



LOS  
ANGELES  
LGBT  
CENTER®

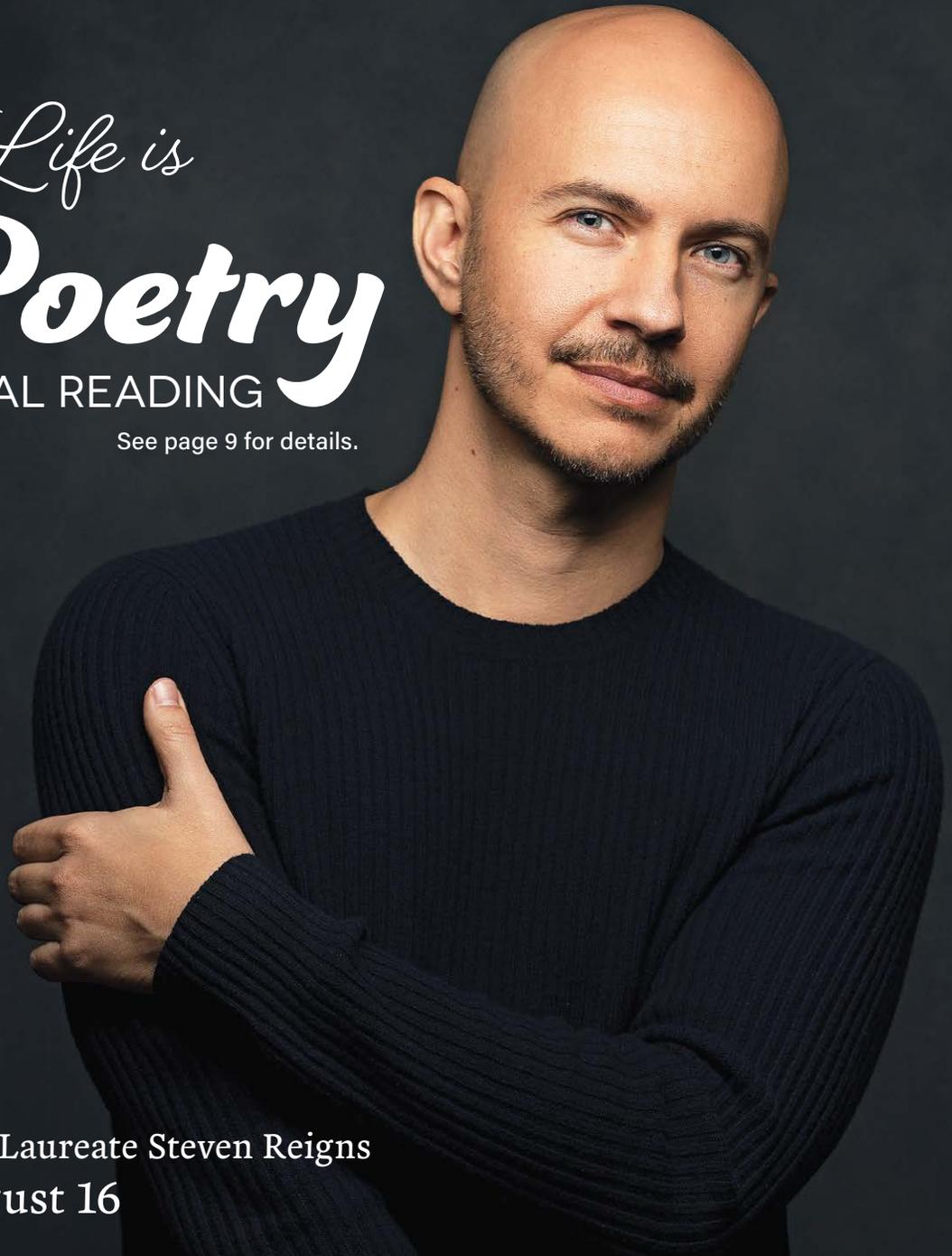
SENIOR  
SERVICES

# 50+

## AUGUST 2020

*My Life is*  
**Poetry**  
FINAL READING

See page 9 for details.



Hosted by Poet Laureate Steven Reigns  
Sunday, August 16

RSVP/Hotline: 323-860-5830 or Toll-Free: 877-688-4833 • [seniors@lalgbtcenter.org](mailto: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!

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

**Helpline**  
323-860-5830

**Toll Free**  
877-688-4833

[seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org)  
[lgbtcenter.org/seniors](http://lgbtcenter.org/seniors)  
[facebook.com/50pluslgbt](https://www.facebook.com/50pluslgbt)

**GO GREEN**



Remove yourself from the mailing list and access the newsletter and calendar online through our email list. Send an email to [seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org) requesting to “Go Green.”

## LETTER FROM KIERA

As the COVID-19 pandemic continues, all of us are trying to adjust to a world of social distancing. It's normal for this to be a hard adjustment for many of us who are used to seeing family and friends and having social experiences. Here are a few suggestions to help you get through this:

- Create a daily plan for yourself. It's easier to face a day when you have a schedule (phone calls, Zoom groups, online games with your friends, etc.).
- Do you have an idea for a new Zoom class we should offer, or would you like to facilitate a class? Email [senioractivities@lgbtcenter.org](mailto:senioractivities@lgbtcenter.org) with your ideas.
- Take breaks from the media when needed.
- Try meditation. YouTube has lots of pre-recorded options. There are apps you can subscribe to, such as Calm or Headspace. Or you can participate in our Meditation & Mindfulness class every Monday from 1–2 p.m. via Zoom.
- Call friends and family to check in. It helps you and your loved ones.
- Get additional support when you need it:
  - Speak with your doctor/insurance company to get a referral to a mental health provider whom you can see virtually;
  - Hotline Resources: LA County Mental Health line at 800-854-7771; Sage LGBT Helpline at 877-360-5428;
  - Contact us at 323-860-5830 or [seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org) to sign up for our Hello Club program in which we pair you with a Center volunteer to build community connection.

We are here to help you get the resources and support you need! Please let us know how we can help.



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



**Senior Services is supported in part by the City of West Hollywood.**

# Senior Services is here for you!

**Meals:** Bagged lunches are provided Monday thru Friday, 12:30–1 p.m., for pick-up only, right outside the Senior Center. Following Safe at Home guidelines, we cannot allow group meals—not even outdoors. Participants need to stay at least 6 feet from each other at all times. Masks or face coverings are required for meal pick-up. We will refuse service to anyone not wearing a mask or face covering. Please contact us if you need a mask. We will be glad to assist you.

**Case Management:** Staff are working remotely and have shifted to telephone-based services so please reach out to your case manager, when needed. If you do not have a case manager, please call our helpline (phone number below).

**Helpline/Grocery Delivery:** RSVP line has expanded to a “help line” so if you have an immediate need, including food or masks, please call **323-860-5830** or toll-free **877-688-4833** during our business hours Monday thru Friday, 9 a.m.–5 p.m., and a staff member will get back to you.

## Safety Tips for Staying Healthy

- Because Senior Services cares for YOU, you are highly encouraged to self-quarantine at home for your safety and well-being.
- Wash your hands often and after coughing, sneezing, or blowing your nose. Use a tissue or your arm when sneezing or coughing. Immediately throw used tissues in the trash.
- Avoid touching your face with unwashed hands.
- Wear a cloth mask anytime you go out in public. You can make your own mask or use a bandana.
- Maintain a 6-foot distance from other people.
- If you are sick or not feeling well, stay home.
- Disinfect frequently touched surfaces at home.

# Join our activities from home via

# zoom

Use one of the following methods to join a Zoom activity:

- Call **213-338-8477** from your phone. Enter Meeting ID followed by #. When asked for Participant ID press # (Participant ID not required) and then enter Password followed by #.
- Follow the link to connect from your computer or laptop.
- Download the Zoom app onto your smartphone and enter the Meeting ID and Password.

For assistance with troubleshooting, contact **323-860-7367** or email the Activities Team at **senioractivities@lalgbtcenter.org**.

For the most up-to-date information, schedules, and links to all Zoom activities, please visit us at **facebook.com/50pluslgbt** or check your email. If you are not receiving Senior Services emails, check your spam folder first. If assistance is still needed, please contact us at **323-860-5830** or **877-688-4833** (toll-free) or email us at **seniors@lalgbtcenter.org**.



Hello Club is a social call program connecting volunteers and seniors via telephone with the aim of increasing socialization and decreasing isolation among the aging LGBT community. If you would like to sign up to receive calls and connect with others, then please call **323-860-5830** or email **seniors@lalgbtcenter.org**.

**Leave a message with your specific request for Hello Club.**

## MONDAYS

### QI GONG

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**10–11 A.M.**

Learn how to coordinate movement, posture, breathing, and meditation to cultivate your “life energy.”

**MEETING ID:**

**978 8358 5175**

**PASSWORD: 821316**

### GROWING TOWARD RACIAL UNDERSTANDING & HEALING

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**11 A.M.–12 P.M.**

Join us every 2nd & 4th Monday of the month for this inclusive group to share from your heart about racial misunderstandings and connections in today’s society. Bring your lunch and let’s heal together!

**MEETING ID:**

**995 8392 2579**

**PASSWORD: 298029**

### IYENGAR YOGA

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**12–1 P.M.**

Learn more about this form of yoga as exercise which emphasizes detail, precision, and alignment to improve yoga postures or asanas. Participants

are encouraged to use blocks, blankets, and other props to perform asanas correctly.

**MEETING ID:**

**927 8825 2234**

**PASSWORD: 837741**

### MEDITATION & MINDFULNESS

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**1–2 P.M.**

Join Nathalie as she guides you through a mindfulness meditation practice to help you slow down racing thoughts, let go of negativity, and calm both your mind and body.

**MEETING ID:**

**922 7480 4416**

**PASSWORD: 999807**

### SENIOR WRITING GROUP

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**1–3 P.M.**

Share your life experiences in prose or poetry. Previous writing experience needed. Class involves writing on prompts outside of class as well as in-class writing.

**MEETING ID:**

**949 3045 5017**

**PASSWORD: 218422**

## TUESDAYS

### R&B LINE DANCING

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**11 A.M.–12 P.M.**

Shake your groove thang with instructor, E Talley! R&B line dancing is a great way to learn some new moves and dance to songs that you love. All levels welcome!

**MEETING ID:**

**911 7584 0496**

**PASSWORD: 946790**

### BEREAVEMENT

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**1:15–2:45 P.M.**

If you are experiencing pain from the loss of a loved one, please call one of our case managers who can refer you to the group or to individual counseling. This group is temporarily closed to new members.

**MEETING ID:**

**995 8430 3134**

**PASSWORD: 483490**

### TRANSC.A.R.E.

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**2–3 P.M.**

A program series for transgender and gender non-conforming older adults to develop a support network and Community, to continue exercising Autonomy as an elder, to share stories of

Resiliency, and to acquire the necessary tools to increase Empowerment.

**MEETING ID:**  
**926 9753 0898**  
**PASSWORD: 649364**

## WEDNESDAYS

### MEN'S SOCIAL GROUP

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**10 A.M.–12 P.M.**

Join us to meet new friends and share stories every week. Open to all self-identifying men.

**MEETING ID:**  
**932 7122 4639**  
**PASSWORD: 249740**

### CHAIR YOGA

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**11 A.M.–12 P.M.**

Challenge your body and brain with Lucero as you explore ancient Eastern techniques to improve your memory and health.

**MEETING ID:**  
**957 3456 5382**  
**PASSWORD: 743323**

### VETERANS SUPPORT GROUP

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**1–2 P.M.**

In collaboration with the Department of Veterans Affairs, this group offers support for LGBT military veterans in a safe and

welcoming space.

**MEETING ID:**  
**997 4154 4863**  
**PASSWORD: 301481**

### BEGINNING TAP DANCING

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**2–3 P.M.**

Learn the fundamentals of tap dancing with Lauren! Tap is one of the greatest feel-good dances you can enjoy. It's fun to learn and fun to practice. All skills levels welcome.

**MEETING ID:**  
**942 0964 5522**  
**PASSWORD: 503640**

### SHARE, SHOW, & TELL - A SPACE TO SHARE THE MAGIC OF YOU!

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**3–4:30 P.M.**

Senior Services & Trans\* Lounge are joining forces to offer this new weekly intergenerational sharing and storytelling group. Share a poem, song, recipe, photo, or arts & crafts that you've created. We want to hear all about it! All are invited to share & participate.

**MEETING ID:**  
**923 8275 0226**  
**PASSWORD: 320759**

## THURSDAYS

### LBQ WOMEN'S CHAT

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**10–11 A.M.**

Lesbian, bisexual, and queer female-identified participants take part in a group discussion and share experiences, ideas, opinions, and struggles of the everyday LBQ life in a safe and supportive space.

**MEETING ID:**  
**937 2521 9434**  
**PASSWORD: 845758**

### MEN LIVING WITH HIV

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**1:30–3 P.M.**

Share your stories and experiences of living with HIV and meet some new friends!

**MEETING ID:**  
**972 4455 6136**  
**PASSWORD: 471463**

### BRAIN POWER

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**1–2 P.M.**

Discussing queer heroes and icons!

**MEETING ID:**  
**963 5216 7657**  
**PASSWORD: 901250**

## SATURDAYS

### TAI CHI / SOUND BATH

**10 A.M.–12 P.M.**

Explore this traditional practice to calm the mind and lift the spirit through low-intensity exercise, followed by a sound bath healing session that uses vibrational sound to help reduce stress and enhance consciousness.

**MEETING ID:**

**984 0160 6292**

**PASSWORD: 999975**



# My Life is Poetry

## FINAL READING

**Sunday, August 16 • 6 p.m.**



Join a free reading of autobiographical poetry by LGBTQ seniors! Students have been meeting virtually to write poems during the pandemic. This annual reading, that gives a place and platform for the elder LGBTQ experience, is more vital now than ever. Please join us on Zoom to watch students read their powerful and moving poetry.

Event supported by a grant from The City of Los Angeles Department of Cultural Affairs and sponsored by the Los Angeles LGBT Center's Senior Services. Workshop founded and taught by Steven Reigns.

Register in advance for this meeting:

<https://tinyurl.com/yaklq6gd>

After registering, you will receive a confirmation email containing information about joining the meeting.

# non-weekly events

## ALZHEIMER'S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP

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**THURSDAYS, AUG. 13 & 27**

**10:30 A.M.–12 P.M.**

Join the Alzheimer's Association LGBT virtual support group for caregivers, family, and friends caring for an LGBT loved one. Develop a support system and learn about resources. To RSVP, please contact Yael Wyte at 310-912-9120 or [ywyte@alz.org](mailto:ywyte@alz.org).

## ART APPRECIATION

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**FRIDAYS, AUG 14 & 28, 3–4 P.M.**

Explore and learn about select artwork with Getty docent David Savage! Join this virtual visit to the museum to learn about the artists and history of each piece. Imagine yourself in the art – what might you see, hear, smell and touch? This conversation will be fun and inclusive – all art lovers welcome!

**MEETING ID: 984 9274 8385**

**PASSWORD: 081457**

## EMPLOYMENT TIPS FOR 50+

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**TUESDAY, AUG. 11, 10–11 A.M.**

Come learn essential tips for navigating the job field! Topics will include: job search strategies, interview skills, and basic résumé writing.

**MEETING ID: 998 9278 7126**

**PASSWORD: 411164**

## HOUSING SUPPORT & INFORMATION

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**THURSDAYS, AUG. 13 & 27, 3–4 P.M.**

Come and meet our new housing staff to hear about housing-related information for the LGBT community and share your experience with us.

**MEETING ID: 974 1392 8216**

**PASSWORD: 829967**

## LGBTECH Q&A WITH MOM'S COMPUTER

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**TUESDAY, AUG. 11, 3–4:30 P.M.**

Managing your WiFi, smart phone or cable bills: Which services do you really need? Are you being overcharged? How can you get free WiFi? All tech questions answered.

**TUESDAY, AUG. 25, 3–4:30 P.M.**

Fix your tech for the Fall! Come to class and learn tips and tricks to keep your devices up-to-date with plenty of storage. What's new in tech? All tech questions answered.

**MEETING ID: 933 3087 5630**

**PASSWORD: 957184**

## MAKING GAY HISTORY

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**FRIDAYS, AUG. 7 & 21, 9:30–11 A.M.**

Join us every 1st and 3rd Friday of the month to listen to episodes of the podcast *Making Gay History* and then engage in a thoughtful discussion and share our experiences. *Making Gay History* has been bringing the largely hidden history of the LGBTQ civil rights

# READING OPENS MINDS

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**MONDAYS, AUG 3, 17 & 31, 11–12:30P.M.**

Are you interested in joining a book club? Share your love of reading with others! Engaging books chosen for discussion revolve around life skills, personal perceptions, and existential questions. Meetings are biweekly.



Email [senioractivities@lgbtcenter.org](mailto:senioractivities@lgbtcenter.org) to join and for additional details!

movement to life through the voices of the people who lived it.

**MEETING ID: 981 3938 4655**

**PASSWORD: 039451**

## MOB SQUAD

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**TUESDAY, AUG. 6, 10:30 A.M.–12 P.M.**

Your voice matters – make it count! Join Jessica from the Center's Policy department to discuss important issues impacting seniors, such as health care, immigration, and discrimination.

**MEETING ID: 980 2410 3257**

**PASSWORD: 955685**

## MOCA 50+

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**SATURDAY, AUG. 15, 2–4 P.M.**

Men of Color 50 years old and beyond, in cultural solidarity, gather to support each other for gracious living in the face of economic challenges, racism, ageism, homophobia, and health issues. Facilitators: Clarence R. Williams, David Hunter, and Lamar Rucker.

**MEETING ID: 995 0794 3134**

**PASSWORD: 664907**

## GOOD SLEEP FOR EMOTIONAL WELL-BEING

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**THURSDAY, AUG. 20, 2:30–3:30 P.M.**

Getting a good night's sleep is vital for our emotional well-being. Join the Center's Mental Health Services to learn the importance of sleep, and get helpful tips on healthy sleep habits.

**MEETING ID: 965 6350 5612**

**PASSWORD: 806063**

## SABLE TALKS

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**THURSDAYS, AUG. 13 & 27**

**10–11 A.M.**

Sable Talks is an opportunity for participants to learn about notable figures often overlooked in history books.

**MEETING ID: 947 1526 0655**

**PASSWORD: 000068**



LOS ANGELES LGBT CENTER®

# PRIDE PANTRY



## How do I sign up for a Pride Pantry delivery?

Delivery is limited to within 20 miles of Hollywood and twice per month.

Sign up for your delivery online at <https://www.signupgenius.com/go/904084EA4A828A4FB6-senior>

If you're not able to sign up online, contact us at [seniorspantry@lalgbtcenter.org](mailto:seniorspantry@lalgbtcenter.org) or call 323-860-5849 and leave a message. We will return your call to schedule your delivery.

## Items we commonly have in stock include:

- Face masks
- Toilet paper
- Canned and dry goods: soup, pasta, cereal, and beans
- Personal hygiene items: toothpaste, bar soap, shampoo/conditioner, and deodorant
- Cleaning items: laundry detergent and dish soap
- Fresh Produce- based on availability

➔ We currently do not have sanitizer or paper towels.