



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

JULY 2026

DISABILITY PRIDE MONTH



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

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

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 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 requesting to "Go Green."



LETTER FROM KIERA

Every July, we honor the history, achievements, and experience of the disabled community during Disability Pride Month, commemorating the anniversary of the Americans with Disabilities Act being signed into law in 1990.

On July 20 and 27, we'll be screening two films highlighting the journey of disabled individuals. On the 23rd, we will host a Disability Pride Circle where participants can come together to share their struggles, pride, and triumphs, and learn from one another.

New workshops this month include "Creating Opportunities for Kindness" with Genette Isaac on the 13th, exploring the power of kindness—where it begins, how it grows, and the role it plays in both self-care and caring for others. The LA Sparks will join us to help lead "Movement and Fun," an activity-based workshop designed to get everyone energized and smiling! We will also begin a new Fall Prevention workshop series this month with multiple options for strengthening and building your core strength.



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 10AM to 1PM and 2PM to 5PM, based on availability. Location: The Village at Ed Gould Plaza, 1125 N. McCadden Pl., Los Angeles, CA 90038.



PARKING TICKETING SYSTEM

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

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

DROP-IN CASE MANAGEMENT

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

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

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

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

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

323-860-5830 and seniors@lalgbtcenter.org



LOS ANGELES LGBT CENTER
SENIOR SERVICES

CONSULTORÍA DE CASOS

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

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

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

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

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

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



PANTRY PICK-UP

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

SENIOR SERVICES COOLING CENTER

WHEN THE TEMPERATURE IS ABOVE 90 DEGREES!
(DURING SENIOR CENTER OPERATING HOURS)

WATCH A FILM AND STAY COOL!

CHECK IN WITH STAFF DURING LUNCH IF YOU ARE INTERESTED IN PARTICIPATING.



LOS ANGELES LGBT CENTER ANITA MAY ROSENSTEIN CAMPUS
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, JULY 1
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 JULY:

**FRIDAY, JULY 3 -
INDEPENDENCE DAY (OBSERVED)**

WE APOLOGIZE FOR ANY INCONVENIENCE.
PLEASE PLAN ACCORDINGLY.



LOS ANGELES LGBT CENTER
SENIOR SERVICES



**LOS ANGELES
LGBT
CENTER**
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In-Person Mental Health Therapy now available at the Senior Center

Mental Health Services at the Los Angeles LGBT Center specialize in psychotherapy for LGBTQ+ people and their families/allies. We welcome all cultures, ethnicities, sexual orientations, and gender identities.

Our therapists are able to help with: anxiety, depression, coming out, relationships, grief and loss, substance use and recovery, support navigating major life transitions like retirement, coping with chronic pain or illness, support related to living with HIV, care giver stress, loneliness and isolation, intimate partner violence, and more.

We accept most insurance plans, including MediCal & Medicare and offer our services on a sliding scale, based on ability to pay.

Harry and Jeanette Weinberg Senior Center; 1118 N. McCadden Pl., LA, CA 90038
For more information, contact seniors@lalgbtcenter.org or (323) 860-5830



**LOS ANGELES
LGBT
CENTER**
SENIOR
SERVICES

Terapia de salud mental en persona ya disponible en el Centro para Personas Mayores

Los servicios de salud mental del Los Angeles LGBT Center ofrecen terapia para personas LGBTQ+, sus familias y aliados. Aquí aceptamos a todos, sin importar su cultura, raza, orientación sexual o identidad de género.

Nuestros terapeutas pueden brindar ayuda con: ansiedad, depresión, el proceso de "salir del clóset," relaciones interpersonales, duelo y pérdidas, uso sustancias y recuperación, apoyo para afrontar transiciones vitales importantes (como la jubilación), manejo del dolor crónico, enfermedades, apoyo relacionado con vivir con VIH o cancer, estrés del cuidador, soledad y aislamiento, violencia en su relaciones y más.

Aceptamos casi todos los seguros, incluidos en Medi-Cal y Medicare. Si no tiene seguro, ofrecemos tarifas ajustables según su capacidad de pago

Harry and Jeanette Weinberg Senior Center; 1118 N. McCadden Pl., LA, CA 90038
Para más información, contacte a seniors@lalgbtcenter.org or (323) 860-5830

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

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

11AM-1PM

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

1:30-3PM

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. No class on July 27.

Location: Senior Center

TUESDAYS

DANCE, MEDITATION, & MOVEMENT

10-11AM

Join instructor E Talley II for a gentle and joyful class that blends deep breathing,

INTRO TO Brazilian JIU JITSU



EVERY MONDAY, 1:30 - 3:00 PM
NO CLASS ON JULY 27

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

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. 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 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. Participants ages 60+ will be asked to complete an informed consent and pre/post surveys.

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. **Please note that this month, evening potlucks will be rescheduled to take**

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



Tuesdays 1:30-2:30pm

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.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

FOR TRANSGENDER AND ENBY ADULTS

SEASONED & SIZZLING

BRING A DISH TO SHARE!

JULY: HAWAIIAN

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, JULY 28 FROM 1:30-3PM



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+.

**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.



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

place during each group's final meeting of the month. This month's potluck will be on 7/28 at 1:30pm.

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 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

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 surveys.

Location: Senior Center
or **Meeting ID:** 981 4546 9997
Passcode: 418978

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+.

**MOVEMENT & BALANCE
W / LUCERO**



Wednesdays 1:30 - 2:30 PM

Come and learn to incorporate gentle, fluid exercises to enhance mobility, prevent falls, and improve overall physical health.

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

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. Participants ages 60+ will be asked to complete an informed consent and pre/post surveys.

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.



VETERAN'S POTLUCK DINNER
WEDNESDAY, JULY 29, 1:30-3PM

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.

JULY FOOD THEME: ITALIAN

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

The poster features a red background with white stars at the top. The main title 'VETERAN'S POTLUCK DINNER' is in large, bold, white letters. Below it, the date and time 'WEDNESDAY, JULY 29, 1:30-3PM' are in white. A smaller text block explains the event's frequency and participation options. The July food theme 'ITALIAN' is highlighted. Illustrations include a hand sprinkling seeds, a red pot with a yellow lid, and a man and woman with a child. Logos for the Los Angeles LGBT Center Senior Services and the Harry & Jeanette Weinberg Senior Center are at the bottom.



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

LOS ANGELES LGBT CENTER SENIOR SERVICES

The poster has a light blue background with a yellow banner at the top. The title 'LOOKING FOR MORE AFFORDABLE HOUSING OPTIONS?' is in large, bold, teal letters. Below it, a paragraph describes the workshop. A yellow rounded rectangle contains the text 'EVERY WEDNESDAY 1:30 - 3:00 PM'. The address 'Cyber Center at the Village at Ed Gould Plaza, 1125 N McCadden Place, Los Angeles 90038' is listed. The Los Angeles LGBT Center Senior Services logo is at the bottom. The bottom of the poster features a colorful illustration of houses and trees.



EVERYDAY MOVEMENT

FOR ALL

LEARN MIND/BODY AWARENESS AS WE EXPLORE HOW TO SIT, STAND, AND MOVE WITH GREATER EASE AND LESS PAIN. AN ALEXANDER TECHNIQUE TAUGHT BY BECKY SANDLER.

MEETING ID: 202 631 4079
Password: 7tmxHL

FRIDAYS | 11:30AM-12:30PM



Please note that this month, evening potlucks will be rescheduled to take place during each group's final meeting of the month. This month's potluck will be on July 29th at 2pm.

Location: Senior Center
or **Meeting ID:** 997 4154 4863
Passcode: 301481

THURSDAYS

MEN'S HIKING GROUP

9:30AM

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

Location: Griffith Park

SENIOR SERVICES PRIDE PANTRY

9:30-11AM

Senior Services Pride Pantry is available to registered participants up to twice per month. Please bring your Senior Services card when picking up your items. Only one (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 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. No Brain Games on July 23rd.

Location: Senior Center

HIV & AGING

LUNCH DISCUSSION
THURSDAY, JULY 30TH

1:30 - 3 PM

JULY TOPIC

Zero Stigma Day

Join us in an informed conversation that will aim to honor, uplift, and provide educational tools to combat stigma in today's world, along with community members.

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



MEN LIVING WITH HIV

1:30–3PM

Share your stories and experiences of living with HIV and meet some new friends! This support group is a safe space for the HIV-positive community. Please note that this month's evening HIV & Aging Dinner will be a HIV & Aging lunch on July 30th at 1:30pm.

Location: Senior Center

FRIDAYS

WALKING AND TALKING

10-11AM

Join Activities Coordinator, Andres H, for a weekly neighborhood walking series! Along the way, you'll learn the basics of photography and practice taking photos as we explore together. Participants ages 60+ will be asked to complete an informed consent and pre/post surveys.

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

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+.

WALKING AND TALKING

WITH ANDRES H
+ PHONE PHOTOGRAPHY



MEETING POINT:
SENIOR CENTER

FRIDAYS,
JULY 10 THROUGH AUGUST 14
10:00-11:00AM

Join Activities Coordinator, Andres H, for a weekly neighborhood walking series! Along the way, you'll learn the basics of photography and practice taking photos as we explore together.



Thursdays 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.

*No brain games on July 23.



MONDAY**TUESDAY****WEDNESDAY****1**

Cyber Center 10AM-1PM & 2-5 PM
 Men's Social Group 10AM-12PM
 Medicare Counseling 10AM-2PM
 Farmers Market 11AM-1PM
 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

6

Quick & Healthy Meals on a Budget!
 10-11AM
 Racial Justice Allies 11AM-12PM
 Senior Writing Group 11:30AM-1:30PM
 Jiu-Jitsu 1:30-3PM
 LGBTech 1:30-3PM

7

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
 Senior Pantry Pickup 1:30-3PM

8

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

13

Breakfast Bingo 9:30-11AM
 Racial Justice Allies 11AM-12PM
 Senior Writing Group 11:30AM-1:30PM
 Creating Opportunities for Kindness
 1:30-2:30PM
 Jiu-Jitsu 1:30-3PM

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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
 Senior Pantry Pickup 1:30-3PM
 Prostate Cancer Support Group 7-9PM

15

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

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Disability Pride Month Movie 10AM-12PM
 Medicare Counseling 10AM-2PM
 Racial Justice Allies 11AM-12PM
 Senior Writing Group 11:30AM-1:30PM
 Jiu-Jitsu 1:30-3PM
 LGBTech 1:30-3PM

21

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 1:30-3PM
 Senior Pantry Pickup 1:30-3PM

22

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

27

Disability Pride Month Movie 10AM-12PM
 Sound Bath 11AM- 12 PM
 Racial Justice Allies 11AM-12PM
 Senior Writing Group 11:30AM-1:30PM
 LA Sparks: Movement & Fun 1:30-3PM

28

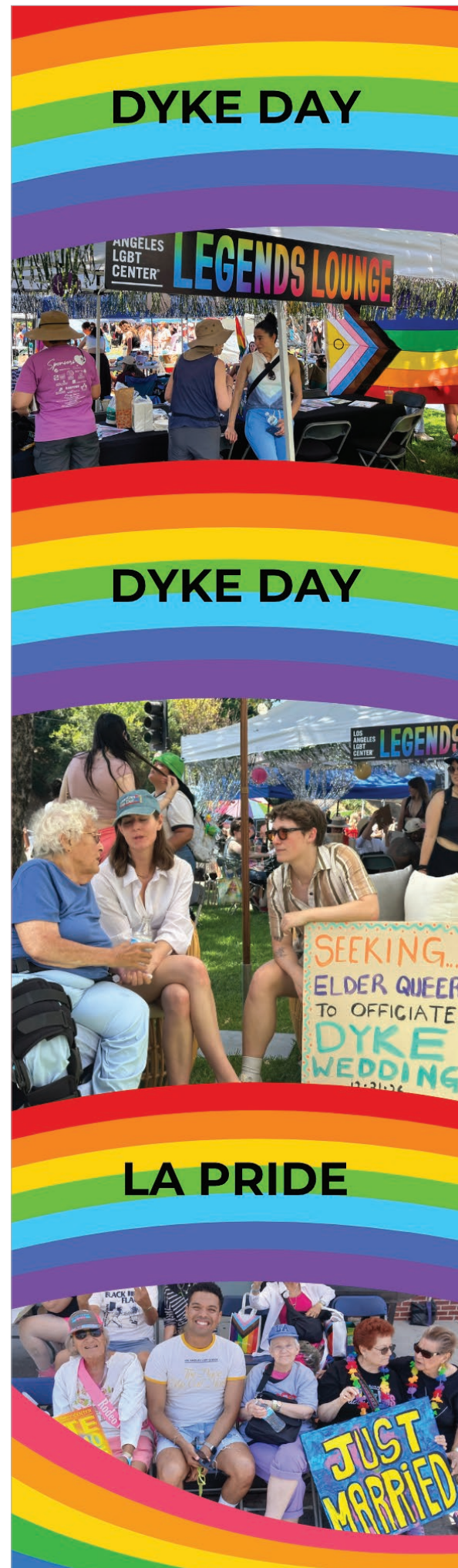
Cyber Center 10AM-1PM & 2-5PM
 Dance Meditation & Movement 10-11AM
 R&B Line Dancing 11AM-12PM
 Cardio Soul Dance 1:30-2:30PM
 Moving Forward 1:30-3PM
 Seasoned & Sizzled 1:30-3PM
 Senior Pantry Pickup 1:30-3PM
 Prostate Cancer Support Group 7-9PM

29

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 & Potluck 2-3PM

JULY

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</p>	<p>3</p> <p>Senior Center Closed</p> <p>Independence Day Observed</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 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>Walking and Talking 10-11AM Everyday Movement 11:30AM-2:30PM Farmers Market at Mi Centro 11AM-1PM HomeFit with AARP 2-3PM Ebony Sage Circle 3-4:30PM 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</p>	<p>17</p> <p>Walking and Talking 10-11AM Everyday Movement 11:30AM-12:30PM Vision Quest 1:30-3PM Cancer Support Group 3-5PM</p>
<p>23</p> <p>Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Crafts with LA Public Library 10:30-11:30AM Cyber Center 10AM-1PM & 2-5PM Alzheimer's Support Group 12-1:30PM Disability Circle 1:30-2:30 PM Men Living with HIV 1:30-3PM</p>	<p>24</p> <p>Walking and Talking 10-11AM Farmers Market at Center South 11AM-1PM Everyday Movement 11:30AM-12:30PM Vision Quest 1:30-3PM TransMasc Exchange 3-4:30PM Cancer Support Group 3-5PM Ebony Sage Circle @ Center South 3-4:30PM</p>
<p>30</p> <p>Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Brain Games 10-11AM Cyber Center 10AM-1PM & 2-5PM HIV & Aging Lunch 1:30-3PM Independence at Home Presents: Do's and Don'ts of Healthy Dieting 2-3PM</p>	<p>31</p> <p>Walking and Talking 10-11AM Everyday Movement 11:30AM-12:30PM Vision Quest 1:30-3PM Cancer Support Group 3-5PM</p>



DISABILITY CIRCLE



**THURSDAY, JULY 23
1:30 - 2:30 PM**

This conversation is open to all. This engaging forum will allow participants living with disabilities to express their challenges, observations and hopes for better inclusion, understanding and vigilance regarding their lives and needs. Learn to become a better ally for the disabled LGBTQIA+ community. Please contact Senior Services at seniors@lalgbtcenter.org or (323) 860-5830 with any accessibility needs or requests.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., JULY 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., JULY 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., JULY 13, 9:30-11AM

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

Location: Senior Center

CAMINOS A LA VIVIENDA

JUEVES, JULIO 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 participacion en este taller es requerido si esta interesado en participar en >>>

LOS ANGELES LGBT CENTER
SENIOR SERVICES

CAMINOS A LA VIVIENDA

**Jueves, 09 de Julio
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 participacion 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

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

CRAFTS WITH LA PUBLIC LIBRARY

THURS., JULY 23, 10:30–11:30AM

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: Keychain and Pin- making.

Location: Senior Center

CREATING OPPORTUNITIES FOR KINDNESS

MON., JULY 13, 1:30-2:30PM

Join us for an engaging workshop on the power of kindness—where it begins, how it grows, and the role it plays in both self-care and caring for others. Through an open and welcoming discussion, we'll explore how kindness shapes our relationships, strengthens our well-being, and creates a positive ripple effect in our daily lives.

Location: Senior Center

DISABILITY DISCUSSION CIRCLE

THURS., JULY 23, 1:30-2:30PM

This conversation is open to all. This engaging forum will allow participants living with disabilities to express their challenges, observations and hopes for better inclusion, understanding and vigilance regarding their lives and needs. Learn to become a better ally for the disabled LGBTQIA+ community. Please contact Senior Services at seniors@lalgbtcenter.org or (323) 860-5830 with any accessibility needs or requests.

Location: Senior Center

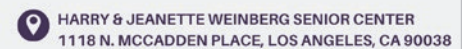
CRAFTS WITH LA PUBLIC LIBRARY

THURSDAY, JULY 23 10:30-11:30AM



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: YARN WRAPPED RED, WHITE, & BLUE GARLAND



CREATING OPPORTUNITIES FOR KINDNESS

MONDAY, JULY 13, 1:30-2:30 PM

Join us for an engaging workshop on the power of kindness—where it begins, how it grows, and the role it plays in both self-care and caring for others. Through an open and welcoming discussion, we'll explore how kindness shapes our relationships, strengthens our well-being, and creates a positive ripple effect in our daily lives. Lead by Genette I.



DWELL WELL:

UNWANTED ROOMMATES:
WHAT'S CRAWLING IN YOUR HOME?

Thursday, July 16

1:30-2:30 PM



Creepy crawlies don't have to cause panic! This informative (and surprisingly fun) session covers what bedbugs actually are, where they hide, how they spread, and the real health risks involved. Attendees will learn how to identify issues early, reduce stigma, and respond calmly and effectively.

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

DISABILITY PRIDE MONTH MOVIE

MON., JULY 20 & 27, 10AM-12PM

Celebrate Disability Pride Month with us at Senior Services for a special morning movie—come enjoy a feel-good film, connect with others, and honor the strength and diversity of our community!

Location: Senior Center

DO'S AND DON'TS OF HEALTHY DIETING

THURS., JULY 30, 2-3PM

Join participants as they learn and discuss the do's and don'ts of healthy dieting. Presented by Independence at Home.

Location: Senior Center

DWELL WELL SERIES UNWANTED ROOMMATES: WHAT'S CRAWLING IN YOUR HOME?

THURS., JULY 16, 1:30-2:30PM

Creepy crawlies don't have to cause panic! This informative (and surprisingly fun) session covers what bedbugs actually are, where they hide, how they spread, and the real health risks involved. Attendees will learn how to identify issues early, reduce stigma, and respond calmly and effectively.

Location: Senior Center or

Meeting ID: 966 8780 6392

Password: 885161

EBONY SAGE CIRCLE

FRI., JULY 10 & 24, 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. Ebony Sage meets on the 2nd Friday at Senior Center and at Center South on the fourth Friday.

Location: Senior Center or >>>

**2ND & 4TH FRIDAY
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.

2nd Friday: Senior Center (1118 N McCadden Place)
4th Friday: Center South
(2313 W. Martin Luther King Jr. Blvd)

Meeting ID: 735 732 7145 **Passcode: n90pm**

Center South, 2313 W. Martin Luther King Jr. Blvd Los Angeles, CA 90008 or
Meeting ID: 735 732 7145
Password: n90pm

FARMERS MARKET

WED., JULY 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., JULY 24, 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, JULY 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. >>>



**THE SECOND FRIDAY
EACH MONTH 3-4PM**

**ART
APPRECIATION**

**VIRTUAL
MEETING ID: 984 9274 8385
PASS: 081457**



**DO'S AND DON'TS
OF HEALTHY DIETING**

THURSDAY, JULY 30 | 2-3 PM

JOIN PARTICIPANTS AS THEY LEARN AND DISCUSS
THE DO'S AND DON'TS OF HEALTHY DIETING.
PRESENTED BY INDEPENDENCE AT HOME.

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

LOS ANGELES LGBT CENTER SENIOR SERVICES | Independence at Home A SCAN Community Service

HOMEFIT

WITH AARP

FRI., JULY 10, 2-3PM



AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any "universal design" elements—such as single story living or a sink that can be reached from a wheelchair. That's where AARP HomeFit comes in. Based on the free AARP HomeFit Guide (available at aarp.org/yourhome) this presentation can help individuals and families make their current or future residence—or that of a loved one—their "lifelong home."

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

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., JULY 14 & 28, 7-9PM

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

Location: Virtual

HIV & AGING: LUNCH & DISCUSSION SERIES

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

Join us this month for a special lunch discussion that will aim to honor, uplift, and provide educational tools to combat stigma around HIV in today's world. This space is for people living with HIV or impacted by HIV. July topic: Zero Stigma Day

Location: Senior Center

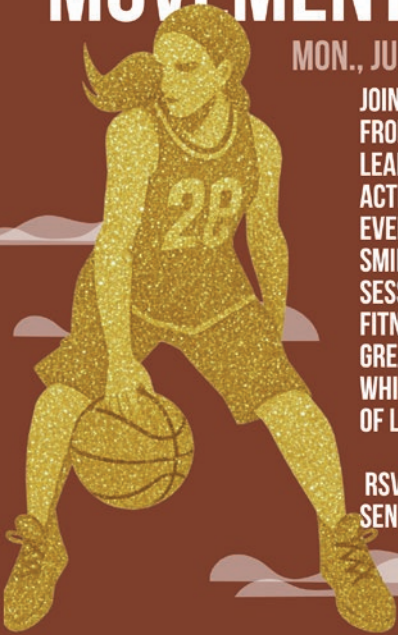
HOMEFIT WITH AARP

FRI., JULY 10, 2-3PM

AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any "universal design" elements—such as single story living or a sink that can be reached from a wheelchair. That's where AARP HomeFit comes in. Based on the free AARP HomeFit Guide (available at aarp.org/yourhome) this presentation can help individuals and families make >>>

LA SPARKS: MOVEMENT & FUN

MON., JULY 27, 1:30-3PM



JOIN US FOR A SPECIAL VISIT FROM THE LA SPARKS AS THEY LEAD A FUN, MOVEMENT-BASED ACTIVITY DESIGNED TO GET EVERYONE ENERGIZED AND SMILING! THIS INTERACTIVE SESSION IS PERFECT FOR ALL FITNESS LEVELS AND IS A GREAT CHANCE TO STAY ACTIVE WHILE CONNECTING WITH ONE OF LA'S HOMETOWN TEAMS.

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

their current or future residence—or that of a loved one—their “lifelong home.”

Location: Senior Center

LA SPARKS: MOVEMENT & FUN

MON., JULY 27, 1:30-3PM

Join us for a special visit from the LA Sparks as they lead a fun, movement-based activity designed to get everyone energized and smiling! This interactive session is perfect for all fitness levels and is a great chance to stay active while connecting with one of LA’s hometown teams. Please contact Senior Services at seniors@lalgbtcenter.org or (323) 860-5830 to RSVP.

Location: Senior Center

LEGAL SERVICES OFFICE HOURS WITH SENIORS

FOR DATES AND TIMES, PLEASE REFER TO OUR WEEKLY E-BLAST

An attorney will be available at the Senior Center to provide consultation and case evaluation services. During your appointment you may ask legal questions, and we will provide the most accurate advice and information possible.

We are available to assist for a range of legal issues, from preparing for small claims court, providing eviction defense resources, to immigration eligibility screening. Come with your questions and legal issues and we will do our best to help you. Appointments based on availability.

Location: Senior Center

LGBTECH Q&A WITH MOM’S COMPUTER

MON., JULY 6 & 20, 1:30–3PM

JULY 6: Market your skills online! Sites like Upwork allow you to place your >>>



LEGAL SERVICES OFFICE HOURS

FOR DATES AND TIMES OF LEGAL SERVICES OFFICE HOURS, PLEASE REFER TO OUR WEEKLY E-BLAST.

Twice a month, an attorney will be available at the Senior Center to provide consultation and case evaluation services. During your appointment you may ask legal questions, and we will provide the most accurate advice and information possible.

We are available to assist for a range of legal issues, from preparing for small-claims court, providing eviction defense resources, to immigration eligibility screening. Come with your questions and legal issues and we will do our best to help you. Appointments based on availability.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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



MEDICARE COUNSELING

CENTER FOR HEALTH CARE RIGHTS

WED., JULY 1 & MON., JULY 20
FROM 10AM-2PM

The Center for Health Care Rights provides free, unbiased guidance on Medicare and related health insurance. State-registered HICAP Counselors will provide clear information and answer your questions to help you make informed decisions about your coverage.

CALL TO SCHEDULE AN APPOINTMENT: (213) 383-4519

Appointments occur in-person at the Senior Center.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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



PATHWAYS TO HOUSING

Thursday, June 2
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

talents and experience and maybe make some part time income. Smart Phone Storage Clinic. How to delete pictures and videos, and still have them when you want them.

JULY 20: Device workshop. Bring your laptop/tablet/old equipment and we will tune them up. Elijah, Israel and Ray and the team will be onsite for individual tech care.

Organize old emails and even better delete them for all time. Microsoft Word and Excel, do you still need these?

Scam of the Month Club. All levels welcome. All questions answered.

Location: Senior Center

MEDICARE COUNSELING

WED., JULY 1 & MON. JULY 20,
10AM-2PM

The Center for Health Care Rights (CHCR) provides free, unbiased guidance on Medicare and related health insurance. State-registered HICAP Counselors will provide clear information and answer your questions to help you make informed decisions about your coverage. To schedule an appointment, contact the CHCR at (213) 383-4519.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., JULY 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

Quick & Healthy Meals on A Budget!

Monday, July 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

QUICK & HEALTHY MEALS ON A BUDGET!

MON., JULY 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: Summer Salad.

Location: Senior Center

READING OPENS MINDS

THURS., JULY 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

SEASONED & SIZZLING

TUES., MAY. 28, 1:30-3PM

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. July Theme: Hawaiian.

Location: Senior Center

SOUND BATH

MON., JULY 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.

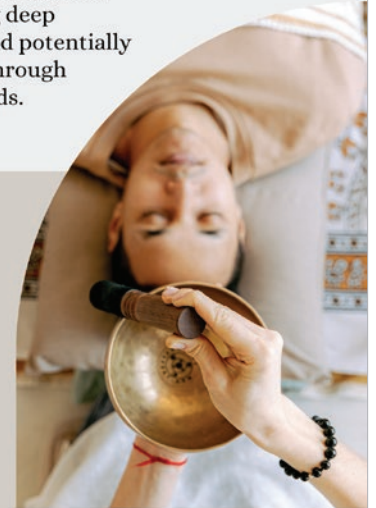
Location: Senior Center

SOUND BATH

Monday, July 27
11 AM-12 PM

with Alex

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

**EVERY FRIDAY
JULY 17 - AUGUST 28**

1:30-3:00PM

Level up! Come improve your drawing skills! No experience necessary. Patels, pencils, and watercolors will be utilized. Express yourself, this workshop is presented by the multi-faceted artist, Danny Rios.



VISION QUEST

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., JULY 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

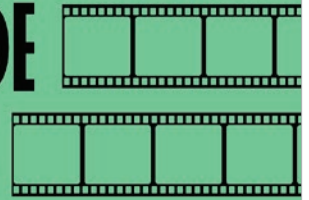
VISION QUEST

FRI., JULY 17, 24, & 31, 1:30-3PM

Level up! Come improve your drawing skills! No experience necessary. Pastels, pencils, and watercolors will be utilized. Express yourself and learn from the multi-faceted artist, Danny Rios. Space is limited.

Location: Senior Center

DISABILITY PRIDE MONTH MOVIES



MONDAY, JULY 20
THE SOUND OF METAL



MONDAY, JULY 27
SPECIAL (TV SHOW)



SCHEDULE

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

READING OPENS MINDS

BOOK CLUB MEETS
1ST & 3RD THURSDAYS
1:30 - 3:00 PM

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

MY LIFE IS POETRY

Starting July 6-September 21, 2026
Mondays 2:00 PM-4:00PM **NO RSVP NEEDED**

A free autobiographical poetry writing workshop for LGBT seniors

Expect a supportive environment where you can openly write your stories. You don't need to know the rules of grammar or spelling or have a large vocabulary. All you need is a willingness to try and a pen.

To join via zoom, use the QR code or go to:
<https://tinyurl.com/MiCentroPoetry>
Please email
Steven@StevenReigns.com
with any questions

Workshop sponsors:

STEVEN REIGNS
WORKSHOP LEADER

dca DEPARTMENT OF CULTURAL AFFAIRS
City of Los Angeles

Mi Centro
553 S Clarence St
Los Angeles, CA 90033

LOS ANGELES LGBT CENTER
LATINO EQUALITY ALLIANCE
ALIANZA LATINA POR LA IGUALDAD

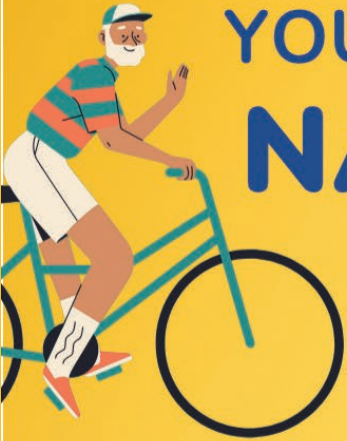
PINK PONY RODEO SENIOR PROM!



SCAN THE QR CODE TO
ACCESS THE PHOTO ALBUM!



LOS ANGELES LGBT CENTER
SENIOR SERVICES



YOU'RE INVITED TO CELEBRATE NATIONAL SENIOR CITIZENS DAY

ACTIVITIES INCLUDE:

Wellness Activities

Social Connection

Free Resources & Services

Film Screening

Friday, August 21, 2026, 9:30AM - 3:00PM

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

