



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

OCTOBER 2026

HAPPY

HALLOWEEN



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

October is my favorite month of the year. There is something about the start of fall, which usually gives Los Angeles a little reprieve from the heat that feels magical. This month we have a number of workshops scheduled for spooky season including Pumpkin Decorating on 10/9; our annual Halloween Dance and Costume Contest on 10/29 and our Dia De Los Muertos activity on 10/30.

Our popular Housing Resource Fair returns on 10/8 where you can meet with providers and learn more about affordable housing options and our Still We Rise Poetry writing workshop series returns for 6 weeks with popular facilitator Alyeshia Wise. Because of the potential rain forecast in the coming season, it's best that participants check their emails if you are concerned that an outdoor event could be cancelled or postponed.



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–12PM.

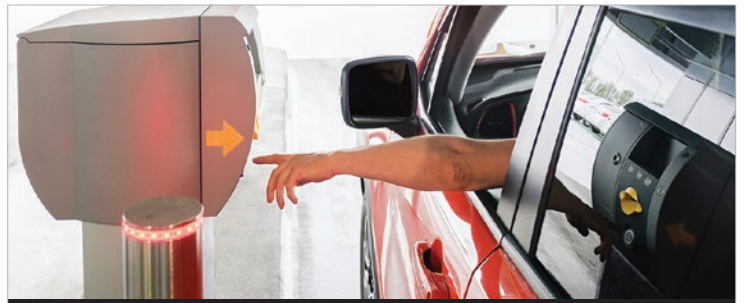
Sign up at the kiosk at the front desk.

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 OCTOBER:

MONDAY, OCTOBER 12

INDIGENOUS PEOPLE'S 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, OCT. 7
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



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.

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+.



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.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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 >>>

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 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 >>>

FRI., OCT. 2 & 16, 1:30-3PM
FRI., OCT. 9 & 23, 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 + 3rd Friday: Senior Center (1118 N McCadden Place)
2nd + 4th Friday: Center South
(2313 W. Martin Luther King Jr. Blvd)

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

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 WITH LUCERO

1:30–2:30PM

Come and learn to incorporate gentle, fluid exercises to enhance mobility, prevent falls, and improve overall physical health. Participants ages 60+ will be asked to complete an informed consent and pre/post surveys. **New class begin October 21.**

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. This month's potluck will be on October 28th from 1:30–3PM. >>>



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



 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

LGBTQ VETERANS SUPPORT GROUP



**HONORING ALL
WHO SERVED**



WEDNESDAYS FROM 2-3 PM

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



AMERICAN SIGN LANGUAGE



EVERY FRIDAY FROM 1:30 - 3 PM
OCT. 16 - NOVEMBER 20 (NO CLASS 10.23)

JOIN THIS FIVE-WEEK WORKSHOP WHERE YOU WILL LEARN AMERICAN SIGN LANGUAGE AND HOW TO INCORPORATE IT WITH YOUR EXPRESSIONS, LETTING YOUR HANDS SPEAK FOR YOU. FACILITATED BY MICHAEL SPADY.

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

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 October 22nd.

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 >>>

Still We Rise Presents: River of Poetry

Thursdays, October 8- November 12

1:30-3 PM

A writing workshop for LGBTQ women. In this series, participants will explore the many layers of who we are, individually and collectively (in mind, body, and spirit), in connection to the impact of our voices.

This series is about exploring honest connections to gain more understanding of our ourselves and others, via the creative word. Participants will engage in weekly writing activities, including some invitational stage and performance development.

Space is limited.

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



Facilitated by Writer & Poet
Alyesha Wise

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

HIV-positive community. Please note that this month's evening HIV & Aging Dinner will be a HIV & Aging Breakfast on October 26th at 1:30pm.

Location: Senior Center

STILL WE RISE: RIVER OF POETRY

THURS., OCT. 8-NOV. 12, 1:30-3PM

A writing workshop for LGBTQ women. In this series, participants will explore the many layers of who we are, individually and collectively (in mind, body and spirit), in connection to the impact of our voices. This series is about exploring honest connections to gain more understanding of ourselves and others, via the creative word. Participants will engage in weekly writing activities, including some invitational stage and performance development. Facilitated by Writer & Poet, Alysha Wise. Space is limited. RSVP to seniors@lalgbtcenter.org or (323) 860-5830.

Location: Senior Center & via Zoom

FRIDAYS

AMERICAN SIGN LANGUAGE

1:30-3PM

Join this 5-week workshop where you will learn American Sign Language and how to incorporate it with your expressions, letting your hands speak for you. Facilitated by Michael Spady.

Location: Senior Center

EBONY SAGE CIRCLE

1ST & 3RD FRIDAYS, 1:30-3PM

AT SENIOR CENTER

2ND & 4TH FRIDAYS, 3-4:30PM

AT CENTER SOUTH

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 & third Friday at Senior Center and at Center South on the second & fourth Friday. Group does not meet on the fifth Friday of any given month.

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

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

MONDAY	TUESDAY	WEDNESDAY
5 Quick Healthy Meals on a Budget 10-11AM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30-2:30PM LGBTech 1:30-3PM	6 Cyber Center 10AM-12PM & 1:30-3PM Legal Services Drop In 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	7 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10AM-11:30AM Medicare Counseling 10AM-2PM Chair Yoga 11AM-12PM Farmers Market 11AM-1PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Queers in Space 1:30-3PM Veteran's Support Group 2-3PM
12 Senior Services Closed Indigenous People's Day	13 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	14 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10AM-11:30AM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Queers in Space 1:30-3PM Veteran's Support Group 2-3PM
19 Breakfast Bingo 9:30-11AM Medicare Counseling 10AM-2PM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30-2:30PM LGBTech 1:30-3PM	20 Cyber Center 10AM-12PM & 1:30-3PM Legal Services Drop In 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	21 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10AM-11:30AM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM
26 HIV & Aging Breakfast 9:30-11AM Sound Bath 11AM- 12 PM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30-2:30PM Café Mortality 1:30-3PM	27 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	28 Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10AM-11:30AM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Veteran's Potluck 1:30-3PM

THURSDAY		FRIDAY	
1	Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-12PM & 1:30-3PM Brain Games 10-11AM Reading Opens Minds 1:30-3PM Men Living with HIV 1:30-3PM Pathways to Housing 1:30-3PM	2	Housing: Know Your Rights 10:30-11:30AM Everyday Movement 11:30AM-12:30PM No Limits: A support group for LGBTQ Women Artists 1:30-3PM Flying Fiction 1:30-3PM Ebony Sage 1:30-3PM Cancer Support Group 3-5PM
8	Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-12PM & 1:30-3PM Brain Games 10-11AM Alzheimer's Support Group 12-1:30PM Men Living with HIV 1:30-3PM Senior Housing Resource Fair 1:30-3PM Still We Rise: River of Poetry 1:30-3PM	9	Pumpkin Painting 10-11AM Everyday Movement 11:30AM-12:30PM Farmers Market at Mi Centro 11AM-1PM My Community Needs Me: Senior's role in Shaping LA this November 1:30-2:30PM Art Appreciation 3-4PM Ebony Sage Circle @ Center South 3-4:30PM Cancer Support Group 3-5PM
15	Co-Ed Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-12PM & 1:30-3PM Brain Games 10-11AM Reading Opens Minds 1:30-3PM Men Living with HIV 1:30-3PM Dwell Well 1:30-2:30PM Still We Rise: River of Poetry 1:30-3PM	16	Meditation & Mindfulness 10-11AM Everyday Movement 11:30AM-12:30PM Ebony Sage 1:30-3PM Cancer Support Group 3-5PM American Sign Language 1:30-3pm Cultivating Kindness 1:30-3PM
22	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 Still We Rise: River of Poetry 1:30-3PM Getting a Good Night's Sleep Without Medication 2-3PM	23	Meditation & Mindfulness 10-11AM Farmers Market at Center South 11AM-1PM Everyday Movement 11:30AM-12:30PM Small Claims Court 1:30-2:30PM Field Trip to The Huntington Library 1:30-5:30PM Ebony Sage Circle @ Center South 3-4:30PM TransMasc Exchange 3-4:30PM Cancer Support Group 3-5PM
29	Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-12PM & 1:30-3PM Brain Games 10-11AM Men Living with HIV 1:30-3PM Movie: Vampires vs. The Bronx 1:30-3PM Still We Rise: River of Poetry 1:30-3PM Halloween Dance 3-5PM	30	Meditation & Mindfulness 10-11AM Everyday Movement 11:30AM-12:30PM Cancer Support Group 3-5PM American Sign Language 1:30-3pm Día de los Muertos Art Activity 1:30-3PM





LOS ANGELES LGBT CENTER
SENIOR SERVICES

Breakfast BINGO

MONDAY | OCT. 19

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

PATHWAYS TO HOUSING

Thursday, October 1
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.

Hay traducción al español disponible si la necesita. Por favor, comuníquese con seniors@lalgbtcenter.org para solicitar más información.

LOS ANGELES LGBT CENTER
SENIOR SERVICES

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., OCT. 8 & 22, 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., OCT. 9, 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., OCT. 19, 9:30-11AM

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

Location: Senior Center

CAFÉ MORTALITY

MON., OCT. 26, 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., OCT. 22, 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: Fall Foliage Wreath.

Location: Senior Center

DIA DE LOS MUERTOS COLORING ACTIVITY

FRI., OCT. 30, 1:30-3 PM

Join us for this special Día de los Muertos dedication, where we will honor the dog and cat fur babies we've lost. Participants will select from a variety of illustrations of dogs and cats adorned with traditional Día de los Muertos patterns and symbols.

Location: Senior Center

DWELL WELL SERIES: A DEEP DIVE INTO RESOURCES TO APPLY FOR AFFORDABLE HOUSING.

THURS., OCT. 15, 1:30–2:30PM

Looking for, Applying for, and Obtaining Affordable Housing: Does looking for affordable housing feel like walking through a maze? Has it been years since you've looked for housing? This month's Dwell Well will be dedicated to learning how to navigate the affordable housing market. Learn about resources you can utilize to identify affordable housing opportunities, effective communication with property managers, and what steps you can take to ensure a smooth application process.

Location: Senior Center or

Meeting ID: 966 8780 6392

Password: 885161

CULTIVATING KINDNESS

THURS., OCT. 16, 1:30–2:30PM >>>

CRAFTS WITH LA PUBLIC LIBRARY

THURSDAY, OCT. 22 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'S CRAFT: FALL FOLIAGE WREATH



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

**DIA DE LOS MUERTOS
COLORING ACTIVITY**

Join us for this special Día de los Muertos dedication, where we will honor the dog and cat fur babies we've loved and lost. Participants will select from a variety of illustrations of dogs and cats adorned with traditional Día de los Muertos patterns and symbols.

**FRIDAY, OCTOBER 30
1:30–3 PM**

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



CULTIVATING KINDNESS

FRIDAY, OCTOBER 16

1:30-3:00 PM

In honor of National Bullying Prevention Month join us for this thoughtful presentation and activity on cultivating kindness. Kindness starts from within and the kinder we are to ourselves, the stronger the position we'll be in to be kind to other people. In this discussion, we will encourage participants to celebrate daily acts of kindness and to consider the positive ripple effect of sharing and spreading kindness. Participants will also have the opportunity to create kindness cards for their peers, friends, neighbors and loved ones. Co-facilitated with Youth Services, Community Action Network Program.

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



GETTING A GOOD NIGHT'S SLEEP WITHOUT MEDICATION

THURSDAY, OCTOBER 22
2-3 PM

All adults need between 7 and 9 hours of good sleep each night. But sometimes sleeplessness takes hold and could cost you precious hours of sleep. Many of us don't want to take pills for it either. This workshop will teach you some good sleep habits you can do to get a good night's sleep – without medication!
Presented by Independence at Home.



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




In honor of National Bullying Prevention Month join us for this thoughtful presentation and activity on cultivating kindness. Kindness starts from within and the kinder we are to ourselves, the stronger the position we'll be in to be kind to other people. In this discussion, we will encourage participants to celebrate daily acts of kindness and to consider the positive ripple effect of sharing and spreading kindness. Participants will also have the opportunity to create kindness cards for their peers, friends, neighbors and loved ones. Co-facilitated with Youth Services, Community Action Network Program.

Location: Senior Center

FARMERS MARKET

WED., OCT. 7, 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., OCT. 23, 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, OCT. 9, 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

FIELD TRIP: THE HUNTINGTON LIBRARY, ART MUSEUM AND BOTANICAL GARDENS

FRI., OCT. 23, 1:30-5:30PM

Join Senior Services for a field trip to the The Huntington Library, Art Museum and Botanical Gardens! 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 October 13 to seniors@lalgbtcenter.org or (323) 860-5830.

Location: Senior Center

FLYING FICTION: TRIANGLE SQUARE'S WRITERS GROUP READING

FRI., OCT. 2, 1:30-3PM

Enjoy the creative works of John B., Phyliss RC, Diane D., Dawn MF, Nick P. and Mimi S. directed by published author and professor John Imparato.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., OCT. 13 & 27, 7-9PM >>>



FIELD TRIP TO...
THE HUNTINGTON LIBRARY, ART MUSEUM AND BOTANICAL GARDENS

JOIN SENIOR SERVICES FOR A FIELD TRIP TO THE THE HUNTINGTON LIBRARY! 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 OCTOBER 13 TO seniors@lalgbtcenter.org OR (323) 860-5830.

Friday, October 23
1:30-5:30 PM

LOS ANGELES LGBT CENTER
SENIOR SERVICES

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



PUMPKIN PAINTING

FRIDAY, OCTOBER 9
10-11 AM

JOIN US FOR A FUN AND RELAXING PUMPKIN PAINTING WORKSHOP WHERE PARTICIPANTS CAN GET CREATIVE AND DECORATE THEIR OWN SMALL ARTIFICIAL PUMPKIN. NO EXPERIENCE IS NEEDED; JUST BRING YOUR IMAGINATION AND ENJOY A FESTIVE ACTIVITY WHILE CREATING A UNIQUE FALL KEEPSAKE.

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



HALLOWEEN
Season Screening

Get ready for some scares and laughs! Join us as we screen *Vampires vs. The Bronx*.

THURSDAY
OCTOBER 29
1:30-3PM

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

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

Location: Virtual

GETTING A GOOD NIGHT'S SLEEP WITHOUT MEDICATION

THURS., OCT. 22, 2-3PM

All adults need between 7 and 9 hours of good sleep each night. But sometimes sleeplessness takes hold and could cost you precious hours of sleep. Many of us don't want to take pills for it either. This workshop will teach you some good sleep habits you can do to get a good night's sleep – without medication! Presented by Independence at Home.

Location: Senior Center

HALLOWEEN DANCE

THURS., OCT. 29, 3-5PM

Join Senior Services at our annual Halloween Dance for an afternoon of dancing, food, and a Halloween Costume Contest!

Location: Senior Center

HALLOWEEN SEASON SCREENING

THURS., OCT. 29, 1:30-3PM

Get ready for some scares and laughs! Join us as we screen *Vampires vs. The Bronx*.

Location: Senior Center

HIV & AGING BREAKFAST

MON., OCT. 26, 9:30-11AM

Join us for a conversation to explore >>>



BREAKFAST ACTIVITY
MONDAY, OCTOBER 26TH
9:30-11:00AM

OCTOBER

National Latinx AIDS Awareness Day

Join us for a conversation that will explore the unique challenges and inspiring successes of the Latinx community. We will highlight barriers such as stigma, healthcare access, language, and cultural expectations, while also celebrating the strength and advocacy that have helped Latinx LGBT+ individuals thrive.

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

 **LOS ANGELES LGBT CENTER**
SENIOR SERVICES

the unique challenges and inspiring successes of the Latinx community. We will highlight barriers such as stigma, healthcare access, language, and cultural expectations, while also celebrating the strength and advocacy that have helped Latinx LGBTQ+ individuals thrive.

Location: Senior Center

KNOW YOUR RIGHTS WORKSHOP

FRI., OCT. 2, 10:30-11:30AM

Learn about your rights as a tenant and the protections available under California and local housing laws. This presentation will cover lease agreements, habitability standards, repair requests, reasonable accommodations for individuals with disabilities, security deposits, tenant harassment protections, and resources available to help resolve housing disputes. Participants will leave with practical information to help them advocate for safe and stable housing.

Location: Senior Center

LEGAL SERVICES OFFICE HOURS WITH SENIORS

TUES., OCT. 6 & 20, 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



Presented by
Legal Services Department of
the Los Angeles LGBT Center.

HOUSING: KNOW YOUR RIGHTS



FRIDAY, OCTOBER 2
10:30-11:30 AM

Learn about your rights as a tenant and the protections available under California and local housing laws. This presentation will cover lease agreements, habitability standards, repair requests, reasonable accommodations for individuals with disabilities, security deposits, tenant harassment protections, and resources available to help resolve housing disputes. Participants will leave with practical information to help them advocate for safe and stable housing.

SMALL CLAIMS COURT

FRIDAY, OCTOBER 23
1:30-2:30 PM

Thinking about filing a case in Small Claims Court? This training provides an overview of the small claims process, including when small claims may be appropriate, how to prepare and file a claim, serving court papers, gathering evidence, preparing for a hearing, and understanding court judgments. Participants will also learn about alternatives to litigation and resources available to help navigate the court system.



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

MEDICARE COUNSELING

**WED., OCT. 7 & MON., OCT. 19
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



LOS ANGELES LGBT CENTER
SENIOR SERVICES



MY COMMUNITY NEEDS ME:

SENIORS ROLE IN SHAPING LA THIS NOVEMBER!

The LA City Clerk's Outreach Team will share why senior voices are more powerful than ever. They'll discuss the upcoming election, Get-Out-the-Vote efforts we can all help with, and how to keep voting empowering and accessible for all seniors. They'll also be on hand for Q&A and bring plenty of fun prizes.

FRIDAY, OCTOBER 9
1:30-2:30 PM



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

LGBTECH Q&A WITH MOM'S COMPUTER

MON., OCT. 5 & 19, 1:30-3PM

OCT. 5: Online Shopping Safety. Shop with confidence and avoid fake websites. Credit Card Security. Learn how to recognize fraud and protect your accounts.

OCT. 19: Halloween Tech Party. Email Essentials. Organize your inbox and spot suspicious messages. Scam Awareness. Learn how to recognize today's most common online scams. Beginners welcome.

All levels welcome. All questions answered.

Location: Senior Center

MEDICARE COUNSELING

WED., OCT. 7 & MON. OCT. 19, 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

MEDITATION & MINDFULNESS

FRI., OCT. 16, 23, & 30, 10-11AM

Take time to slow down and reconnect with yourself. This class focuses on simple meditation and mindfulness practices that help calm the mind, reduce stress, and strengthen the connection between mind and body. Guided discussions give participants space to reflect on how they are feeling in their bodies and in their day-to-day lives. All levels are welcome!

Location: Senior Center

**MY COMMUNITY NEEDS ME:
SENIORS ROLE IN SHAPING LA
THIS NOVEMBER >>>**

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+.

Meditation & Mindfulness

FRIDAYS 10-11AM/ CYCLE RUNS OCT. 16 - DEC. 4

Take time to slow down and reconnect with yourself. This 10-week class focuses on simple meditation and mindfulness practices that help calm the mind, reduce stress, and strengthen the connection between mind and body. Guided discussions give participants space to reflect on how they are feeling in their bodies and in their day-to-day lives. All levels are welcome!



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

- Informed Consent** – an optional (but highly encouraged) form that explains the project and your role, so you can make the best choice about participating.
- Pre/Post-Test Surveys** – questionnaires given at the start and end of the series.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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

FRI., OCT. 9, 1:30-2:30PM

The LA City Clerk's Outreach Team will share why senior voices are more powerful than ever. They'll discuss the upcoming election, Get-Out-the-Vote efforts we can all help with, and how to keep voting empowering and accessible for all seniors. They'll also be on hand for Q&A and bring plenty of fun prizes.

Location: Senior Center

NO LIMITS: A SUPPORT GROUP FOR LGBTQ WOMEN ARTISTS

FRI., OCT. 2, 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.

Location: Senior Center

PATHWAYS TO HOUSING

THURS., OCT. 1, 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. Hay traducción al español disponible si la necesita. Por favor, comuníquese con seniors@lalgbtcenter.org para solicitar más información.

Location: Senior Center or

Meeting ID: 931 3146 8648

Password: 091142

PUMPKIN PAINTING

FRI., OCT. 9, 10-11AM >>>

A poster for the 'Queers in Space' course. The title 'QUEERS IN SPACE' is in large, bold, white letters against a dark background with a rainbow gradient at the top. Below the title, the dates 'SEPT. 2 - OCT. 14' and '(NO CLASS SEPT. 30)' are listed, followed by the time '1:30-3PM'. A small illustration of an astronaut floating in space is to the right. The description of the course is in white text, mentioning it is presented by AJ Strout and explores worldbuilding as a vital site for queer space-taking. The bottom of the poster features the logos for the Los Angeles LGBT Center and the Harry & Jeanette Weinberg Senior Center.

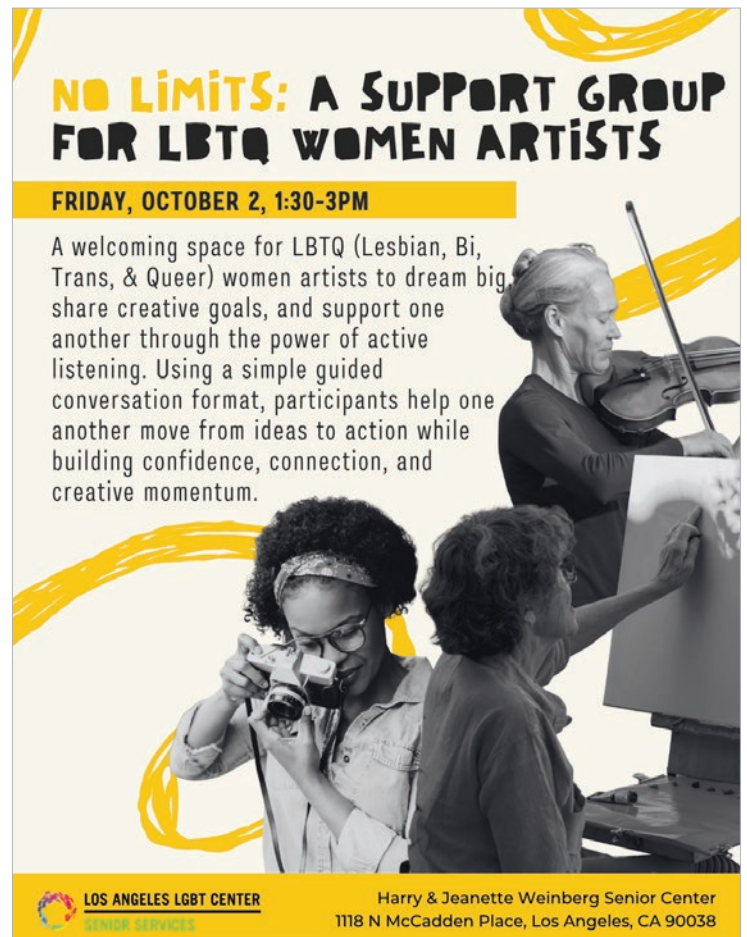
QUEERS IN SPACE

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

A poster for the 'No Limits: A Support Group for LGBTQ Women Artists' workshop. The title is in large, bold, black letters. Below it, the date and time 'FRIDAY, OCTOBER 2, 1:30-3PM' are listed. The description of the workshop is in black text, mentioning it is a welcoming space for LGBTQ women artists to dream big and share creative goals. The bottom of the poster features the logos for the Los Angeles LGBT Center and the Harry & Jeanette Weinberg Senior Center. The background of the poster shows three women engaged in artistic activities: one playing a violin, one holding a camera, and one writing on a whiteboard.

NO LIMITS: A SUPPORT GROUP FOR LGBTQ WOMEN ARTISTS

FRIDAY, OCTOBER 2, 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



SENIOR HOUSING RESOURCE FAIR (50+)

Thursday, October 8
1:30-3 PM

Pride Hall: 1118 N. McCadden Place
Los Angeles, CA 90038

Join Senior Services as we host our annual Housing Resource Fair. Meet with housing service providers, property managers, and other resource agencies to receive information and get questions answered that can assist you during your housing journey. If interested, please email seniors@lalgbtcenter.org



Join us for a fun and relaxing pumpkin painting workshop where participants can get creative and decorate their own small artificial pumpkin. No experience is needed, just bring your imagination and enjoy a festive activity while creating a unique fall keepsake.

Location: Senior Center

QUEERS IN SPACE

WED., OCT. 7 & 14, 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.

Location: Senior Center

QUICK & HEALTHY MEALS ON A BUDGET!

MON., OCT. 5, 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: Turkey Lettuce Wraps

Location: Senior Center

READING OPENS MINDS

THURS., OCT. 1 & 15, 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

SENIOR HOUSING >>>

VETERAN'S POTLUCK

WEDNESDAY, OCT. 28, 1:30-3PM

THIS MONTH'S LGBTQ+ VETERANS POTLUCK OCCURS ON THE 4TH WEDNESDAY OF THE MONTH. PARTICIPANTS CAN MAKE A DISH OR PICKUP THEIR FAVORITE DISH FROM A LOCAL EATERY OR STORE.

OCTOBER FOOD THEME: THANKSGIVING

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

RESOURCE FAIR (50+)

THURS., OCT. 8, 1:30-3PM

Join Senior Services as we host our annual Housing Resource Fair. Meet with housing service providers, property managers, and other resource agencies to receive information and get questions answered that can assist you during your housing journey. If interested, please email seniors@lalgbtcenter.org.

Location: Pride Hall, 1118 N McCadden Place, Los Angeles, CA 90038

SMALL CLAIMS COURT

FRI., OCT. 23, 1:30-2:30PM

Thinking about filing a case in Small Claims Court? This training provides an overview of the small claims process, including when small claims may be appropriate, how to prepare and file a claim, serving court papers, gathering evidence, preparing for a hearing, and understanding court judgments. Participants will also learn about alternatives to litigation and resources available to help navigate the court system.

Location: Senior Center

SOUND BATH

MON., OCT. 26, 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

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., OCT. 23, 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

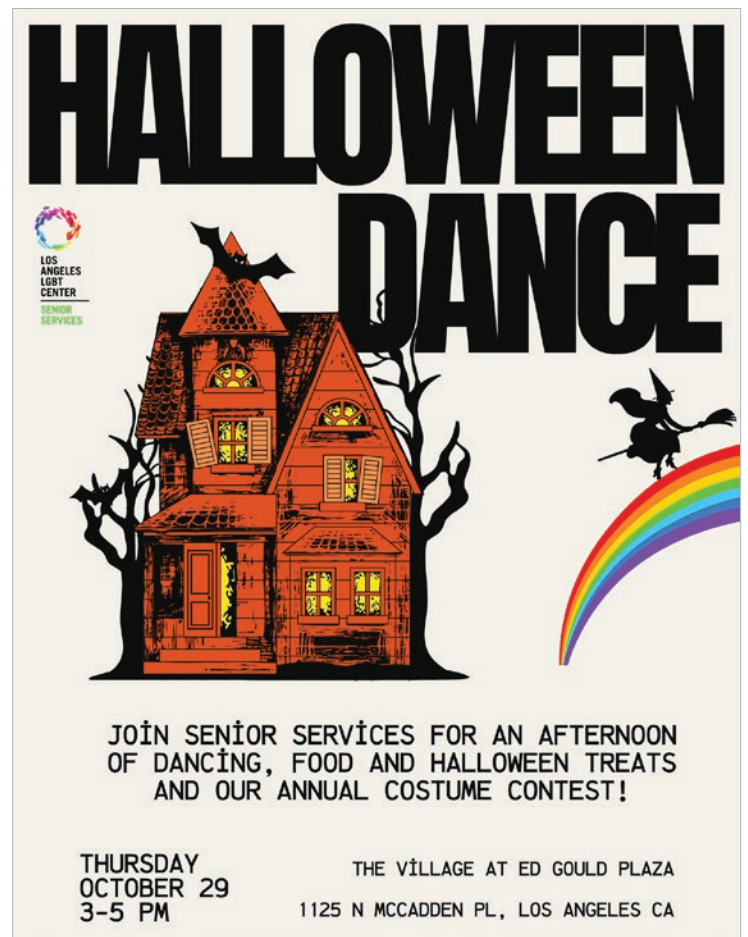
VETERAN'S POTLUCK

WED., OCT. 28, 1:30-3PM

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

Attendees must be a Veteran to participate.

Location: Senior Center



INTERGENERATIONAL

Thanksgiving Celebration

TUESDAY, NOVEMBER 24, 3-5 PM



Join us for the Center's annual Intergenerational Thanksgiving Dinner, lovingly prepared by our Culinary Program. This event brings LGBTQ youth and seniors together, for a delicious meal with a vegan option, lively entertainment and an afternoon of gratitude. This event is only for registered members of Senior Services. Space is limited.

RSVP by November 10 to
seniors@lalgbtcenter.org or (323) 860-5830.



LOS ANGELES LGBT CENTER
SENIOR SERVICES

Pride Hall - 1118 N McCadden Place
Los Angeles, CA 90038