LOS ANGELES LGBT CENTER®
SENIOR SERVICES

50+

NOVEMBER 2026

HAPPY VETERANS DAY



WEDNESDAY, NOVEMBER 11

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

LOS ANGELES LGBT CENTER
SENIOR SERVICES

Senior Services strives to create a safe, welcoming, and respectful community where lesbian, gay, bisexual and transgender people in their 50s, 60s, 70s, 80s, 90s and beyond can come together to learn, connect, build friendships, gain support and thrive!

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

Mailing Address:
Senior Services
6725 Santa Monica Blvd
Los Angeles, CA 90038

Helpline:
323-860-5830

Toll Free:
877-688-4833

For questions, more information or to RSVP for upcoming events, please contact us at **seniors@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

As one of few programs for LGBTQIA+ Veterans in Los Angeles, honoring the Veterans in our community takes on a higher level of meaning as we continue to see more service members discharged because of their gender identity and sexual orientation. This past September Governor Newson signed AB 1775 granting additional services to military service members who were discharged under new policies that ban transgender people from serving in the military. This legislation helps to support service members transitioning to civilian life with housing, employment and advocacy for service discharge upgrades. Our program continues to be a space for Veteran identifying members of our community to gather, create communities of support and organize. We hope more Veterans join us as we honor the lives, identity and service of LGBTQIA+ Veterans on November 11 at our annual Veterans Day Breakfast from 9:30-11:00am at the Senior Center.



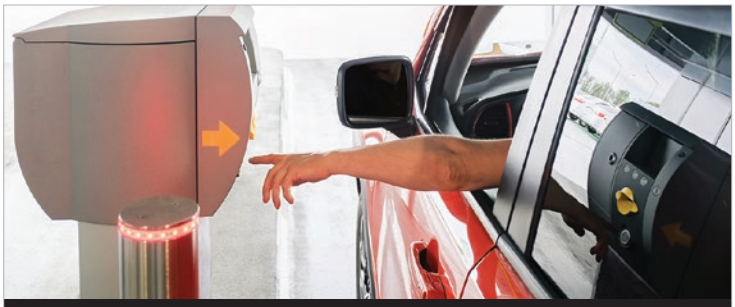
Sincerely,
Kiera Pollock, M.S.W.
Director of Senior Services

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

Senior Services is here for you!

Shower & Laundry Facilities:
Showers and laundry are available free of charge for registered senior participants Monday–Friday from 9AM–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.

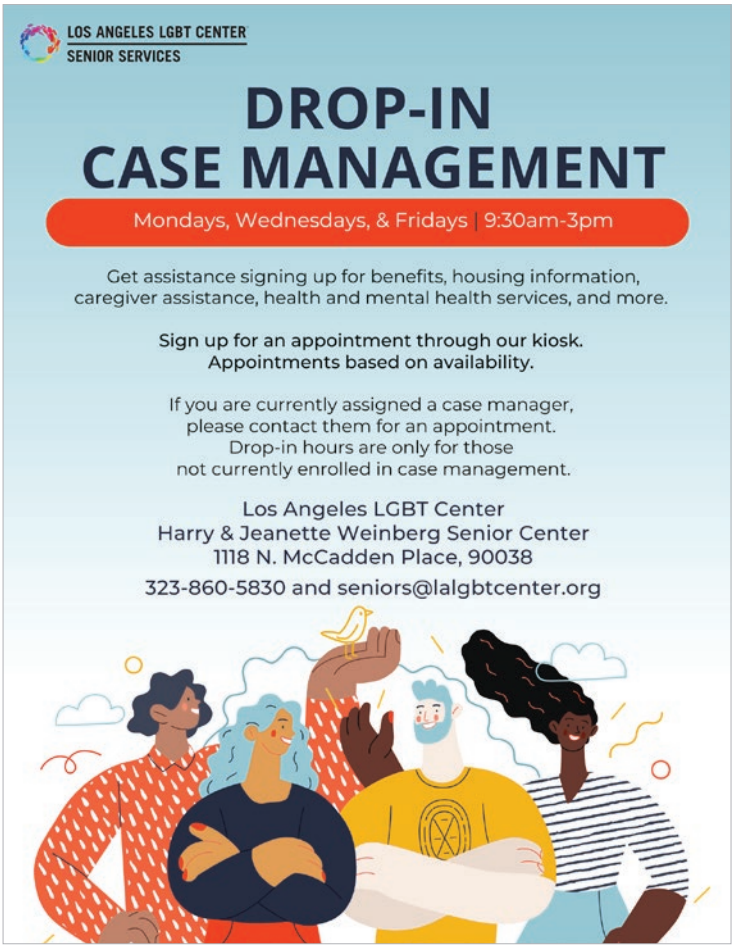
Cyber Center:
The Cyber Center is open for computer use on Tuesdays, Wednesdays, and Thursdays, from 10AM to 12PM and 1:30 to 3PM, based on availability. Location: The Village at Ed Gould Plaza, 1125 N. McCadden Pl., Los Angeles, CA 90038.



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.





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

LOS ANGELES LGBT CENTER SENIOR SERVICES

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

LOS ANGELES LGBT CENTER SENIOR SERVICES

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

LOS ANGELES LGBT CENTER SENIOR SERVICES

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:

TUES., NOV. 24 - CLOSES AT 1PM

THURS., NOV. 26 - THANKSGIVING

FRI., NOV. 27 - THANKSGIVING

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, NOV. 4
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.**

CALLING ALL CONCERNED SENIOR SERVICES CLIENTS



Would you like to ensure that all of our Clients have an equal opportunity to be notified and participate in Senior Services events, sessions and trips?

Are you passionate about sharing useful information with friends *and* people you don't know at the Center?

Are you able to discern the difference between an unreasonable request and a great idea that could help the Center better serve our clients?

Are you able to commit to 90 minutes each month onsite to discuss client issues/concerns, and work with Managers to create solutions that stick?

Do you identify as Queer, a Veteran, (Formerly) Unhoused, Trans, Person of Color, Female, Person With a Disability, or Living Below the Poverty Level?

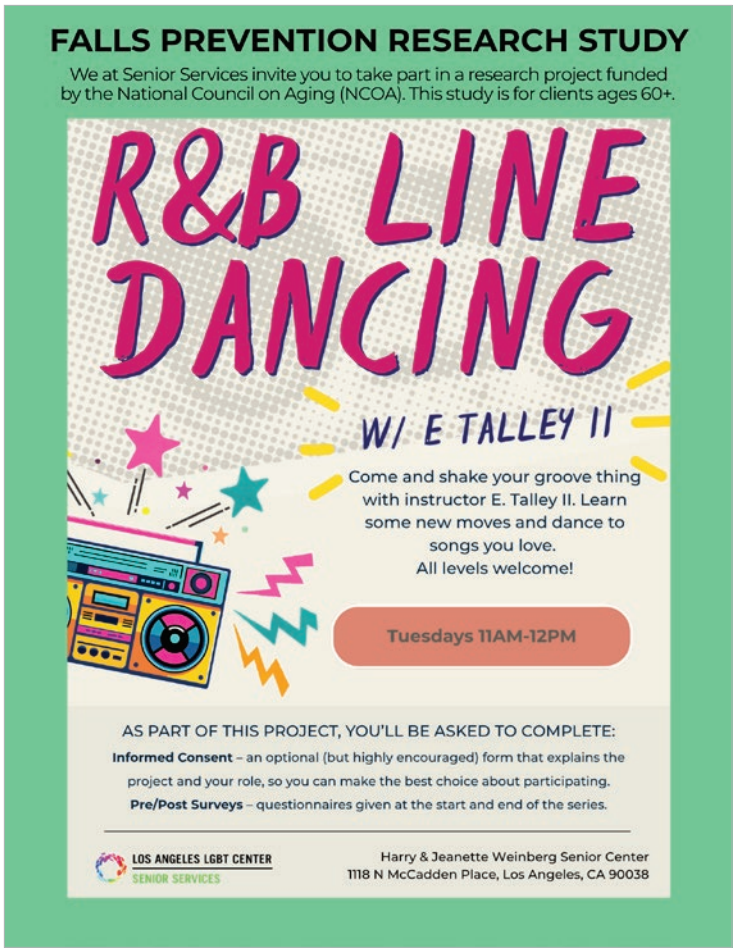
If you answered Yes to all of the above, consider applying to become a member of the Senior Services Advisory Team (SSAT)!

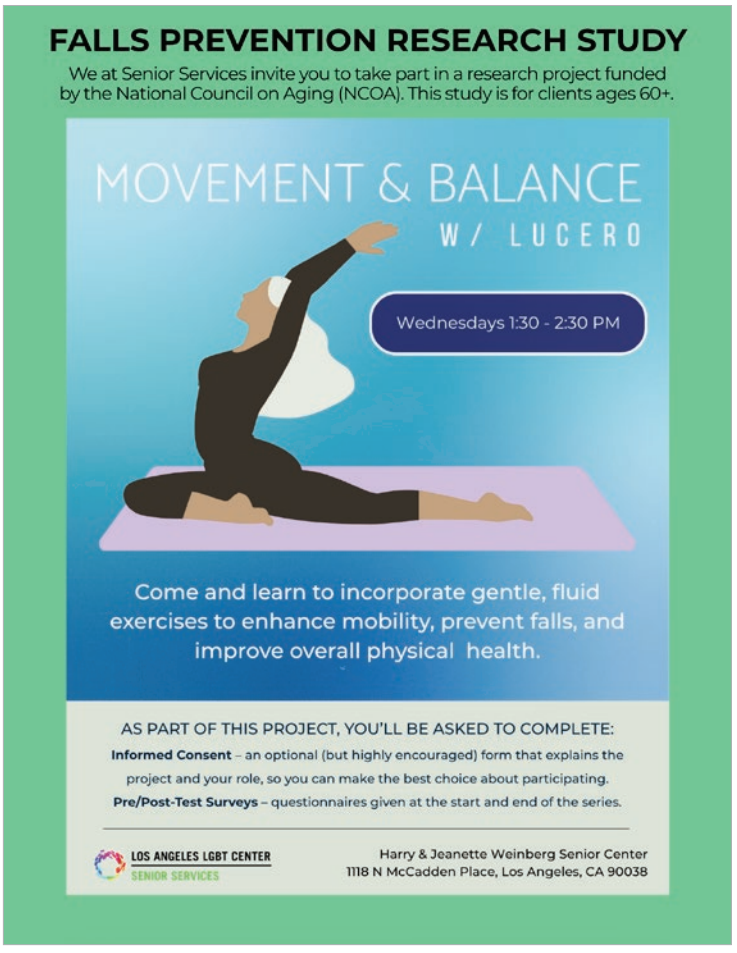
SSAT Recruitment Season is OPEN until Friday, 11/13.

Email seniors@lalgbtcenter.org to receive an application and additional information.

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

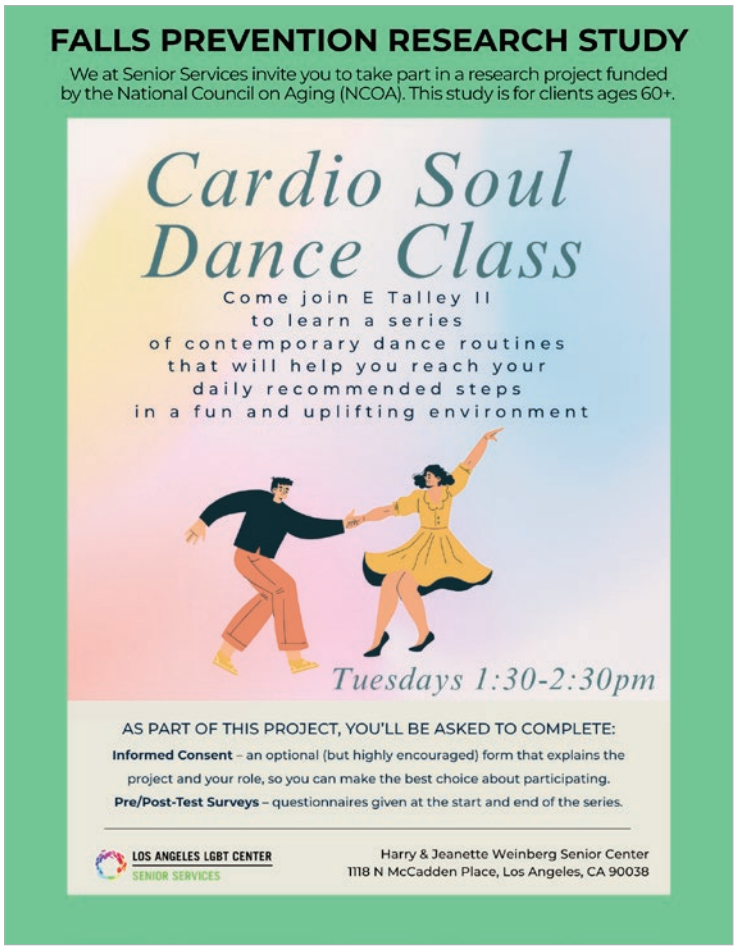
1:30–2:30PM
Come join E. Talley II as you learn a series of contemporary dance routines to help reach your daily recommended steps in a fun and uplifting experience. Participants ages 60+ will be asked to complete an informed consent and pre/post surveys.
Location: **Senior Center**

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. **>>>**









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
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 **>>>**

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

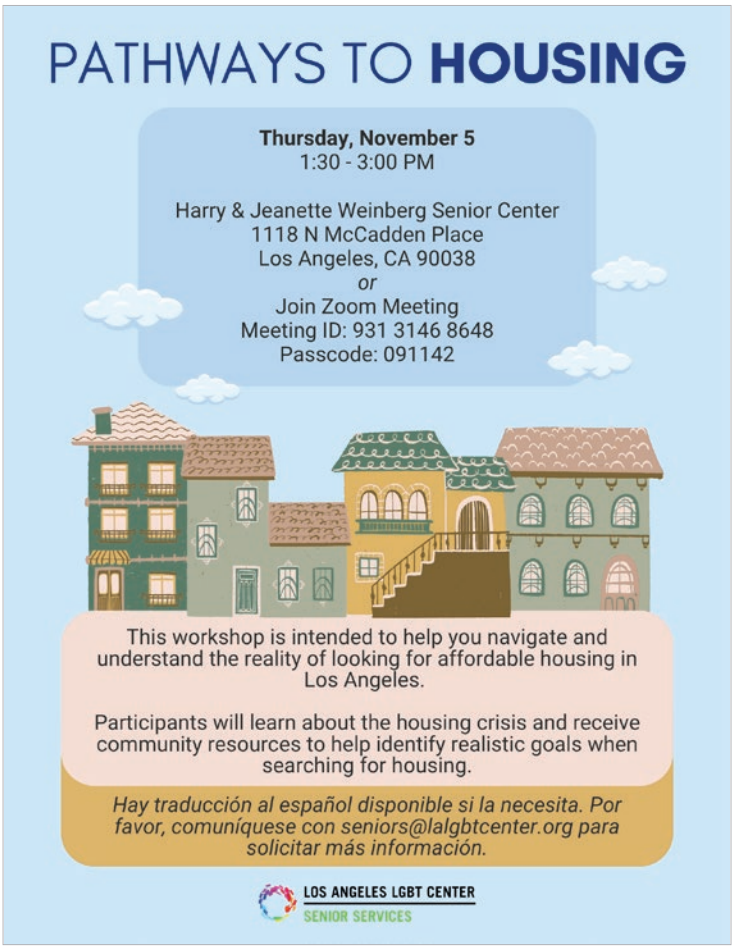
1:30–2:30PM
Come and learn to incorporate gentle, flude exercised to enhance mobility, prevent falls, and improve overall physical health. Participants ages 60+ will be asked to complete an informed consent and pre/post surveys.
Location: **Senior Center**

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**

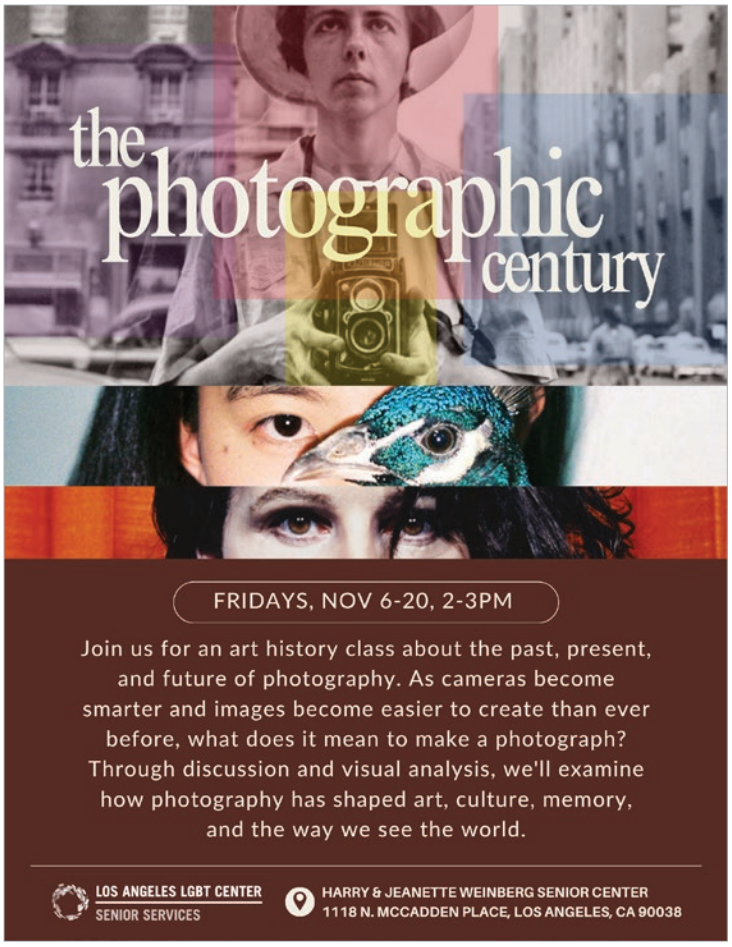
VETERAN'S SUPPORT GROUP

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. Please note, there will not be a meeting on November 11th, as we will hold a **>>>**









Veteran's Day Breakfast.
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 November 12th.
Location: **Senior Center**

MEN LIVING WITH HIV

1:30–3PM
Share your stories and experiences of living with HIV and meet some new friends! >>>

This support group is a safe space for the HIV-positive community. Please note that this month's evening HIV & Aging Breakfast on November 5th at 9:30AM.
Location: **Senior Center**

FRIDAYS

MEDIATION & MINDFULNESS

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**

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**

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**

THE PHOTOGRAPHIC CENTURY

2-3PM
Join us for an art history class about the past, present, and future of photography. As cameras become smarter and images become easier to create than ever before, what does it mean to make a photograph? Through discussion and visual analysis, we'll examine how photography has shaped art, culture, memory, and the way we see the world.
Location: **Senior Center**

LGBTQ+ SENIORS CANCER SUPPORT GROUP

3–5PM
This online support group for LGBTQ+ seniors impacted by cancer offers a comfortable online environment to share experiences and learn from others. RSVP to info@cancersupportla.org
Location: **Virtual**

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY
2 Quick & Healthy Meals on a Budget 10-11AM Community Listening Sessions, Veterans 10:30AM-12PM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30–3PM LGBTech 1:30-3PM	**3** 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	**4** Cyber Center 10AM-12PM & 1:30-3PM Medicare Counseling 10AM-1PM Men's Social Group 10-11:30AM Chair Yoga 11AM-12PM Farmers Market 11AM-1PM Beginning Tap 1:30-2:30PM Community Listening Sessions, Trans/GNC/ ENBI+ 1:30-3PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM
9 Breakfast Bingo 9:30-11AM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30–3PM LET'S ENGAGE! A Senior Services Info-Gathering Hour 1:30-2:30PM	**10** Cyber Center 10AM-12PM & 1:30-3PM Dance Meditation & Movement 10-11AM Community Listening Sessions, Latine/ Spanish-Speaking 10:30AM-12PM 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	**11** Veterans Day Breakfast 9:30-11AM Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10-11:30AM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Employment Rights 101 1:30-2:30PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM
16 Medicare Counseling 10AM-1PM Community Listening Sessions, Unhoused/ Unstably Housed 10:30AM-12PM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30–3PM LGBTech 1:30-3PM	**17** Cyber Center 10AM-12PM & 1:30-3PM Legal Services Drop In 10AM-12PM Understanding HIV and Resistance 10-11AM Dance Meditation & Movement 10-11AM R&B Line Dancing 11AM-12PM Cardio Soul Dance 1:30-2:30PM Community Listening Sessions, Women 50+ 1:30-3PM Moving Forward 1:30-3PM Spilling the Tea 1:30-2:30PM Senior Pantry Pickup 1:30-3PM	**18** 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 Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM
23 Community Listening Sessions, Black/ African-American 10-11:30AM 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	**24** Morning Film – Uncle Frank 9:30-11:30AM Lunch 12-1PM Intergenerational Thanksgiving 3-5PM Senior Services Closes at 1PM	**25** Homelessness : A Learning Experience 10-11AM Cyber Center 10AM-12PM & 1:30-3PM Men's Social Group 10-11:30AM Chair Yoga 11AM-12PM Beginning Tap 1:30-2:30PM Community Listening Sessions, All Seniors/ Open Forum 1:30-3PM Housing Application Days 1:30-3PM Movement & Balance 1:30-2:30PM Veteran's Support Group 2-3PM
30 Morning Film – The Grand Budapest Hotel 9:30-11:30AM Community Listening Sessions, Living with Disabilities 10-11:30AM Racial Justice Allies 11AM-12PM Senior Writing Group 11AM-1PM Jiu-Jitsu 1:30–3PM Community Listening Sessions, All Seniors/ Open Forum 1:30-3PM Holiday Blues 1:30-3PM		

THURSDAY	FRIDAY
5 HIV & Aging Breakfast 9:30-11AM 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 Still We Rise: River of Poetry 1:30-3PM	**6** Meditation & Mindfulness 10-11AM Getting Ready for Medicare's Open Enrollment Period 11AM-12PM Rhythm + Song Circle 11AM-12PM Everyday Movement 11:30AM-12:30PM Ebony Sage Circle 1:30-3PM American Sign Language 1:30-3pm The Photographic Century 2-3PM Cancer Support Group 3-5PM
12 Men's Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Cyber Center 10AM-12PM & 1:30-3PM Crafts with LA Public Library 10:00AM-12:00PM Alzheimer's Support Group 12-1:30PM Community Listening Sessions, Asian/AANHPI+ 1:30-3PM Men Living with HIV 1:30-3PM Still We Rise: River of Poetry 1:30-3PM	**13** Meditation & Mindfulness 10-11AM Community Listening Sessions, People Living w/ HIV 10-11:30AM Everyday Movement 11:30AM-12:30PM Farmers Market at Mi Centro 11AM-1PM American Sign Language 1:30-3PM The Photographic Century 2-3PM Art Appreciation 3-4PM Ebony Sage Circle @ Center South 3-4:30PM Cancer Support Group 3-5PM
19 Co-Ed Hiking 9:30AM Senior Pantry Pickup 9:30-11AM Brain Games 10-11AM Protecting Your Legacy: Estate Planning 101 11AM-12PM 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 Still We Rise: River of Poetry 1:30-3PM	**20** Meditation & Mindfulness 10-11AM Okay…Now What? 11AM-12PM Everyday Movement 11:30AM-12:30PM Farmers Market at Center South 11AM-1PM Ebony Sage Circle 1:30-3PM American Sign Language 1:30-3pm The Photographic Century 2-3PM Cancer Support Group 3-5PM
26 Senior Services Closed	**27** Senior Services Closed

CELEBRANDO - TRIALBLAZER WINNER!



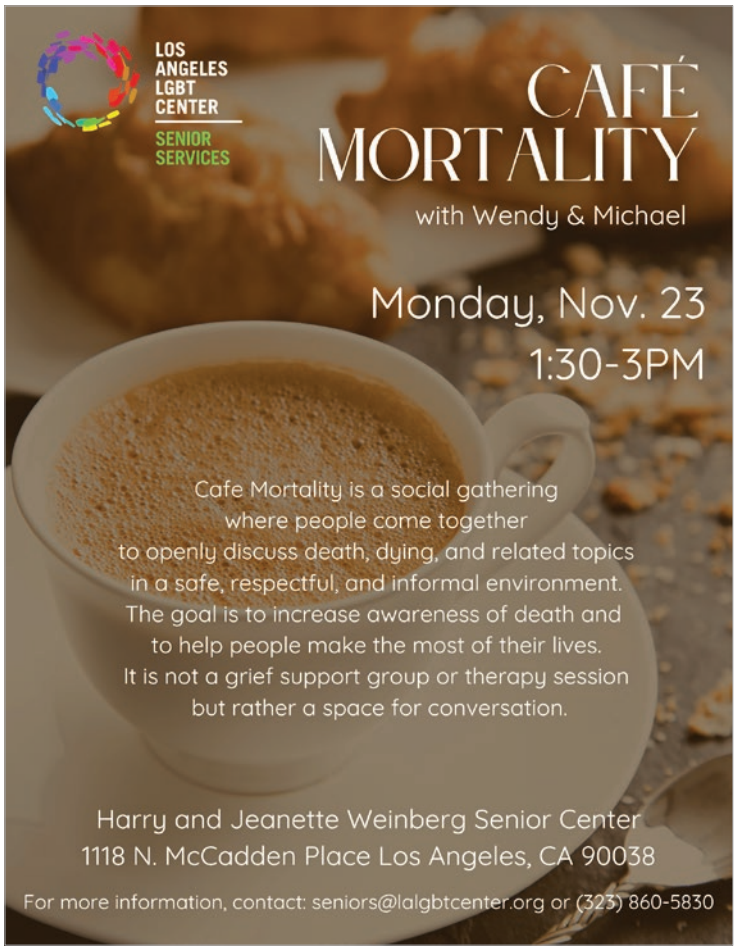
FLYING FICTION GROUP READING



CULINARY ARTS







ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., NOV. 12, 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., NOV. 13, 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., NOV. 9, 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., NOV. 23, 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**

COMMUNITY LISTENING SESSIONS

DATE: THROUGHOUT NOVEMBER (SEE FLYER ON PAGE 15)

Senior Services is conducting a series of Community Listening Sessions. These small, informal conversations will be an opportunity for us to discuss ways to address pressing needs within our communities. Please join us on the date/time if you self-identify by the following group.

Location: **Senior Center**

CRAFTS WITH LA PUBLIC LIBRARY

THURS., NOV. 12, 10AM–12PM

Join LA Public Library for a morning of fun crafts and friendly conversation, learn about what the library offers and register in person! This month: Coffee Mug Design Craft.

Location: **Senior Center**

DWELL WELL SERIES: DOCUMENTS NEEDED FOR AFFORDABLE HOUSING AND WHY?

THURS., NOV. 19, 1:30–2:30PM

In this session, we'll walk through the application and recertification processes for affordable housing. Attendees will gain practical tips and learn about best practices to avoid common hold – ups. We will also cover why submitting specific documents is required in the first place, and spoiler alert, it's not because a property manager is out to get you.

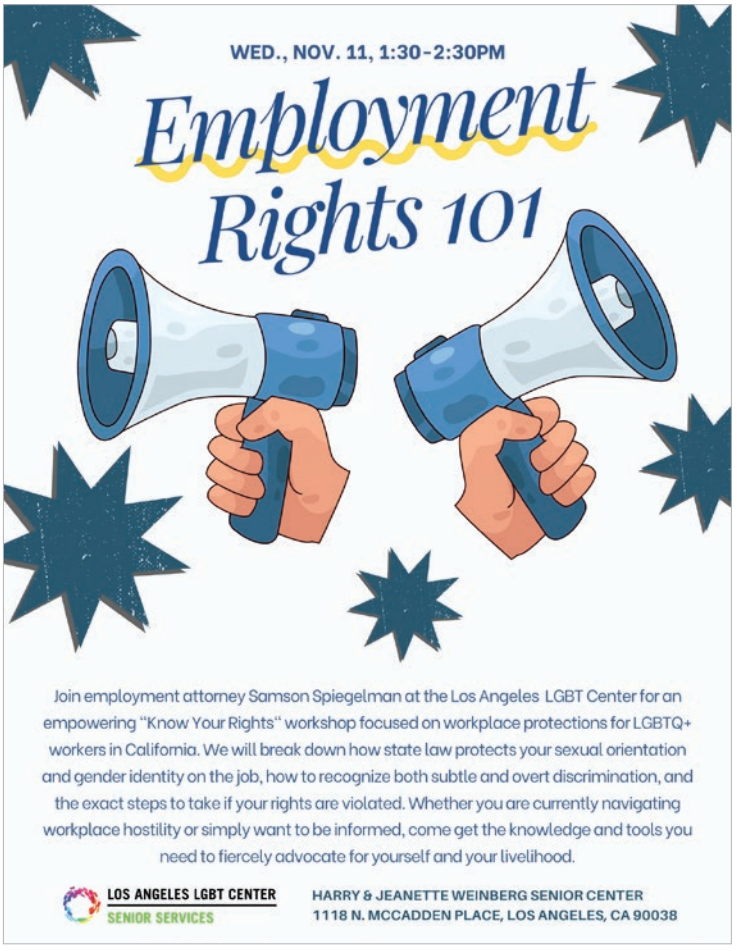
Location: **Senior Center** or
Meeting ID: **966 8780 6392**
Password: **885161**

EMPLOYMENT RIGHTS 101

WED., NOV. 11, 1:30-2:30PM

Join employment attorney Samson >>>









Spiegelman at the Los Angeles LGBT Center for an empowering "Know Your Rights" workshop focused on workplace protections for LGBTQ+ workers in California. We will break down how state law protects your sexual orientation and gender identity on the job, how to recognize both subtle and overt discrimination, and the exact steps to take if your rights are violated. Whether you are currently navigating workplace hostility or simply want to be informed, come get the knowledge and tools you need to fiercely advocate for yourself and your livelihood.
Location: **Senior Center**

FARMERS MARKET

WED., NOV. 4, 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., NOV. 20, 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, NOV. 13, 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

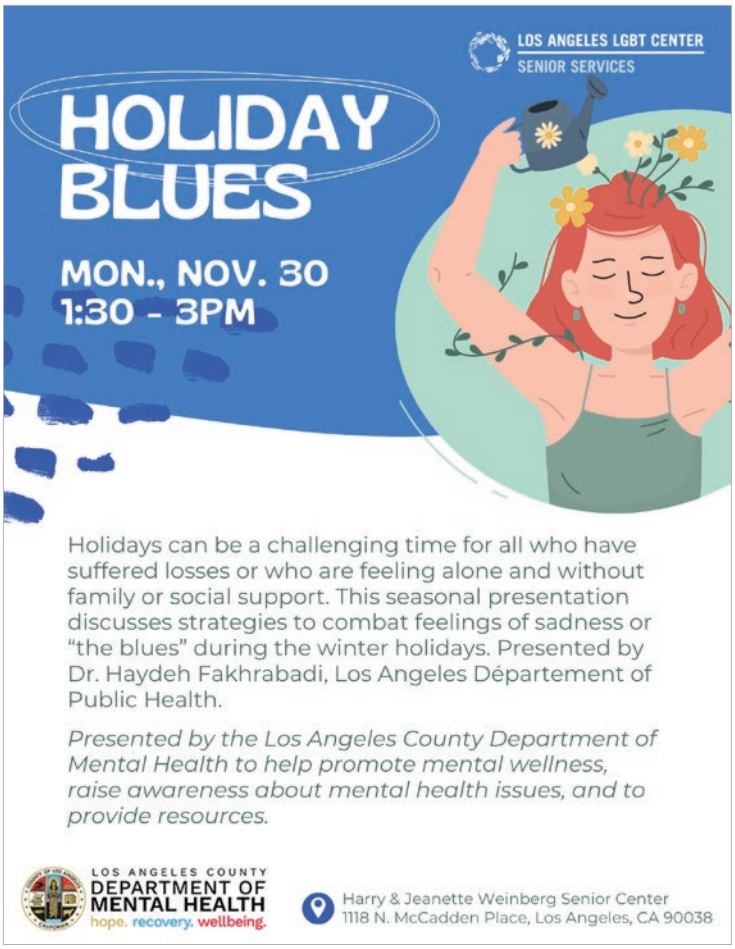
TUES., NOV. 10 & 24, 7–9PM
In partnership with Cancer Support Community LA, the gay and bisexual men's prostate cancer support group meets on the 2nd & 4th Tuesday of the month via Zoom. Discuss treatment, doctors, insurance, sex, relationships, and coping. To RSVP, contact info@cancersupportla.org.
Location: **Virtual**

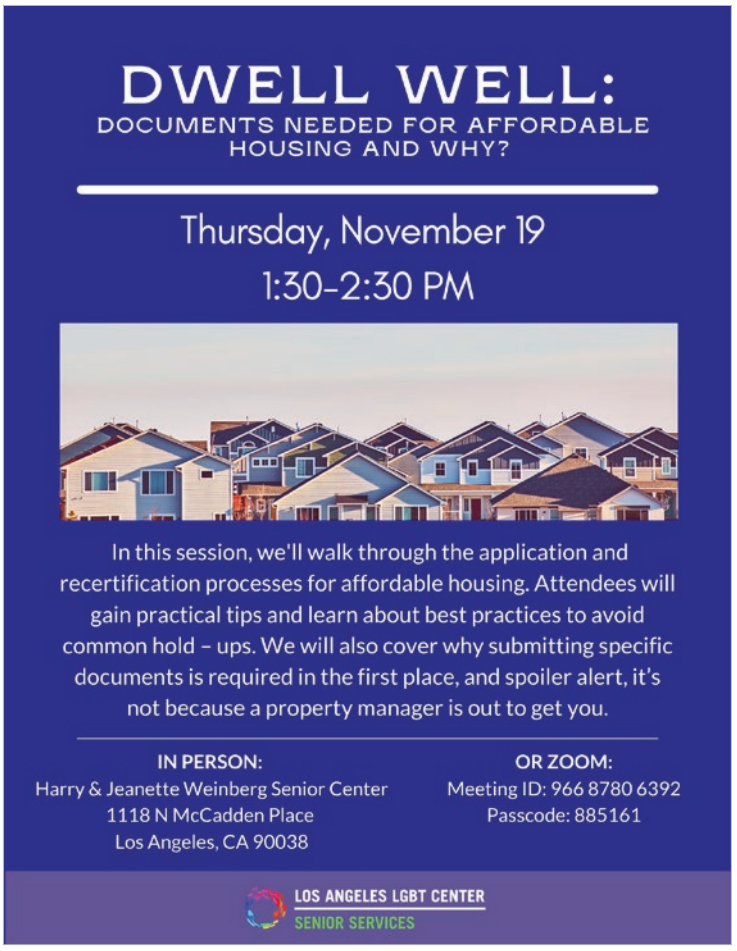
GETTING READY FOR MEDICARE'S OPEN ENROLLMENT PERIOD

FRI., NOV. 6, 11AM–12PM
Learn about your Medicare plan options and the changes you can make during this period, as well as low-income programs that are available to help pay for Medicare costs.
Location: **Senior Center**

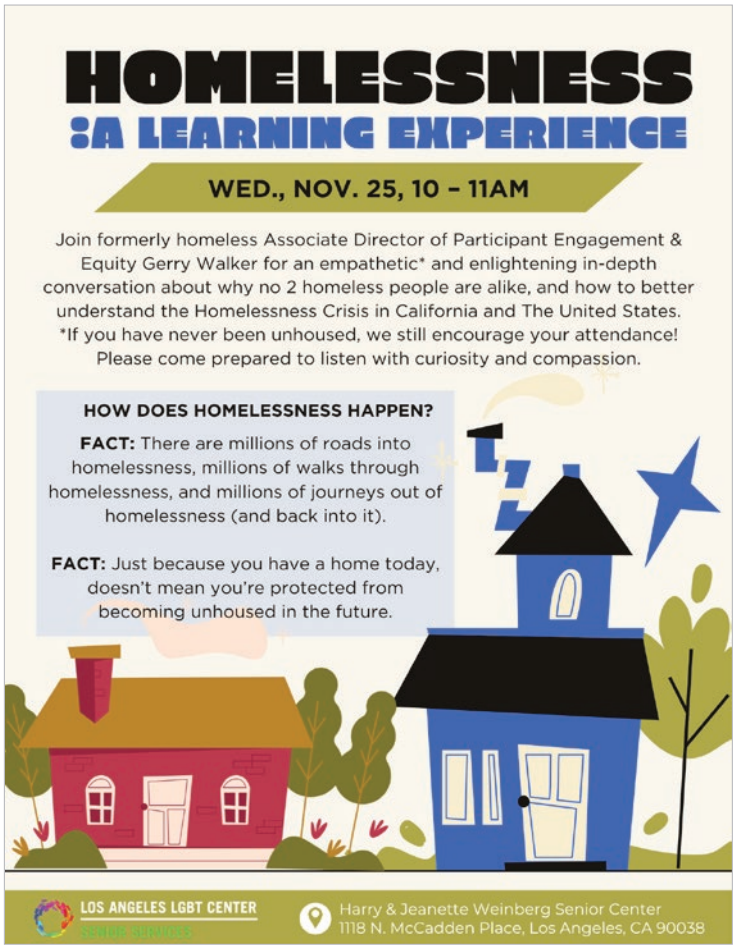
HIV & AGING BREAKFAST

MON., NOV. 5, 9:30-11AM
Join us for breakfast for our HIV+ support groups. Connect with others, share your experiences of living with HIV, and make new friends in a welcoming and supportive environment! This is a closed group for people living with HIV. RSVP to **>>>**









seniors@lalgbtcenter.org or 323-860-5830.
Location: **Senior Center**

HOLIDAY BLUES

MON., NOV. 30, 1:30-3PM
Holidays can be a challenging time for all who have suffered losses or who are feeling alone and without family or social support. This seasonal presentation discusses strategies to combat feelings of sadness or "the blues" during the winter holidays. Presented by Dr. Haydeh Fakhrabadi, Los Angeles Département of Public Health.
Location: **Senior Center**

HOMELESSNESS: A LEARNING EXPERIENCE

WED., NOV. 25, 10-11AM
Join formerly homeless Associate Director of Participant Engagement & Equity Gerry Walker for an empathetic* and enlightening in-depth conversation about why no two homeless people are alike, and how to better understand the Homelessness Crisis in California and the United States.
*If you have never been unhoused, we still encourage your attendance! Please come prepared to listen with curiosity and compassion.
Location: **Senior Center**

INTERGENERATIONAL THANKSGIVING

TUES., NOV. 24, 3-5PM
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 delicious >>>

meal, lively entertainment and a afternoon of gratitude. RSVP by November 10 to seniors@lalgbtcenter.org or (323) 860-5830.
Location: **Senior Center**

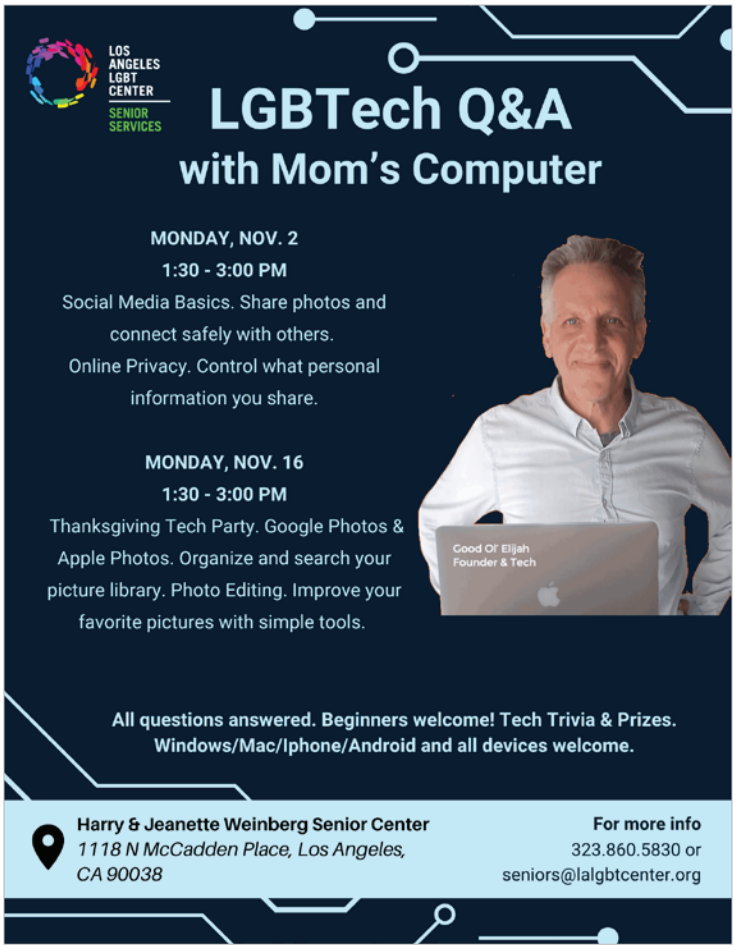
LEGAL SERVICES OFFICE HOURS WITH SENIORS

TUES., NOV. 3 & 17, 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**

LET'S ENGAGE! A SENIOR SERVICES INFO-GATHERING HOUR

MON., NOV. 9, 1:30-2:30PM
Join us for a fun info-packed client learning session! Learn what Senior Services has been working on lately and get upcoming news. Hear the results of our SHINE survey - and learn what's still in store. Find out how to become more involved in Senior Services decisions by applying to become a new member of the Senior Services Advisory Team (SSAT). Enter and win raffle/contest prizes. All clients are welcome - no RSVP is needed. Refreshments will be provided.
Location: **Senior Center**









LGBTECH Q&A WITH MOM'S COMPUTER

MON., NOV. 2 & 16, 1:30–3PM

NOV. 2: Social Media Basics. Share photos and connect safely with others.
Online Privacy. Control what personal information you share.
NOV. 16: Thanksgiving Tech Party. Google Photos & Apple Photos. Organize and search your picture library. Photo Editing. Improve your favorite pictures with simple tools.
All levels welcome. All questions answered.
Location: **Senior Center**

MEDICARE COUNSELING

WED., NOV. 4 & MON., NOV. 16, 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**

MORNING FILM

TUES., NOV. 24 & MON., NOV. 30, 9:30AM-11:30AM

Join us for a morning film at the Senior Center and enjoy two unforgettable movies with us. On Nov. 24, we'll watch Uncle Frank, a heartfelt story about family, acceptance, and coming to terms with the past. Then on Nov. 30, settle in for The Grand Budapest Hotel, a quirky and beautifully crafted adventure filled with humor, friendship, and plenty of unexpected twists.
Location: **Senior Center**

OKAY...NOW WHAT?

FRI., NOV. 20, 11AM-12PM
A conversation about aging, change and what comes next. Getting older inevitably means change. Some of it expected, and some of it seemingly, out of our control. This workshop is an opportunity to explore impactful life experiences, where we are now with them, and help answer the deceptively simple question: Okay… now what?
Location: **Senior Center**

PATHWAYS TO HOUSING

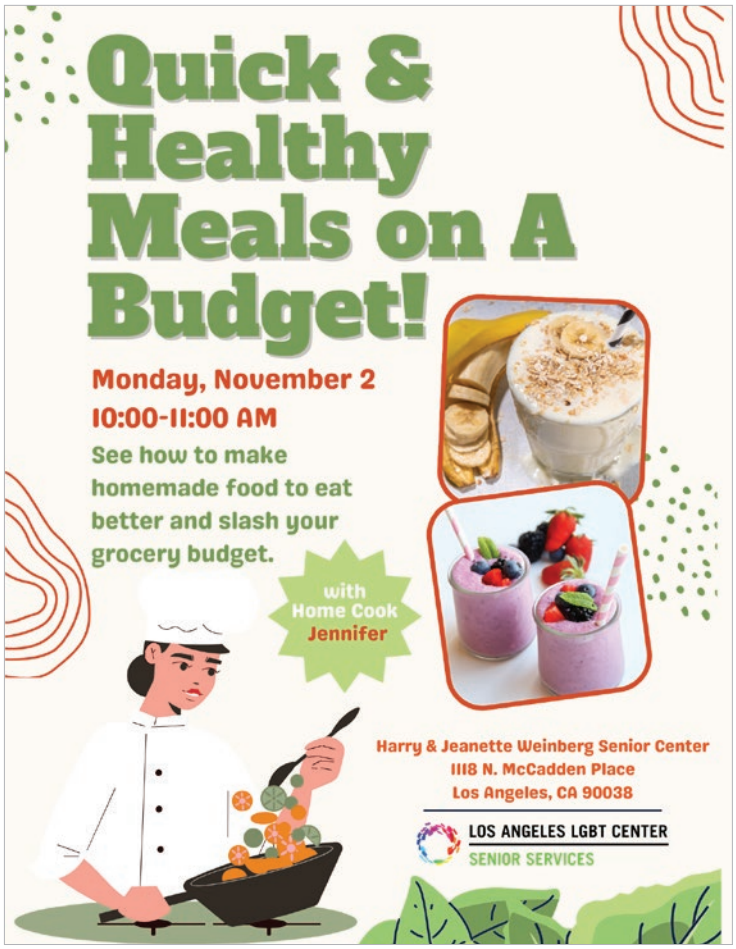
THURS., NOV. 5, 1:30–3PM
This workshop will help 50+ older adults navigate and understand the reality of looking for affordable housing in Los Angeles. Participants will learn about the housing crisis and community resources to identify realistic and unrealistic housing goals when searching for housing. 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**

PROTECTING YOUR LEGACY: ESTATE PLANNING 101

THURS., NOV. 19, 11AM–12PM
Learn about the core building blocks of a comprehensive estate plan, including revocable living trusts, wills, powers of attorney, and healthcare directives. This session breaks down how proper planning protects your assets, minimizes probate stress, and ensures your personal and financial wishes are honored seamlessly.
Location: **Senior Center**









QUICK & HEALTHY MEALS ON A BUDGET!

MON., NOV. 2, 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: Fall Breakfast Smoothie
Location: **Senior Center**

READING OPENS MINDS

THURS., NOV. 5 & 19, 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**

RHYTHM + SONG CIRCLE

FRI., NOV. 6, 11AM-12PM
Join us for our final rhythm and song circle at Senior Center and end the series on a high note. We'll enjoy music, reflection, and community in a fun and welcoming environment.
Location: **Senior Center**

SOUND BATH

MON., NOV 23, 11AM–12PM
Join us at Senior Services for a sound bath led by Alex S.! A sound bath is a deeply immersive, meditative experience where you'll be surrounded by soothing vibrations from instruments like singing bowls, gongs, and chimes, promoting relaxation and inner calm. Space is limited.
Location: **Senior Center**

STILL WE RISE: RIVER OF POETRY

THURS. NOV. 5, NOV. 12, & NOV. 19, 1:30-3PM
A writing workshop for LBTQ women. In this series, participants will explore **>>>**

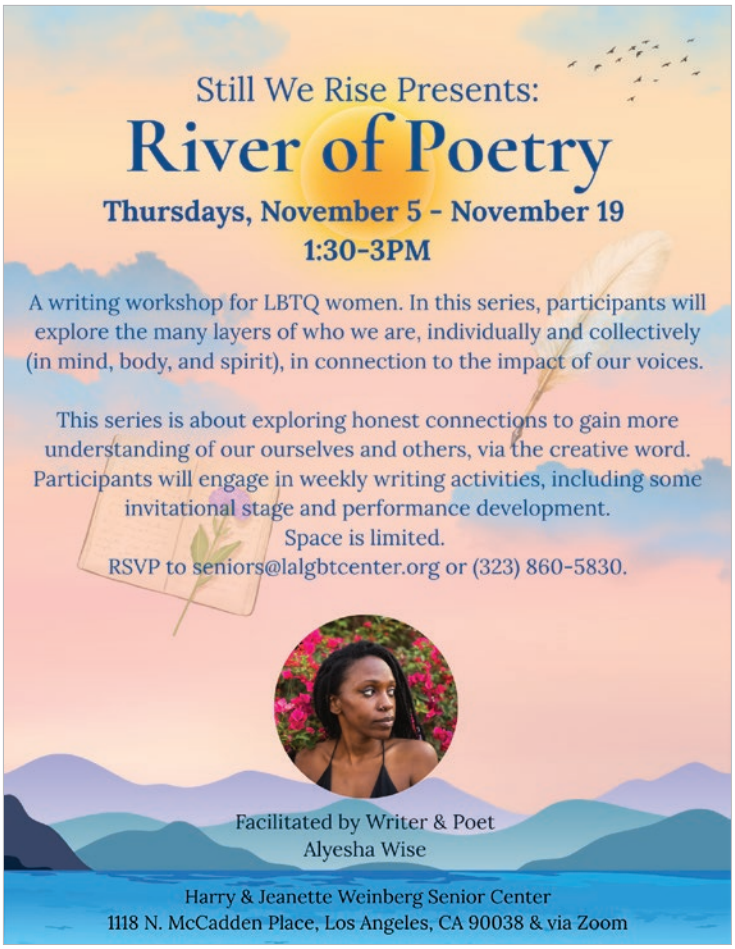
the many layers of who we are, individually and collectively (in mind, body and spirit), in connection to the impact of our voices. This series is about exploring honest connections to gain more understanding of ourselves and others, via the creative word. Participants will engage in weekly writing activities,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

UNDERSTANDING HIV AND RESISTANCE

TUES., NOV. 17, 10-11AM
Join us for a webinar on HIV Treatment and Resistance in collaboration with Thera Community Team. It will include a discussion on Ending the HIV Epidemic goals, an overview of U=U, a discussion on reasons regimens fail, the need for new treatments, and resources to educate and empower older adults living with HIV.
Location: **Senior Center**

VETERANS DAY BREAKFAST

WED., NOV. 11, 9:30-11AM
Join us for a special Veterans Day Breakfast as we come together to honor and celebrate our Veterans. Come enjoy good food, great company, and a chance to connect with fellow Veterans and community members as we recognize their service and sacrifice. Guest Gail Soffer, Founder of the Mindful Veteran Project, will begin the celebration by facilitating a special Mindful Eating Activity. RSVP to seniors@lalgbtcenter.org or 323-860-5830. Attendees must be a Veteran to participate.
Location: **Senior Center**

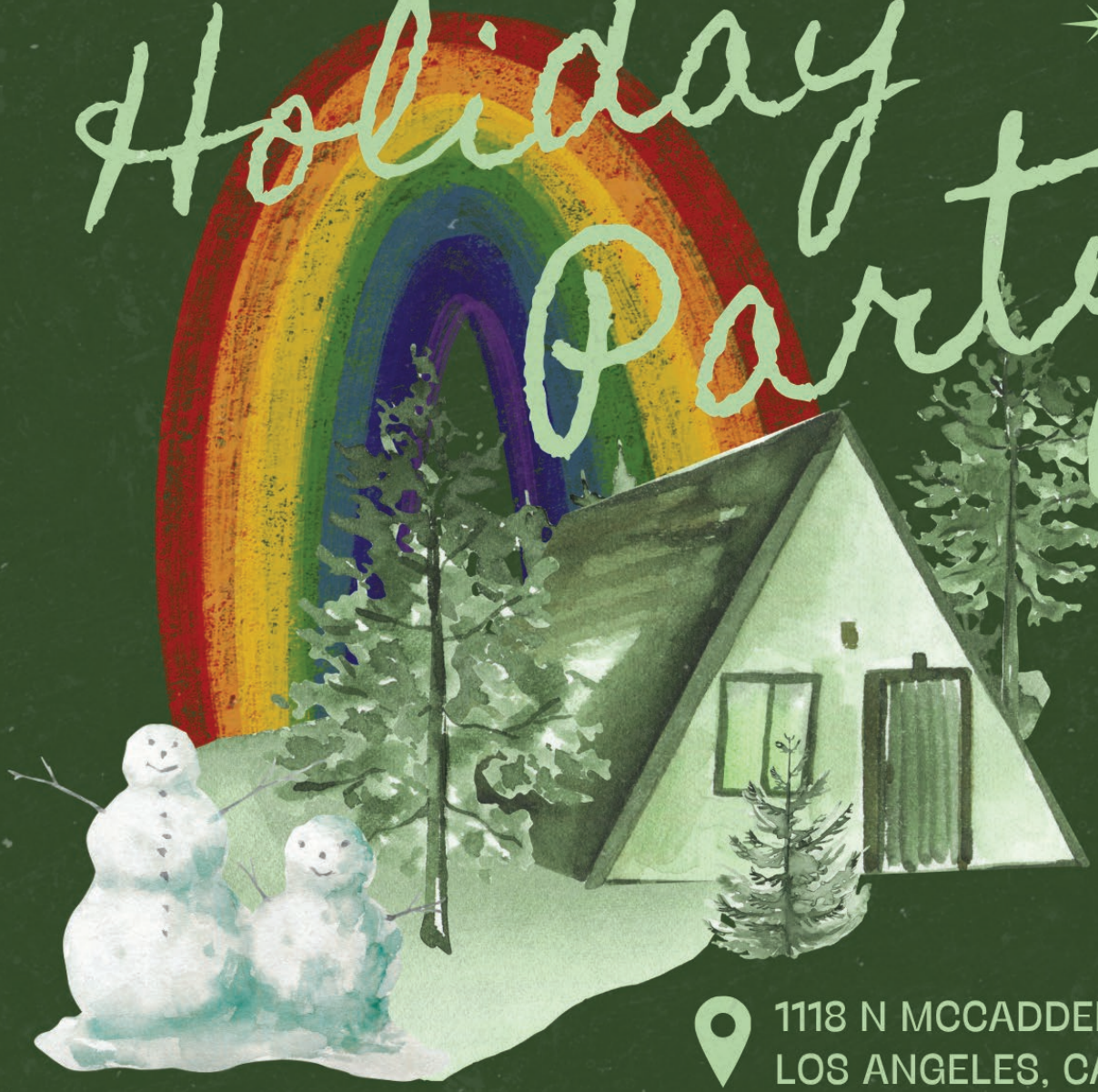




SAVE THE DATE!

FRIDAY, DEC. 11, 2-4PM

Holiday Party



1118 N MCCADDEN PLACE,
LOS ANGELES, CA 90038

JOIN US FOR A COZY AFTERNOON OF DANCING, COMMUNITY, HOT CHOCOLATE, AND DESSERT! COME CELEBRATE THE HOLIDAYS WITH LAUGHTER, CONNECTION, AND PLENTY OF FESTIVE FUN. *SPACE IS LIMITED. RSVP TO SENIORS@LALGBTCENTER.ORG OR (323) 860-5830.*

LOS ANGELES LGBT CENTER
SENIOR SERVICES