



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

SEPTEMBER 2026

HISPANIC HERITAGE MONTH

SEPT 15 - OCT 15

CELEBRANDO NUESTRAS CULTURAS

THURS., SEPT. 24, 3-5PM

ACOMPÁÑANOS A FESTEJAR LAS CULTURAS LATINOAMERICANOS Y SU FUERZA DENTRO DE LA COMUNIDAD LGBTQ+. TE INVITAMOS A UNA TARDE DE FESTIVIDADES, DELICIOSA COMIDA, MÚSICA, CONVIVENCIA, RECURSOS ¡Y MUCHO MÁS!

JOIN US AS WE HONOR AND CELEBRATE THE VIBRANT CULTURES AND CONTRIBUTIONS OF HISPANIC AND LATIN COMMUNITIES DURING HISPANIC HERITAGE MONTH! WE INVITE YOU TO AN AFTERNOON OF FESTIVITIES, DELICIOUS FOOD, MUSIC, COMMUNITY BUILDING, RESOURCES & MORE!

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

Shifting into autumn, I am dreaming of fall colors, pumpkin spice lattes and all things Halloween. Cooler days should be on the way, but if that doesn't happen this month, we will still have our Cooling Center on afternoons when it's forecasted to be over 90 degrees with a movie to watch. This month we will transition to serving lunch at the Senior Center at a new time-12:00pm! Lunch is only served for one hour, so make sure you note this change in your calendars to ensure you get one of our delicious, healthy meals.

We have a scheduled field trip to the Academy Museum on September 17. Fieldtrips require an RSVP as space is limited. Fridays are all about Art this month with a 9/4 Monoprint Workshop 10:30AM-12PM & 1:30-3PM - Gelli plate painting & art; a multi week book making/collage workshop in the mornings from 10:30-12 starting 9/11 and a new support group in the afternoons starting 9/11 *No Limits: A Support Group for LGBTQ Women Artists*. Please take the opportunity to try some new artistic pursuits. Artistic experience is not necessary, just a desire to try something new.



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!

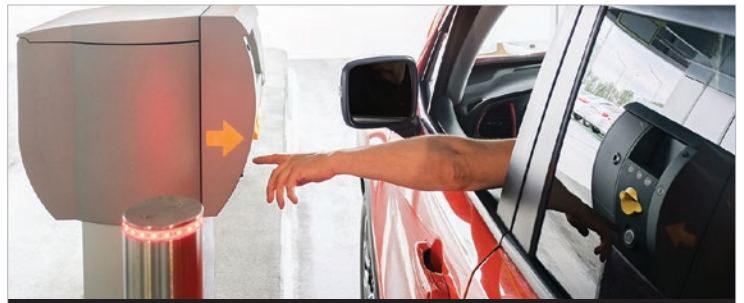
Shower & Laundry Facilities:

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 12PM and 1:30 to 3PM, 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

UPCOMING CLOSURES

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

MONDAY, SEPTEMBER 7

LABOR DAY

WE APOLOGIZE FOR ANY INCONVENIENCE.
PLEASE PLAN ACCORDINGLY.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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, SEPT. 2
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



ATTENTION PARTICIPANTS



STARTING TUESDAY, SEPTEMBER 1, 2026

LUNCH SERVICE HOURS ARE CHANGING. LUNCH SERVICE WILL MOVE UP BY 30 MINUTES. NEW SERVICE HOURS ARE BELOW:

SENIOR CENTER LUNCH

SERVICE TIME: 12:00-1:00 PM



REMINDER: PLEASE BRING YOUR ID CARD. LUNCH MUST BE PICKED UP BY THE PARTICIPANT ONLY, NOT A CAREGIVER. LUNCH CANNOT BE PROVIDED WITHOUT YOUR ID CARD.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

FOR MORE INFO
323.860.5830 OR
SENIORS@LALGBTCENTER.ORG

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 and 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.

UPDATED TIME

CYBER CENTER

LOS ANGELES
LGBT
CENTER



THE CYBER CENTER IS OPEN:

TUESDAYS, WEDNESDAYS & THURSDAYS
10AM - 12PM AND 1:30 - 3PM

THE VILLAGE AT ED GOULD PLAZA
1125 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

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

10-11:30AM (NEW TIME)

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 with Lauren & Carl! Tap is one of the >>>

FALLS PREVENTION AWARENESS WEEK

21-25
SEPTEMBER

Participate in Senior
Services FPAW
Programming:

Tuesday – R&B Line Dancing
Tuesday – Cardio Soul
Wednesday – Chair Yoga

Falls Prevention Awareness Week (FPAW) is a week-long observation dedicated to raising awareness about common risk factors for falls and taking action to create a world where aging without fear of falling is possible for everyone.



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

greatest feel-good dances you can enjoy. It's fun to learn and fun to practice. All skill levels welcome.

Location: Senior Center

QUEERS IN SPACE

1:30–3PM

Queers in Space, presented by AJ Strout, is a course that enthusiastically explores worldbuilding as a vital site for queer space-taking. We will examine the absence and presence of (aging) queers in popular worldbuilding genres through literature, film, and music. We will thrust mature queer, trans, nonbinary, and asexual beings into magical realms, futuristic cities, and dystopian Earth, building our own worlds through strategies such as camp, Pataphysics, and surrealism. Activities will include collage making, image + text projects, zines, and storytelling. No class on September 30th.

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 >>>



UPDATED TIME!
MEN'S SOCIAL GROUP



EVERY WEDNESDAY FROM 10 – 11:30 AM

MEET NEW FRIENDS AND SHARE STORIES.
OPEN TO ALL SELF-IDENTIFYING MEN
TO SHARE IN A SAFE AND SUPPORTIVE SPACE.

LOCATION: SENIOR CENTER OR ZOOM
MEETING ID: 932 7122 4639
PASSCODE: 249740

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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



QUEERS IN SPACE



SEPT. 2 – OCT. 14
(NO CLASS SEPT. 30)
1:30–3PM

Queers in Space, presented by AJ Strout, is a course that enthusiastically explores worldbuilding as a vital site for queer space-taking. We will examine the absence and presence of (aging) queers in popular worldbuilding genres through literature, film, and music. We will thrust mature queer, trans, nonbinary, and asexual beings into magical realms, futuristic cities, and dystopian Earth, building our own worlds through strategies such as camp, Pataphysics, and surrealism. Activities will include collage making, image + text projects, zines, and storytelling.

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

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

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

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. This month's potluck will be on September 23rd from 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 September 24th.

Location: Senior Center

CAMINOS A LA VIVIENDA

Jueves, 10 de Septiembre
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 realistas cuando buscan por viviendas.

Su participación en este taller es requerido si está interesado en participar en nuestro programa de navegar viviendas, pero todos están invitados en aprender.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

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

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

PATHWAYS TO HOUSING

Thursday, September 3
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.

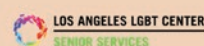


Thursdays 10-11AM

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 SEPTEMBER 24TH**



MONDAY	TUESDAY	WEDNESDAY
	1 Cyber Center 10AM-12PM & 1:30-3PM 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	2 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10-11:30AM Medicare Counseling 10AM-2PM Farmers Market 11AM-1PM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Queens in Space 1:30-3PM Veteran's Support Group 2-3PM
7 Senior Center Closed Labor Day	8 Cyber Center 10AM-12PM & 1:30-3PM 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	9 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10-11:30AM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Queens in Space 1:30-3PM Veteran's Support Group 2-3PM
14 Breakfast Bingo 9:30-11AM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30-3PM LGBTech 1:30-3PM	15 Cyber Center 10AM-12PM & 1:30-3PM 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	16 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10-11:30AM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Queens in Space 1:30-3PM Veteran's Support Group 2-3PM
21 HIV & Aging Breakfast 9:30-11AM Medicare Counseling 10AM-2PM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30-3PM LGBTech 1:30-3PM	22 Cyber Center 10AM-12PM & 1:30-3PM 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 Prostate Cancer Support Group 7-9PM	23 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10-11:30AM Coaster Mosaics 10:30AM-12PM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Queens in Space 1:30-3PM Veteran's Potluck 1:30-3PM
28 Sound Bath 11AM-12 PM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30-3PM Café Mortality 1:30-3PM	29 Cyber Center 10AM-12PM & 1:30-3PM Dance Meditation & Movement 10-11AM R&B Line Dancing 11AM-12PM Cardio Soul Dance 1:30-2:30PM Spilling the Tea 1:30-2:30PM Moving Forward 1:30-3PM Senior Pantry Pickup 1:30-3PM	30 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10-11:30AM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Veteran's Support Group 2-3PM

THURSDAY	FRIDAY
3 Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Brain Games 10-11AM Cyber Center 10AM-12PM & 1:30-3PM Reading Opens Minds 1:30-3PM Men Living with HIV 1:30-3PM Pathways to Housing 1:30-3PM Summer of Love Dance 3-5PM	4 Monoprint Workshop 10:30AM-12PM Everyday Movement 11:30AM-12:30PM Ebony Sage Circle 1:30-3PM Monoprint Workshop 1:30-3PM Cancer Support Group 3-5PM
10 Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Brain Games 10-11AM Bridging Generations 10-11AM Cyber Center 10AM-12PM & 1:30-3PM Alzheimer's Support Group 12-1:30PM Men Living with HIV 1:30-3PM Caminos a la Vivienda 1:30-3PM Independence at Home Presents: Nutrition Bingo 2-3PM	11 Bookmaking Workshop 10:30AM-12PM Everyday Movement 11:30AM-12:30PM Farmers Market at Mi Centro 11AM-1PM No Limits: A Support Group for LBTQ Women Artists 1:30-3PM Art Appreciation 3-4PM Cancer Support Group 3-5PM
17 Co-Ed Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Brain Games 10-11AM Cyber Center 10AM-12PM & 1:30-3PM Reading Opens Minds 1:30-3PM Men Living with HIV 1:30-3PM Dwell Well 1:30-2:30PM Academy Museum Field Trip 1:30-5 PM	18 Bookmaking Workshop 10:30AM-12PM Everyday Movement 11:30AM-12:30PM Social Media Workshop 1:30-2:30PM No Limits: A Support Group for LBTQ Women Artists 1:30-3PM Cancer Support Group 3-5PM
24 Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-12PM & 1:30-3PM Crafts with LA Public Library 11AM-12PM Alzheimer's Support Group 12-1:30PM Men Living with HIV 1:30-3PM Celebrando Nuestras Culturas 3-5PM	25 Bookmaking Workshop 10:30AM-12PM Farmers Market at Center South 11AM-1PM Everyday Movement 11:30AM-12:30PM No Limits: A Support Group for LBTQ Women Artists 1:30-3PM Ebony Sage Circle @ Center South 3-4:30PM TransMasc Exchange 3-4:30PM Cancer Support Group 3-5PM

SHOUTOUT TO OUR VOLUNTEERS!



CHAIR YOGA



BRAIN GAMES



THURSDAY, SEPT. 17 1:30-5PM

FIELD TRIP: ACADEMY MUSEUM

JOIN SENIOR SERVICES FOR A FIELD TRIP TO THE ACADEMY MUSEUM! TRANSPORTATION PROVIDED. RECOMMENDED DONATION IS \$10; NO ONE WILL BE TURNED AWAY FOR INABILITY TO PAY. FOOD WILL NOT BE PROVIDED. PLEASE NOTIFY US OF ANY ACCOMMODATION REQUESTS WITH YOUR RSVP.

SPACE IS LIMITED. RSVP BY SEPTEMBER 10TH TO [SENIORS@LALGBTCENTER.ORG](mailto:seniors@lalgbtcenter.org) OR (323) 860-5830.




LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

ACADEMY MUSEUM FIELD TRIP

THURS., SEPT. 17, 1:30-5PM

Join Senior Services for a field trip to the Academy Museum! Transportation provided. Recommended donation is \$10; no one will be turned away for inability to pay. Food will not be provided. Please notify us of any accommodation requests with your RSVP. Space is limited. RSVP by September 10th to seniors@lalgbtcenter.org or (323) 860-5830.

Location: Senior Center

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., SEPT. 10 & 24, 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., SEPT. 11, 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

BOOKMAKING WORKSHOP

FRI., SEPT. 11, 18, & 25, 10:30-12PM

Turn your prints, photos, collage, and memories into handmade artist books. Explore simple book structures while >>>

THREE-WEEK

BOOKMAKING WORKSHOP

SEPT. 11, 18, 25 FROM 10:30AM-12PM



TURN YOUR PRINTS, PHOTOS, COLLAGE, AND MEMORIES INTO HANDMADE ARTIST BOOKS. EXPLORE SIMPLE BOOK STRUCTURES WHILE CREATING A UNIQUE KEPSAKE THAT TELLS YOUR STORY THROUGH WORDS AND IMAGES.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

creating a unique keepsake that tells your story through words and images.

Location: Senior Center

BREAKFAST BINGO

MON., SEPT. 14, 9:30–11AM

Join us this month for a special breakfast bingo. Test your luck while learning important and educational facts about HIV in a fun and engaging environment. Breakfast begins at 9:30AM. Bingo starts promptly at 10AM.

Location: Senior Center

BRIDGING GENERATIONS: STORIES, STRENGTH & COMMUNITY ACROSS LGBTQ+ LIVES

THURS., SEPT. 10, 10–11AM

Join us for an engaging community conversation that brings together LGBTQ+ youth, adults, and elders to share stories, wisdom, and lived experiences across generations. Together, we'll explore how our histories shape us, what we can learn from one another, and how we can build stronger connections through mutual support, understanding, and community. Whether you're looking to share your perspective, listen to others, or simply connect, all are welcome. All participants are entered to win a raffle prize.

Location: Senior Center or

Meeting ID: 998 7507 4682

Password: 220874

CAMINOS A LA VIVIENDA

JUEVES, SEPT. 10, 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 >>>

BRIDGING GENERATIONS STORIES, STRENGTH & COMMUNITY ACROSS LGBTQ+ LIVES

THURS, SEPT. 10, 10–11AM

Join us for an engaging community conversation that brings together LGBTQ+ youth, adults, and elders to share stories, wisdom, and lived experiences across generations. Together, we'll explore how our histories shape us, what we can learn from one another, and how we can build stronger connections through mutual support, understanding, and community. Whether you're looking to share your perspective, listen to others, or simply connect, all are welcome. All participants are entered to win a raffle prize.

In-Person & Meeting ID: 998 7507 4682
Via Zoom Passcode: 220874



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

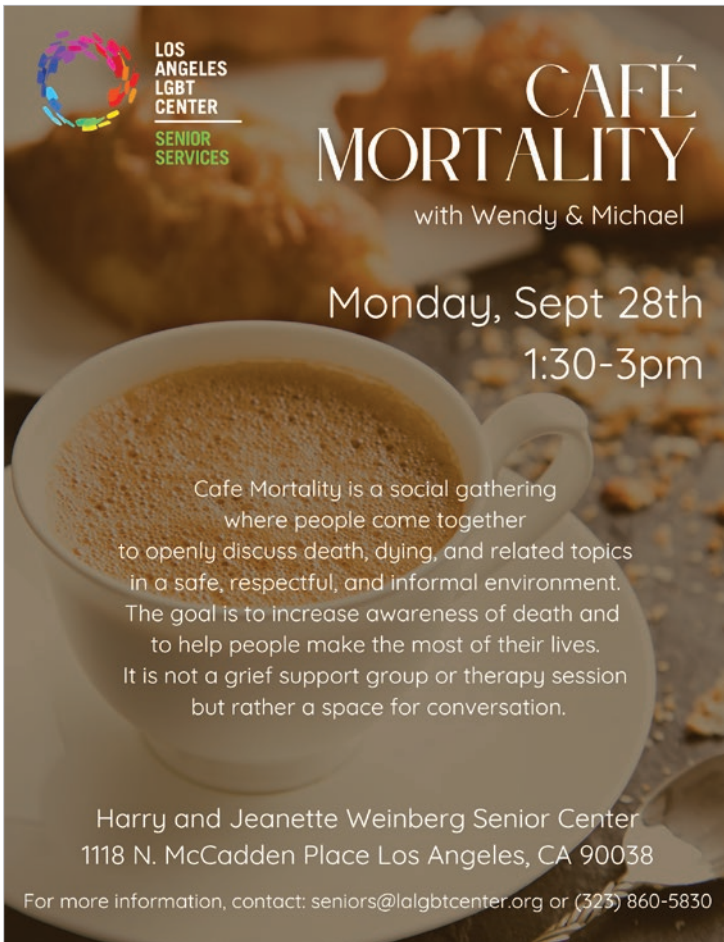
LOS ANGELES LGBT CENTER
SENIOR SERVICES

MONDAY | SEPT. 14

Join us this month for a special Breakfast Bingo!
Test your luck while learning important and educational facts about HIV in a fun and engaging environment.

**Breakfast served at 9:30 AM
Bingo starts promptly at 10 AM**

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



**LOS ANGELES
LGBT
CENTER**
SENIOR
SERVICES

CAFÉ MORTALITY

with Wendy & Michael

Monday, Sept 28th
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

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. 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., SEPT. 28, 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

CELEBRANDO NUESTRAS CULTURAS

THURS., SEPT. 24, 3-5PM

Acompáñanos a festejar las culturas latinoamericanas y su fuerza dentro de la comunidad LGBTQ+. Te invitamos a una tarde de festividades, deliciosa comida, música, convivencia, recursos ¡y mucho más! Join us as we honor and celebrate the vibrant cultures and contributions of Hispanic and Latin communities during Hispanic Heritage Month! We invite you to an afternoon of festivities, delicious food, music, community building, resources & more!

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



THURS., SEPT. 24, 3-5PM

CELEBRANDO NUESTRAS CULTURAS

ACOMPÁÑANOS A FESTEJAR LAS CULTURAS LATINOAMERICANAS Y SU FUERZA DENTRO DE LA COMUNIDAD LGBTQ+. TE INVITAMOS A UNA TARDE DE FESTIVIDADES, DELICIOSA COMIDA, MÚSICA, CONVIVENCIA, RECURSOS ¡Y MUCHO MÁS!

JOIN US AS WE HONOR AND CELEBRATE THE VIBRANT CULTURES AND CONTRIBUTIONS OF HISPANIC AND LATIN COMMUNITIES DURING HISPANIC HERITAGE MONTH! WE INVITE YOU TO AN AFTERNOON OF FESTIVITIES, DELICIOUS FOOD, MUSIC, COMMUNITY BUILDING, RESOURCES & MORE!

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

COASTER MOSAICS AT LGBTQ+ SURVIVOR SUMMIT

WED., SEPT. 23, 10:30AM–12PM

Joshua Ramirez from Saint Remy will lead a coaster mosaic workshop in conjunction with the Center's 2nd LGBTQ+ Survivor Leadership Summit. The summit brings LGBTQ+ survivors of domestic violence from across the country for a weeklong experience of community building, skills development, and fostering leadership skills. This special workshop welcomes seniors to participate in an intergenerational art class to connect with participants of the summit through an art medium. Space is limited, RSVP to seniors@lalgbtcenter.org or (323) 860-5830.

Location: Senior Center

CRAFTS WITH LA PUBLIC LIBRARY

THURS., SEPT. 24, 11AM–12PM

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: Upside Down Drawing.

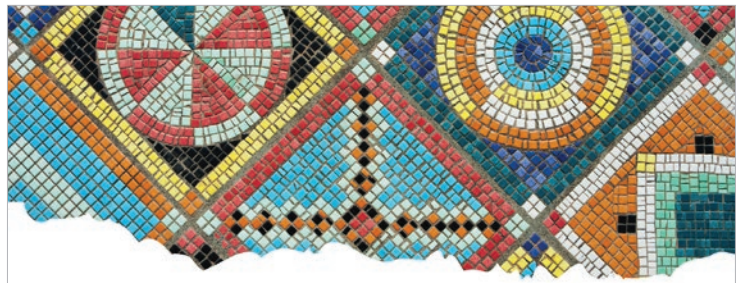
Location: Senior Center

DWELL WELL SERIES: INTRODUCTION TO DWELL WELL AND AFFORDABLE HOUSING

THURS., SEPT. 17, 1:30–2:30PM

Why does it seem like affordable housing is not so affordable? Join us for an informative discussion about the different kinds of affordable housing and what opportunities best suit you! This won't just be an introduction to affordable housing, but also an introduction to the Dwell Well Series, a series dedicated to providing information on a wide range of topics related to all things housing including communicating with property managers, housekeeping, creative housing solutions, and more!

Location: Senior Center



SEPT. 23 FROM 10:30 AM - 12 PM

MOSAIC ART WORKSHOP

JOSHUA RAMIREZ FROM SAINT REMY WILL LEAD A COASTER MOSAIC WORKSHOP IN CONJUNCTION WITH THE CENTER'S 2ND LGBTQ+ SURVIVOR LEADERSHIP SUMMIT. THE SUMMIT BRINGS LGBTQ+ SURVIVORS OF DOMESTIC VIOLENCE FROM ACROSS THE COUNTRY FOR A WEEKLONG EXPERIENCE OF COMMUNITY BUILDING, SKILLS DEVELOPMENT, AND FOSTERING LEADERSHIP SKILLS. THIS SPECIAL WORKSHOP WELCOMES SENIORS TO PARTICIPATE IN AN INTERGENERATIONAL ART CLASS TO CONNECT WITH PARTICIPANTS OF THE SUMMIT THROUGH AN ART MEDIUM. SPACE IS LIMITED, RSVP TO SENIORS@LALGBTCENTER.ORG OR (323) 860-5830.

FACILITATED BY SAINT REMY ARTS & CULTURE
@SAINTREMYARTS

saint remy
ARTS & CULTURE



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

CRAFTS WITH LA PUBLIC LIBRARY

THURSDAY, SEPT. 24 11 AM - 12 PM



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: UPSIDE DOWN DRAWING



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

DWELL WELL: INTRODUCTION TO DWELL WELL AND AFFORDABLE HOUSING

Thursday, Sept. 17
1:30-2:30 PM



Why does it seem like affordable housing is not so affordable? Join us for an informative discussion about the different kinds of affordable housing and what opportunities best suit you! This won't just be an introduction to affordable housing, but also an introduction to the Dwell Well Series, a series dedicated to providing information on a wide range of topics related to all things housing including communicating with property managers, housekeeping, creative housing solutions, and more!

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., SEPT. 4, 1:30-3PM & SEPT. 25,
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 first 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., SEPT. 2, 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., SEPT. 18, 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

Join us for a
**SOCIAL MEDIA
WORKSHOP**
(Intermediate Level)

FRIDAY, SEPTEMBER 18, 1:30-2:30 PM

Take your skills to the next level in this intermediate social media workshop to learn how to do Instagram Stories, Reels, and Live. You'll learn ways to boost engagement and keep your audience coming back for more. Bring your phone with Instagram on it for this hands-on workshop. This is an intermediate level workshop: You should already be comfortable posting photos, doing @tags and #hashtags. Facilitated by – Kevin Winston

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

FARMERS MARKET AT MI CENTRO

VIERNES, SEPT. 11, 11AM–1PM

Ven y selecciona productos frescos en nuestro sitio comunitario, Mi Centro. En colaboración con Seeds of Hope, el Farmers Market se lleva a cabo el segundo viernes de cada mes, de 11AM a 1PM. La producción es limitada. El primero en llegar es el primero en ser atendido. Come and select fresh produce at our community site, Mi Centro. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the 2nd Friday of every month, 11AM–1PM. Produce is limited. First come, first served.

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

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., SEPT. 8 & 22, 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 BREAKFAST

MON., SEPT. 21, 9:30-11AM

Join us for a morning of connection, recognition, and education as we honor the resilience and experiences of our long-term HIV survivors. This special breakfast edition will feature a guest speaker who will share valuable insights on healthy aging, wellness, and thriving with HIV.

Location: Senior Center



BREAKFAST ACTIVITY

MONDAY, SEPTEMBER 21st

9:30-11:00AM

SEPTEMBER TOPIC

National HIV & Aging Day

Join us for a morning of connection, recognition, and education as we honor the resilience and experiences of our long-term HIV survivors. This special breakfast edition will feature a guest speaker who will share valuable insights on healthy aging, wellness, and thriving with HIV.

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



LEGAL SERVICES OFFICE HOURS

TUES., SEPT. 1, 10AM-12PM (GENERAL LEGAL DROP-IN)

**TUES., SEPT. 15, 10-11AM (GENERAL LEGAL DROP-IN)
11AM-12PM (ESTATE PLANNING DROP-IN)**

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.



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



MEDICARE COUNSELING

CENTER FOR HEALTH CARE RIGHTS

**WED., SEPT. 2 & MON., SEPT. 21
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

LEGAL SERVICES OFFICE HOURS WITH SENIORS

TUES., SEPT. 1 & 15, 10AM-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., SEPT. 14 & 21, 1:30-3PM

SEPT. 14: Smartphone Essentials. Make your iPhone or Android easier to use.

Texting & Video Calls. Stay connected with family and friends. Beginners welcome.

SEPT. 21: Cloud Storage Basics. Understand where your files and photos are stored. Digital Backups. Protect your important documents and memories. Beginners welcome.

All levels welcome. All questions answered.

Location: Senior Center

MEDICARE COUNSELING

**WED., SEPT. 2 & MON. SEPT. 21,
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 >>>



NUTRITION BINGO

THURSDAY, SEPT. 10 | 2-3 PM

LEARN WHILE PLAYING A GAME?! IT'S TRUE. LEARN SOME INTERESTING NUTRITION FACTS AND HOW TO EAT HEALTHIER WHILE PLAYING AN OLD FAVORITE, NUTRITION BINGO! 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

about your coverage. To schedule an appointment, contact the CHCR at (213) 383-4519.

Location: Senior Center

MONOPRINT WORKSHOP

FRI., SEPT. 4, 10:30AM-12PM & 1:30-3PM

Discover the fun of Gelli plate printing! Using paint, stencils, plants, and textured objects, you'll create colorful, one-of-a-kind prints that are perfect as artwork or for collage, bookmaking, and other creative projects. No experience needed.

Location: Senior Center

NO LIMITS: A SUPPORT GROUP FOR LGBTQ WOMEN ARTISTS

FRI., SEPT. 11, 18, & 25, 1:30-3PM

A welcoming space for LBTG (Lesbian, Bi, Trans, & Queer) women artists to dream big, share creative goals, and support one another through the power of active listening. Using a simple guided conversation format, participants help one another move from ideas to action while building confidence, connection, and creative momentum.

Location: Senior Center

NUTRITION BINGO

THURS., SEPT. 10, 2-3PM

Learn while playing a game?! It's true. Learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo! Presented by Independence at Home.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., SEPT. 3, 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 >>>

DISCOVER THE FUN OF GELLI PLATE PRINTING! USING PAINT, STENCILS, PLANTS, AND TEXTURED OBJECTS, YOU'LL CREATE COLORFUL, ONE-OF-A-KIND PRINTS THAT ARE PERFECT AS ARTWORK OR FOR COLLAGE, BOOKMAKING, AND OTHER CREATIVE PROJECTS. NO EXPERIENCE NEEDED.

2 separate class times will be offered:

10:30AM-12PM and 1:30-3PM

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

Space is limited. Please indicate either the AM or PM class in RSVP.



MONOPRINT WORKSHOP

PRESENTED BY MARY-LINN HUGHES



FRIDAY, SEPT. 4,

SELECT:

10:30AM-12PM

OR 1:30PM - 3PM

HARRY & JEANETTE WEINBERG

SENIOR CENTER

1118. N. MCCADDEN PLACE,
LOS ANGELES, CA 90038



LOS ANGELES LGBT CENTER

SENIOR SERVICES

NO LIMITS: A SUPPORT GROUP FOR LGBTQ WOMEN ARTISTS

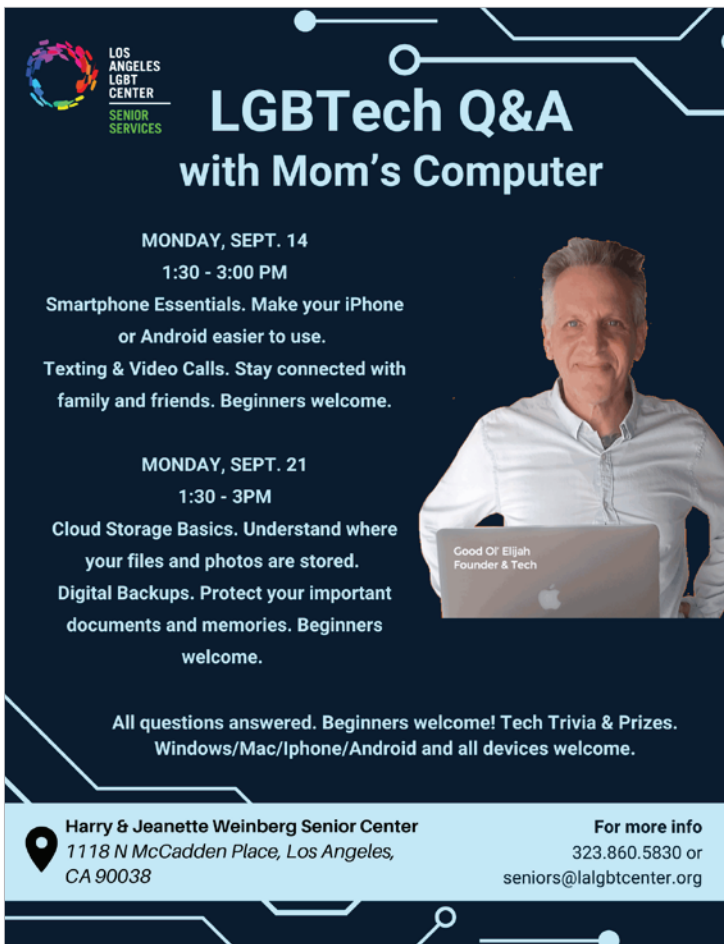
SEPT. 11, 18, 25 & OCT. 2 FROM 1:30-3PM

A welcoming space for LGBTQ (Lesbian, Bi, Trans, & Queer) women artists to dream big, share creative goals, and support one another through the power of active listening. Using a simple guided conversation format, participants help one another move from ideas to action while building confidence, connection, and creative momentum.



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

LGBTech Q&A with Mom's Computer

MONDAY, SEPT. 14
1:30 - 3:00 PM

Smartphone Essentials. Make your iPhone or Android easier to use.
Texting & Video Calls. Stay connected with family and friends. Beginners welcome.

MONDAY, SEPT. 21
1:30 - 3PM

Cloud Storage Basics. Understand where your files and photos are stored.
Digital Backups. Protect your important documents and memories. Beginners welcome.

Good Of Elijah
Founder & Tech

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

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

For more info
323.860.5830 or
seniors@lalgbtcenter.org

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

READING OPENS MINDS

THURS., SEPT. 3 & 17, 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

SOCIAL MEDIA WORKSHOP

FRI., SEPT. 18, 1:30-2:30PM

Take your skills to the next level in this intermediate social media workshop to learn how to do Instagram Stories, Reels, and Live. You'll learn ways to boost engagement and keep your audience coming back for more. Bring your phone with Instagram on it for this hands-on workshop. This is an intermediate level workshop: You should already be comfortable posting photos, doing @tags and #hashtags. Facilitated by Kevin Winston.

Location: Senior Center

SOUND BATH

MON., SEPT. 28, 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



FRI., SEPT. 4, 1:30-3PM
FRI., SEPT. 25, 3-4:30PM

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.

1st 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

SUMMER OF LOVE DANCE

THURS., SEPT. 3, 3-5PM

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.

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

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., SEPT. 25, 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

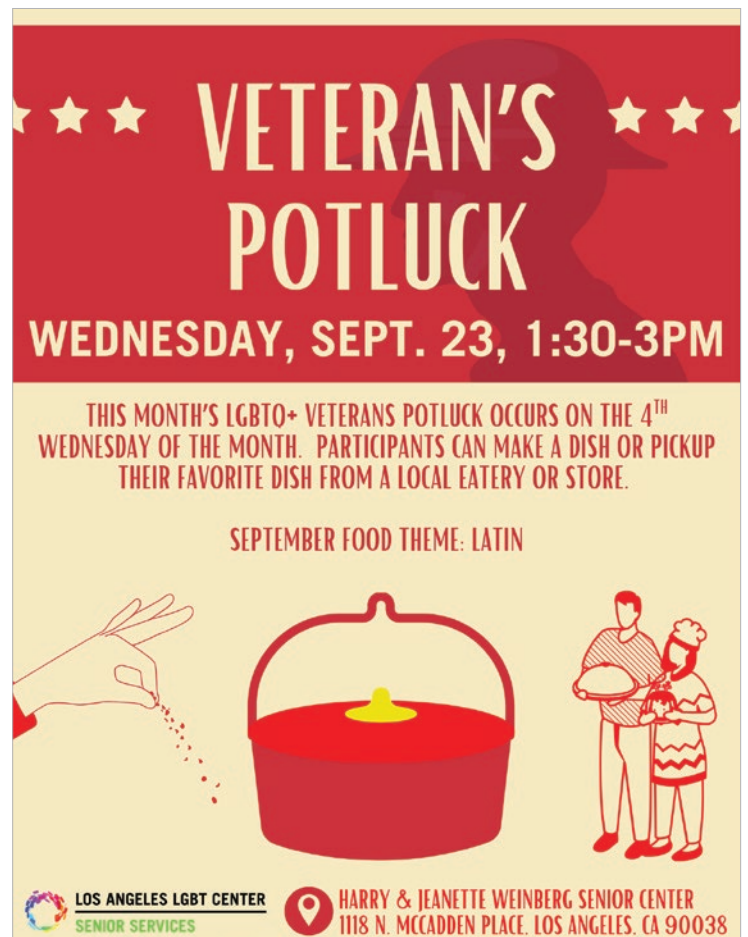
VETERAN'S POTLUCK

WED., SEPT. 23, 1:30-3PM

Join this LGBTQ+ Veterans potluck. Participants can make a dish or pickup their favorite dish from a local eatery or store. September food theme: Latin.

Attendees must be a Veteran to participate.

Location: Senior Center



HALLOWEEN DANCE

**SENIOR SERVICES
PRESENTS**



**THURSDAY
OCTOBER 29
3-5 PM**

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