



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

AUGUST 2026

CALIFORNIA CELEBRATES

TRANSGENDER HISTORY MONTH

*Reclaiming, Celebrating, and Uplifting
Trans History*

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

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

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

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

Mailing Address:

Senior Services
6725 Santa Monica Blvd
Los Angeles, CA 90038

Helpline:
323-860-5830

Toll Free:
877-688-4833

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

GO GREEN

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



LETTER FROM KIERA

Hope everyone is staying cool this month. The Senior Center operates as a cooling center on days over 90 degrees. Everyone is welcome, come get hydrated and enjoy a movie!

We are also now offering on-site consultation with our Legal Services department on the 1st and 3rd Tuesdays of the month, 10AM–12PM. We'll also have Medicare counseling from the Center for Healthcare Rights on Aug. 5 and 17, 10AM–2PM, to help you make informed decisions about your coverage options. You can also now access in-person mental health services at the Senior Center, in both English and Spanish. Contact us via email or phone and we can review your insurance information and assist with enrollment and scheduling an appointment.

August is **Transgender History Month** and we have a number of events scheduled including the Trans Hero Circle on Aug. 10; Trans Hero Coloring Hour on Aug. 17; and on Aug. 31, a screening of Framing Agnes, a film documenting the life of a pioneering trans woman who famously navigated a system designed to exclude her by claiming to be intersex to receive gender-affirming surgery in the 1950s.

I hope to see you all enjoying the last months of summer with us at the Senior Center.



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!

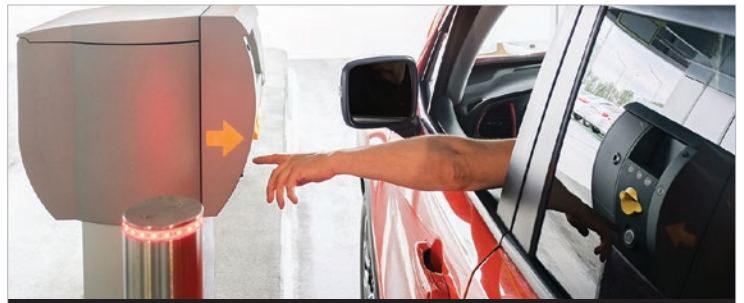
Shower & Laundry Facilities:

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, AUGUST 5
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



Join us as we celebrate TRANSGENDER HISTORY MONTH

Monday, Aug. 10, 1:30-2:30 PM

Trans Hero Circle Discussion

Monday, Aug. 17, 10:00-11:00 AM

Trans Hero Coloring Hour

Monday, Aug. 31, 1:30-3:00 PM

Film Screening of "Framing Agnes"



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

LOS ANGELES LGBT CENTER SENIOR SERVICES



MENTAL HEALTH SUPPORT FOR OLDER ADULTS 50+

We offer weekly individual psychotherapy tailored to the unique needs of older adults.

Services address a wide range of concerns, including:

- Social isolation and loneliness
- Depression and anxiety
- Managing chronic health conditions
- Life transitions and adjustment

Additional support includes:

- Guidance and counseling for caregivers
- Life review and meaning-making
- Planning for health, housing, and future care needs

Compassionate, personalized care to help you or your loved one thrive.

In person appointments at the Harry & Jeanette Weinberg Senior Center, Monday to Friday based on availability. Medi-Cal & Medicare accepted; co-pay may be required. Contact seniors@lalgbtcenter.org or 323-860-5830.



LEGAL SERVICES OFFICE HOURS

TUES., AUGUST 4, 10AM-12PM
TUES., AUGUST 18, 10AM-12PM

On the 1st and 3rd Tuesday of each 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

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.

Location: Senior Center

TUESDAYS

DANCE, MEDITATION, & MOVEMENT

10–11AM

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



INTRO TO Brazilian JIU JITSU

EVERY MONDAY, 1:30 - 3:00 PM

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

Jiu-Jitsu is a ground-based martial art, this workshop, taught by Erin Muscatelli of Culinary Arts, will be an introduction to Brazilian Jiu-Jitsu.

While all ages and physical abilities are welcome to participate, all participants must complete a Physical Health Waiver to participate.

THE SECOND WEEK OF THE MONTH IS RESERVED FOR BEGINNERS!

LOS ANGELES LGBT CENTER
 SENIOR SERVICES

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. 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. >>>

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.



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

SPILLING THE TEA

DON'T BE SHY, SPILL THE TEA!



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

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

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



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

FALLS PREVENTION RESEARCH STUDY

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

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

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

BEGINNING TAP DANCE

1:30-2:30PM

Learn the fundamentals of tap dancing >>>

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

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.

Please note that this month, evening potlucks will be rescheduled to take place during each group's final meeting of the month. >>>



BEGINNING TAP DANCE



LEARN THE FUNDAMENTALS OF TAP DANCING WITH LAUREN & CARL!
TAP IS ONE OF THE GREATEST FEEL-GOOD DANCES YOU CAN ENJOY.
IT'S FUN TO LEARN AND FUN TO PRACTICE.
ALL SKILL LEVELS WELCOME.

WEDNESDAYS
1:30-2:30 PM

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

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

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



EVERY FRIDAY AUGUST 7 - 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

This month's potluck will be on August 26th 1:30-3PM.

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 August 27th.

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. Please note that this month's evening HIV & Aging Dinner will be a HIV & Aging lunch on August 27th 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. Improve 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

VISION QUEST

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

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



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 August 27th

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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

MONDAY	TUESDAY	WEDNESDAY
3 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	4 Cyber Center 10AM-1PM & 2-5PM Legal Services Office Hours 10AM-12PM 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	5 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 1:30-3PM Veteran's Support Group 2-3PM
10 Breakfast Bingo 9:30-11AM Racial Justice Allies 11AM-12PM Senior Writing Group 11:30AM-1:30PM Trans Hero Circle 1:30-2:30PM Jiu-Jitsu 1:30-3PM	11 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	12 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 1:30-3PM Veteran's Support Group 2-3PM
17 Trans Hero Coloring Hour 10-11AM Medicare Counseling 10AM-2PM Racial Justice Allies 11AM-12PM Senior Writing Group 11:30AM-1:30PM Jiu-Jitsu 1:30-2:30PM LGBTech 1:30-3PM	18 Cyber Center 10AM-1PM & 2-5PM Legal Services Office Hours 10AM-12PM 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	19 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 1:30-3PM Veteran's Support Group 2-3PM
24 Retirement and Medicare 10:15-11AM Sound Bath 11AM- 12PM Racial Justice Allies 11AM-12PM Senior Writing Group 11:30AM-1:30PM Jiu-Jitsu 1:30-3PM Café Mortality 1:30-3PM	25 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	26 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 1:30-3PM Veteran's Support Group Potluck 1:30-3PM
31 Racial Justice Allies 11AM-12PM Senior Writing Group 11:30AM-1:30PM Jiu-Jitsu 1:30-3PM Film Screening: Framing Agnes 1:30-3PM		

THURSDAY	FRIDAY
6 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	7 Walking & Talking 10-11AM Everyday Movement 11:30AM-2:30PM Vision Quest 1:30-3PM Cancer Support Group 3-5PM
13 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	14 Walking & Talking 10-11AM Everyday Movement 11:30AM-2:30PM Farmers Market at Mi Centro 11AM-1PM Vision Quest 1:30-3PM Art Appreciation 3-4PM Ebony Sage Circle 3-4:30PM Cancer Support Group 3-5PM
20 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	21 National Senior Citizens Day 9:30AM-3PM Walking & Talking 10-11AM On the Move Presentation 11:15AM-12PM Everyday Movement 11:30AM-12:30PM Vision Quest 1:30-3PM Cancer Support Group 3-5PM
27 Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-1PM & 2-5PM Crafts with LA Public Library 10:30-11:30AM Alzheimer's Support Group 12-1:30PM HIV & Aging Lunch 1:30-3PM	28 Walking & Talking 10-11AM Farmers Market at Center South 11AM-1PM Everyday Movement 11:30AM-12:30PM Vision Quest 1:30-3PM Ebony Sage Circle @ Center South 3-4:30PM TransMasc Exchange 3-4:30PM Cancer Support Group 3-5PM

NATIONAL SENIOR CITIZEN'S DAY

AUGUST 21ST

9:30-11AM

FILM SCREENING "OFFICE ROMANCE"



10-11AM

WALKING & TALKING



11:15AM-12PM

LA METRO PRESENTATION "ON THE MOVE"



1:30-3PM

ART

+

ICE CREAM

+

RESOURCES






LOS ANGELES LGBT CENTER
SENIOR SERVICES

Breakfast BINGO

MONDAY | AUGUST 10

Join us this month for Breakfast Bingo!

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

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

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., AUG. 13 & 27, 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., AUG. 14, 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., AUG. 10, 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, AGOSTO 13, 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 >>>



CAMINOS A LA VIVIENDA

Jueves, 13 de Agosto
1:30-3:00PM

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

CAFÉ MORTALITY

MON., AUG. 24, 1:30-3PM

Cafe Mortality is a social gathering where people come together to openly discuss death, dying, and related topics in a safe, respectful, and informal environment. The goal is to increase awareness of death and to help people make the most of their lives. It is not a grief support group or therapy session but rather a space for conversation.

Location: Senior Center

CRAFTS WITH LA PUBLIC LIBRARY

THURS., AUG. 27, 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: Decorative planter pots.

Location: Senior Center

DWELL WELL SERIES HOT DAYS, COOL PLANS: CLIMATE SAFETY FOR OLDER ADULTS

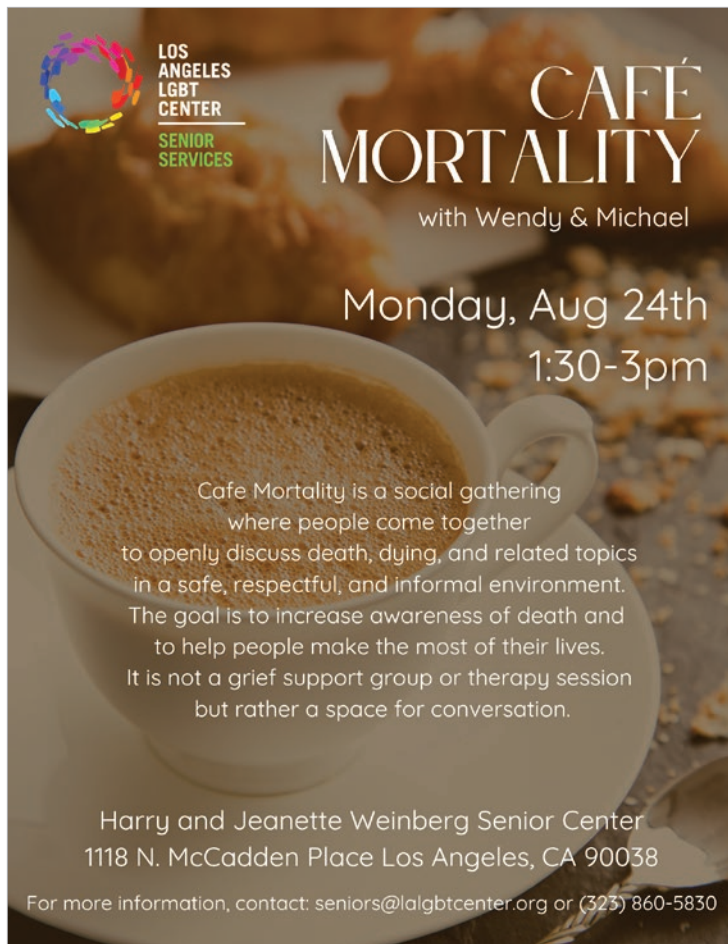
THURS., AUG. 20, 1:30–2:30PM

As temperatures rise, so do risks. This timely session focuses on heat safety, emergency preparedness, and practical strategies to help residents stay cool, safe, and housed during extreme weather. Learn how housing providers and service partners can build resilience before the heat hits.

Location: Senior Center or

Meeting ID: 966 8780 6392

Password: 885161



**LOS ANGELES
LGBT
CENTER**
SENIOR
SERVICES

CAFÉ MORTALITY

with Wendy & Michael

Monday, Aug 24th
1:30-3pm

Cafe Mortality is a social gathering where people come together to openly discuss death, dying, and related topics in a safe, respectful, and informal environment. The goal is to increase awareness of death and to help people make the most of their lives. It is not a grief support group or therapy session but rather a space for conversation.

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

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



CRAFTS WITH LA PUBLIC LIBRARY

THURSDAY, AUGUST 27 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: DECORATIVE PLANT POTTERS

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

DWELL WELL:

HOT DAYS. COOL PLANS:
CLIMATE SAFETY FOR OLDER ADULTS

Thursday, August 20

1:30-2:30 PM



As temperatures rise, so do risks. This timely session focuses on heat safety, emergency preparedness, and practical strategies to help residents stay cool, safe, and housed during extreme weather. Learn how housing providers and service partners can build resilience before the heat hits.

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

EBONY SAGE CIRCLE

FRI., AUG. 14 & 28, 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 Center South,
2313 W. Martin Luther King Jr. Blvd Los
Angeles, CA 90008 or

Meeting ID: 735 732 7145

Password: n90pm

FARMERS MARKET

WED., AUG. 5, 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., AUG. 28, 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, AUG. 14, 11AM-1PM

Ven y selecciona productos frescos en

**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

nuestro sitio comunitario, Mi Centro. En colaboración con Seeds of Hope, el Farmers Market se lleva a cabo el segundo viernes de cada mes, de 11AM a 1PM. La producción es limitada. El primero en llegar es el primero en ser atendido.

Come and select fresh produce at our community site, Mi Centro. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the 2nd Friday of every month, 11AM–1PM. Produce is limited. First come, first served.

Ubicación: Mi Centro, 553 S. Clarence St., Los Angeles, CA 90033

FILM SCREENING: FRAMING AGNES

MON., AUG. 31, 1:30-3PM

Join us for this uniquely directed film that documents the life of a pioneering trans woman who famously navigated a system designed to exclude her by claiming to be intersex to receive gender-affirming surgery in the 1950s. The film deconstructs the historical media and medical framing of trans people by employing a renowned ensemble of trans actors, artists, and thinkers—including Angelica Ross, Jen Richards, and Zackary Drucker—to bring the lost histories of these mid-century pioneers to life. Film discussion to follow.

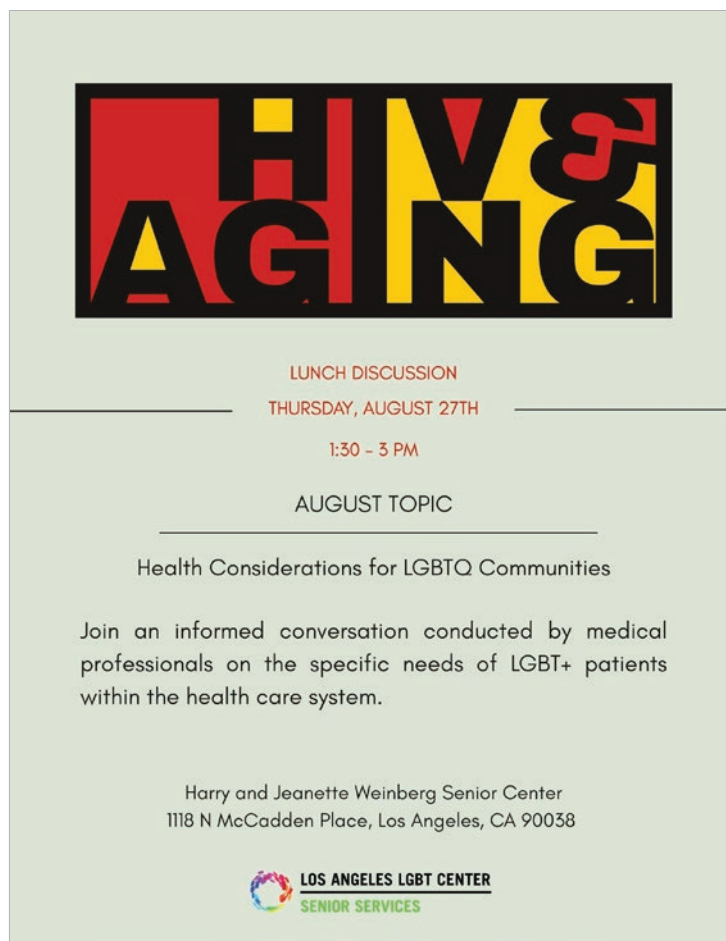
Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., AUG. 11 & 25, 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





ON THE MOVE PRESENTATION BY LA METRO

Friday, August 21, 11:15-12PM

On the Move Riders Program works to empower older adults with the information and confidence to travel on fixed-route transportation. Come ready to learn the ABC's of public transit along with new updates and expansions to our system!



SENIOR CITIZENS DAY TABLING

Friday, August 21

1:30-3:00PM at Pride Hall

Come connect and ask questions about the program!



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

HIV & AGING: LUNCH & DISCUSSION SERIES

THURS., AUG. 27, 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. August Topic: Health Consideration for LGBTQ Communities.

Location: Senior Center

LEGAL SERVICES OFFICE HOURS WITH SENIORS

TUES., AUG. 4 & 18, 10:00AM-12PM

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., AUG. 3 & 17, 1:30-3PM

AUG. 3: Digital Financial Safety Workshop. Learn how to best protect your assets online.

Photo Organization. Create albums for easy sharing with family and friends. Beginners welcome.

AUG. 17: AI for Everyday Life. Discover practical ways AI can save time and answer

MEDICARE COUNSELING

**WED., AUG. 5 & MON., AUG. 17
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.

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

questions.

Password Security. Create stronger passwords and keep your accounts safe. Beginners welcome.

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., AUG. 5 & MON. AUG 17,
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

NATIONAL SENIOR CITIZENS DAY

MON., AUG. 21, 9:30AM-3PM

Join us as we celebrate **National Senior Citizens Day** with a fun-filled day of connection, creativity, and community at the Senior Center. Please check the corresponding flyer for the run of show for the day.

Location: Senior Center

ON THE MOVE PRESENTATION BY LA METRO

FRI., AUG. 21, 11:15AM-12PM

On the Move Riders Program works to empower older adults with the information and confidence to travel on fixed-route transportation. Come ready to learn



RETIREMENT & MEDICARE

Monday, August 24, 10:15-11AM



As you near retirement and approach age 65 or your Medicare eligibility date, understanding your options is essential. Led by a licensed Medicare insurance agent, this workshop covers key Medicare topics including Part A, B, C, and D, enrollment periods and timing, common pitfalls to avoid, and how to choose the right coverage for your needs during this important life transition. What happens to health coverage when employer insurance stops. You'll gain clear, practical information to help you navigate Medicare confidently as you prepare for retirement.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

the ABC's of public transit along with new updates and expansions to our system!

Location: Senior Center

PATHWAYS TO HOUSING

THURS., AUG. 6, 1:30-3PM

This workshop will help 50+ older adults navigate and understand the reality of looking for affordable housing in Los Angeles. Participants will learn about the housing crisis and community resources to identify realistic and unrealistic housing goals when searching for housing. This workshop is required to participate in our home navigation program, but everyone is invited to learn more about the options available.

Location: Senior Center or

Meeting ID: 931 3146 8648

Password: 091142

QUICK & HEALTHY MEALS ON A BUDGET!

MON., AUG. 3, 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: Grilled Cheese.

Location: Senior Center

READING OPENS MINDS

THURS., AUG. 6 & 20, 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

RETIREMENT AND MEDICARE

MON., AUG. 24, 10:15-11AM

As you near retirement and approach age 65 or your Medicare eligibility date, understanding your options is essential. Led by a licensed Medicare insurance agent, this workshop covers key Medicare topics

TRANSHERO CIRCLE

WHO IS YOUR TRANS HERO, AND HOW HAVE THEY IMPACTED YOUR LIFE?

AN OPEN SPACE TO HONOR AND UPLIFT TRANSGENDER HEROES. JOIN US AS WE SHARE STORIES ABOUT THE TRANS PEOPLE WHO HAVE INSPIRED US, SUPPORTED OUR GROWTH, AND HELPED SHAPE OUR JOURNEYS.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

including Part A, B, C, and D, enrollment periods and timing, common pitfalls to avoid, and how to choose the right coverage for your needs during this important life transition. What happens to health coverage when employer insurance stops. You'll gain clear, practical information to help you navigate Medicare confidently as you prepare for retirement.

Location: Senior Center

SOUND BATH

MON., AUG. 24, 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

TRANS HERO CIRCLE

MON., AUG. 10, 1:30-2:30PM

An open space to honor and uplift transgender heroes. Join us as we share stories about the trans people who have inspired us, supported our growth, and helped shape our journeys.

Location: Senior Center

TRANS HERO COLORING HOUR

MON., AUG. 17, 10-11AM

Join staff and learn about trailblazers in trans history while you color images drawn by some of today's finest trans cartoonists from the beloved coloring book, Transgender Heroes.

Location: Senior Center

TRANS HERO COLORING HOUR

MONDAY, AUGUST 17, 10-11AM

JOIN STAFF AND LEARN ABOUT TRAILBLAZERS IN TRANS HISTORY WHILE YOU COLOR IMAGES DRAWN BY SOME OF TODAY'S FINEST TRANS CARTOONISTS FROM THE BELOVED COLORING BOOK, TRANS GENDER HEROES.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

VETERAN'S POTLUCK

WEDNESDAY, AUG. 26, 1:30-3PM

THIS MONTH'S LGBTQ+ VETERANS POTLUCK OCCURS DURING THE LAST MEETING OF THE MONTH. PARTICIPANTS CAN MAKE A DISH OR PICKUP THEIR FAVORITE DISH FROM A LOCAL EATERY OR STORE.

AUGUST FOOD THEME: ASIAN



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., AUG. 28, 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

WED., AUG. 26, 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. August food theme: Asian. **Attendees must be a Veteran to participate.**

Location: Senior Center



**READING
OPENS MINDS**

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

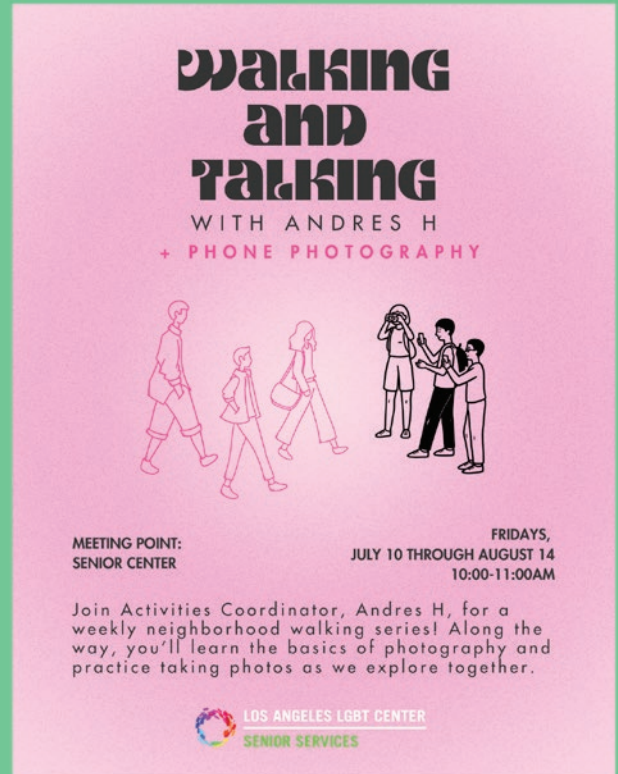
**Harry & Jeanette Weinberg Senior Center
1118 N McCadden Place, Los Angeles, CA 90038**

**LOS ANGELES LGBT CENTER
SENIOR SERVICES**

Illustration of hands holding books and a laptop at the bottom.

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.

**LOS ANGELES LGBT CENTER
SENIOR SERVICES**

Illustration of people walking and taking photos.

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



STEVEN REIGNS
WORKSHOP LEADER

Mi Centro
553 S Clarence St
Los Angeles, CA 90033

Workshop sponsors:



DEPARTMENT OF CULTURAL AFFAIRS
City of Los Angeles





LGBTech Q&A with Mom's Computer

MONDAY, AUGUST 3

1:30 - 3:00 PM

Digital Financial Safety Workshop. Learn how to best protect your assets online.
Photo Organization. Create albums for easy sharing with family and friends.

MONDAY, August 17

1:30-3PM

AI for Everyday Life. Discover practical ways AI can save time and answer questions.
Password Security. Create stronger passwords and keep your accounts safe.



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

PATHWAYS TO HOUSING

Thursday, August 6
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



This workshop is intended to help you 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 help identify realistic goals when searching for housing.



SOUND BATH

with Alex

Monday, August 24
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.



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

THE SECOND FRIDAY
EACH MONTH 3-4PM

ART
APPRECIATION

VIRTUAL
MEETING ID: 984 9274 8385
PASS: 081457



LOS ANGELES LGBT CENTER

SENIOR SERVICES

SUMMER OF LOVE DANCE

CHOOSE
LOVE

Thursday, September 3
3-5 PM



Step back in time and groove to the classics at Summer of Love! Get ready to dance away to the unforgettable beats of the 60s & 70s! Savory and sweet goodies will be provided.

60s or 70s attire is encouraged but not required.

The Village at Ed Gould Plaza
1125 N McCadden Place, Los Angeles, CA 90038

