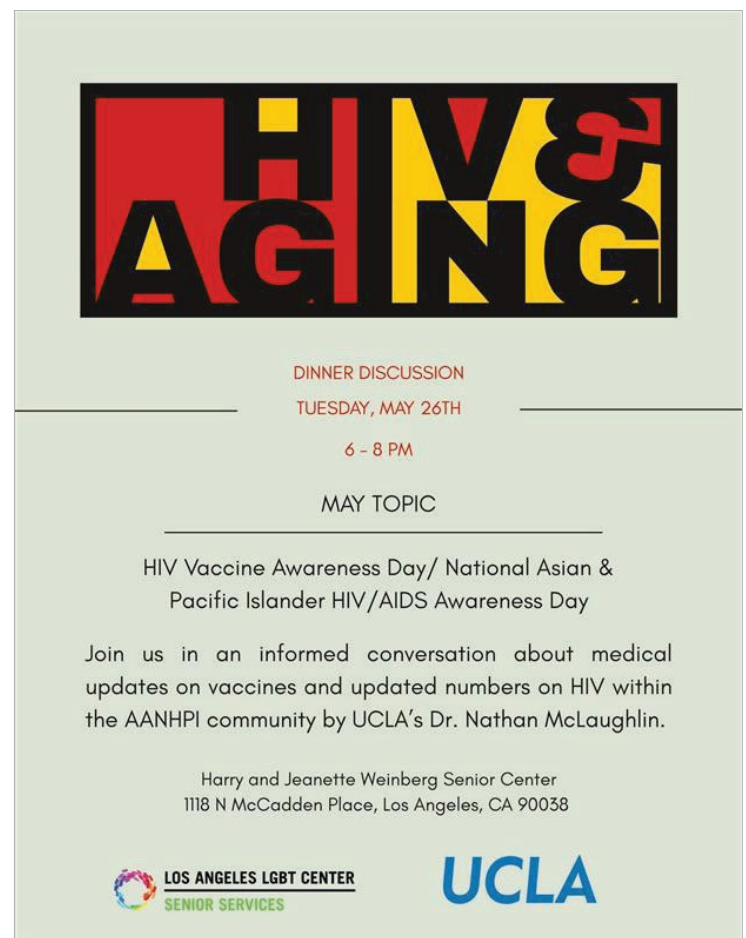
**MONDAY, MAY 18**  
Medication reminders, health tracking, and emergency features. Learn what's helpful and what to ignore. Use technology to stay independent longer. One-on-one tech always available.

**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



# HIV & AGING

**DINNER DISCUSSION**  
**TUESDAY, MAY 26TH**  
6 - 8 PM

**MAY TOPIC**

HIV Vaccine Awareness Day/ National Asian & Pacific Islander HIV/AIDS Awareness Day

Join us in an informed conversation about medical updates on vaccines and updated numbers on HIV within the AANHPI community by UCLA's Dr. Nathan McLaughlin.

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

**LOS ANGELES LGBT CENTER SENIOR SERVICES**

**UCLA**

HOME IS A STORY FINAL READING

Friday May 1st  
10:30AM-12PM

Home is a story has been a four-week workshop focused on personal story telling about housing. Participants of the class will share their stories with an audience. Come listen and support the group as they share their real life housing stories.



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

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

**Location:** Virtual

HIV & AGING: DINNER & DISCUSSION SERIES

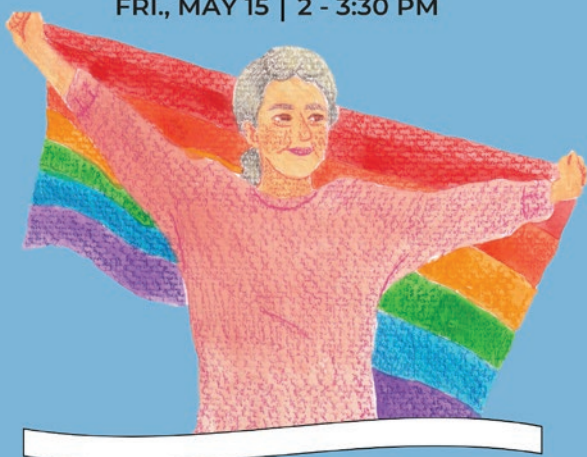
TUE., MAY 26, 6-8PM

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. May topic: HIV Vaccine Awareness Day/National Asian & Pacific Islander HIV/AIDS Awareness Day

**Location:** Senior Center

HONOR OUR LGBT ELDERS DAY

FRI., MAY 15 | 2 - 3:30 PM



JOIN SENIOR SERVICES AND JEWISH FAMILY SERVICE LA AS WE CELEBRATE NATIONAL HONOR OUR LGBT ELDERS DAY! ENJOY AN AFTERNOON OF LIVE ENTERTAINMENT, FUN DANCE LESSONS, DELICIOUS TREATS, AND COMMUNITY.

OPEN TO REGISTERED PARTICIPANTS OF LA LGBT CENTER SENIOR SERVICES AND JEWISH FAMILY SERVICES.

PLUMMER PARK  
7377 SANTA MONICA BOULEVARD, WEST HOLLYWOOD, CA 90046

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

JEWISH FAMILY SERVICE LA

HOME IS A STORY FINALE

FRI., MAY 1, 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

HONOR OUR LGBT ELDERS DAY

FRI., MAY 15, 2-3:30PM

Join Senior Services and Jewish Family Service LA as we celebrate National Honor Our LGBT Elders Day! Enjoy an afternoon of live entertainment, fun dance lessons, delicious treats, and community. >>>

Open to registered participants of LA LGBT Center Senior Services and Jewish Family Services. Limited transportation available, reach out to seniors@lalgbtcenter.org or (323) 860-5830 for more information.

**Location: Plummer Park; 7377 Santa Monica Boulevard, West Hollywood, CA 90046**

## JEWISH HERITAGE CONVERSATION

**FRI., MAY 1, 1:30–3PM**

Join us for a conversation that will honor, and acknowledge over 350+ years of Jewish American History in collaboration with local community members.

**Location: Senior Center**

## JIU-JITSU

**MON., MAY 4, 1:30-3PM**

In May, Jiu-jitsu will only meet on May 4th. 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. This intergenerational group welcomes all ages and abilities and includes participants from the Trans Lounge class, fostering a supportive and inclusive learning environment.

**Location: Senior Center**

## LEVEL UP: JOB SEARCH & RESUME BUILDING FOR TGI & LGBTQ+ PEOPLE

**THURS., MAY 14, 10–11AM**

This workshop covers Resumes, cover letters, job applications, and strategies for navigating bias in hiring. Open to TGI & LGBTQ+ folks, young adults, people re-entering the workforce. Facilitated by Sydney Rogers.

**Location: Senior Center**



**LEVEL UP: JOB SEARCH & RESUME BUILDING FOR TGI & LGBTQ+ PEOPLE**

**THURSDAY, MAY 14, 10-11 AM**

This workshop covers resumes, cover letters, job applications, and strategies for navigating bias in hiring. Open to TGI & LGBTQ+ folks, young adults, people re-entering the workforce. Facilitated by Sydney Rogers.

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



**JEWISH HERITAGE CONVERSATION**

**FRIDAY, MAY 1**  
1:30-3 PM

Join us a conversation that will honor, and acknowledge over 350+ years of Jewish American History in collaboration with local community members.

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



# PATHWAYS TO HOUSING



**Thursday, May 7  
1:30 - 3:00 PM**

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

or  
Join Zoom Meeting  
Meeting ID: 931 3146 8648  
Passcode: 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.**

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

## LGBTECH Q&A WITH MOM'S COMPUTER

**MON., MAY 4 & 18, 1:30-3PM**

**MAY 4:** Find, save, and organize important files and forms. Learn basic folders and cloud storage. No more "where did it go?" moments. Scam Awareness Update.

**MAY 18:** Medication reminders, health tracking, and emergency features. Learn what's helpful and what to ignore. Use technology to stay independent longer. One-on-one tech always available. Beginners welcome.

**Location: Senior Center**

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

**MON., MAY 11, 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**

## MCC-UCCV POTLUCK

**THURS., MAY 28, 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**

**PRACTICE OF GRATITUDE:**  
*WHAT IS GRATITUDE?*

**THURSDAY, MAY 18 | 10-11 AM**

JOIN US FOR A FRIENDLY GROUP DISCUSSION WHERE PARTICIPANTS EXPLORE THE MEANING OF GRATITUDE, SHARE PERSONAL REFLECTIONS, AND CONNECT WITH OTHERS THROUGH THOUGHTFUL CONVERSATION.

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



## PATHWAYS TO HOUSING

**THURS., MAY 7, 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

## PRACTICE OF GRATITUDE: WHAT IS GRATITUDE?

**MON., MAY 18, 10–11AM**

Join us for a friendly group discussion where participants explore the meaning of gratitude, share personal reflections, and connect with others through thoughtful conversation.

**Location:** Senior Center

## QUICK & HEALTHY MEALS ON A BUDGET!

**MON., MAY 4, 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: Black Bean and Corn Salad.

**Location:** Senior Center

## READING OPENS MINDS

**THURS., MAY 7 & 21, 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



# Quick & Healthy Meals on A Budget!

**Monday, May 4  
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



# SENIOR SEX EDUCATION

**FRIDAY, MAY 8  
10:30AM-12PM**

PRESENTED BY UCLA'S REPRODUCTIVE HEALTH INTEREST GROUP

UCLA'S REPRODUCTIVE HEALTH INTEREST GROUP IS TEACHING SENIORS A WORKSHOP OF HOW TO HAVE SAFER SEX AND NAVIGATE ONLINE RELATIONSHIPS. PLEASE JOIN US IN LEARNING ABOUT HIV PREVENTION AND MANAGEMENT AND STAYING SAFE WHILE DATING ON THE INTERNET. PARTICIPANTS GET TO TAKE WITH THEM A FREE HEALTH AND WELLNESS GOODIE BAG AFTER THE WORKSHOP!

LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

## SENIOR SEX EDUCATION

**FRI., MAY 8, 10:30AM–12PM**

UCLA's Reproductive Health Interest Group is teaching seniors a workshop of how to have safer sex and navigate online relationships. Please join us in learning about HIV prevention and management and staying safe while dating on the Internet. Participants get to take with them a free health and wellness goodie bag after the workshop!

**Location:** Senior Center

## SEASONED & SIZZLING

**TUES., MAY. 26, 5:30–7PM**

Join us for this monthly gathering hosted by Senior Services and the Spilling the Tea program. A social and support group for transgender and gender nonconforming adults to support one another and build community. This event is open to adults age 50+ who identify as transgender, gender nonconforming, bi/lesbian women. March Theme: Mexican!

**Location:** Senior Center

## SOUND BATH

**MON., MAY 18, 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

## STILL LIFE DRAWING

**FRI., MAY 22 & 29, 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., MAY 29, 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., MAY 26, 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: Mexican!

**Location:** Senior Center

## VIETNAMESE SPRING ROLLS WORKSHOP

**MON., MAY 4, 11AM–12PM**

Join us for a fun and flavorful Vietnamese Spring Rolls Workshop, where you'll learn how to roll fresh, delicious spring rolls step-by-step! Come enjoy good food, cultural connection, and hands-on fun—no experience needed, limited to 15 participants.

**Location:** Senior Center

## ZINE-MAKING ART WORKSHOP

**FRI., MAY 15, 22, & 29, 10–11AM**

Join our three-part zine-making (short for magazine) series and explore self-expression, storytelling, and creativity through DIY publishing. Participants will learn the basics of zines, create their own content, and assemble a finished piece to share or keep. No prior experience needed.

**Location:** Senior Center

# ZINE- MAKING ART WORKSHOP

FRIDAY, MAY 15, 22, & 29 FROM 10-11 AM

JOIN OUR THREE-PART ZINE-MAKING (SHORT FOR MAGAZINE) SERIES AND EXPLORE SELF-EXPRESSION, STORYTELLING, AND CREATIVITY THROUGH DIY PUBLISHING. PARTICIPANTS WILL LEARN THE BASICS OF ZINES, CREATE THEIR OWN CONTENT, AND ASSEMBLE A FINISHED PIECE TO SHARE OR KEEP. NO PRIOR EXPERIENCE NEEDED.



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

LA LGBT CENTER

SENIOR SERVICES

# VETERAN'S POTLUCK DINNER

TUESDAY, MAY 26, 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.

MAY FOOD THEME: MEXICAN



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

# Vietnamese Spring Rolls Workshop

TUESDAY, MAY 4, 11-12PM



Join us for a fun and flavorful Vietnamese Spring Rolls Workshop, where you'll learn how to roll fresh, delicious spring rolls step-by-step! Come enjoy good food, cultural connection, and hands-on fun—no experience needed and all are welcome. Limited Space. RSVP to [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org) or 323-860-5830.

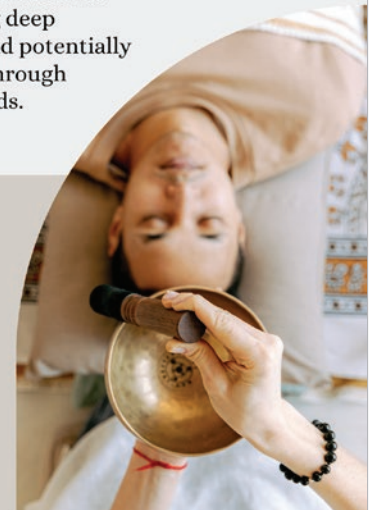
LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

# SOUND BATH with Alex

Monday, May 18  
11 AM-12 PM

A meditative practice where participants lie down or sit and are "bathed" in a wash of sounds produced by various instruments with the intention of inducing deep relaxation, stress reduction, and potentially promoting a sense of healing through vibrations created by the sounds.



LOS ANGELES LGBT CENTER  
SENIOR SERVICES

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

LOS ANGELES LGBT CENTER

SENIOR SERVICES

A COUNTRY WESTERN STYLED SENIOR PROM

# Pink Pony Rodeo

JUNE 5TH @ 6-9PM

MUSIC, DANCING, DINNER!  
COME DRESSED IN YOUR BEST  
COUNTRY WESTERN ATTIRE.

FOR REGISTERED SENIOR SERVICES PARTICIPANTS  
ANITA MAY ROSENSTEIN CAMPUS, 1118 N MCCADDEN PLACE

SUGGESTED DONATION \$10, NO ONE WILL BE  
TURNED AWAY DUE TO LACK OF FUNDS.

LIMITED FREE ONSITE PARKING. CARPOOL OR  
RIDESHARE IS ENCOURAGED.

SPACE IS LIMITED. RSVPS OPEN MAY 4-26.  
TO RSVP, CONTACT SENIORS@LALGBTCENTER.ORG OR 323-860-5830.

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