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@lalgbtcenter.org
lalgbtcenter.org/seniors
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@lalgbtcenter.org requesting to “Go Green.”

LETTER FROM KIERA
I know the days following the election were nerve-wracking to say the least for many of us. There was a collective deep sigh after these four long years of intense attacks against our community. We are all looking forward to a new administration to undo the policies which have gravely and negatively affected our community for the last four years. Thanks to each of you for casting your vote and using your individual power for collective change.

With the pandemic extending, the staff and I have been busily working on creating a virtual holiday party to celebrate this year. All of us wish we were together for our annual holiday party, but what’s most important is creating community together. Please join us on Monday, December 14 from 3–4 p.m. for our virtual Holiday Party, featuring our favorite drag performer, Little Miss Hot Mess, Mistress of Ceremonies with special holiday songs, and performances. Our beloved Chef Layne will be cooking a delicious meal with all his heart for each of you for grab and go or curbside pickup. While this will not be our usual celebration, we hope you will join us to celebrate.

Wishing everyone a Happy Holidays and healthy 2021!

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

Senior Services is supported in part by the City of West Hollywood.
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/Senior Pride Pantry delivery: RSVP line has expanded to a “help line” so if you have an immediate need, including food or masks, please call 323-860-5849 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.

Sign up for grocery delivery at lalgbtcenter.org/seniorpantry
Inscríbase para la entrega en línea en lalgbtcenter.org/pantryESP

If you are 50+ and want to access the many services and classes we offer in Senior Services, please register for our program at seniors.lalgbtcenter.org/#/register, contact us at seniors@lalgbtcenter.org, or call 323-860-5830.
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, please call 323-860-5830 or email seniors@lalgbtcenter.org

Leave a message with your specific request for Hello Club.

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), then enter Password followed by #.
- Follow the link to connect from your computer or laptop or go to http://zoom.us
- Download the Zoom app onto your smartphone and enter the Meeting ID and Password.
- Zoom groups are now equipped with captioning.

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

For the most up-to-date information and schedules, as well as links to all Zoom activities, please visit us at facebook.com/50pluslgbt or check your email.
**MONDAYS**

**QI GONG**
10–11 A.M.
Learn how to coordinate movement, posture, breathing and meditation to cultivate your “life energy” with Alexis.

**MEETING ID:**
978 8358 5175
**PASSWORD:** 821316

**IYENGAR YOGA**
12–1 P.M.
Join Nancy to explore this form of yoga which emphasizes 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**
1–2 P.M.
Practice mindfulness meditation with Nathalie as she guides you to help 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**
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

**BEREAVEMENT**
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

**TUESDAYS**

**R&B LINE DANCING**
11 A.M.–12 P.M.
Come and shake your groove thing 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

**TRANSC.A.R.E.**
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**
10 A.M.–12 P.M.
Join us to meet new friends and share stories every week. Open to all self-identifying men to share in a safe and supportive space.
**MEETING ID:** 932 7122 4639  
**PASSWORD:** 249740

**CHAIR YOGA**
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**
1–2 P.M.
Join this group offering support for LGBT military veterans in a safe and welcoming space.

1st Wednesday: Guest Stephanie Stone will be sharing services available at the L.A. County Military Veterans Affairs program.

2nd & 3rd Wednesdays:
Veterans Support Group meeting
4th Wednesday: Veteran of the Month Bill Anderson will be sharing his experiences in the Army.

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

**SHARE, SHOW, & TELL - A SPACE TO SHARE THE MAGIC OF YOU!**
3–4:30 P.M.
Senior Services and Trans*Lounge are joining forces for this weekly intergenerational sharing and storytelling group. Share a poem, song, recipe, photo, or arts and crafts that you’ve created. We want to hear all about it! All are invited to share, although it is not required to participate.
**MEETING ID:** 923 8275 0226  
**PASSWORD:** 320759

**BEGINNING TAP DANCING**
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 skill levels welcome.
**MEETING ID:** 942 0964 5522  
**PASSWORD:** 503640

**THURSDAYS**

**LBQ WOMEN’S CHAT**
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
1:30–3 P.M.
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.

MEETING ID: 972 4455 6136
PASSWORD: 471463

BRAIN POWER
1–2 P.M.
Discover queer icons and heroes with Dr. Frank, a Stonewall survivor and activist. Discuss the amazing accomplishments and struggles of a variety of LGBTQ groundbreakers and pioneers.

MEETING ID: 963 5216 7657
PASSWORD: 355216

COMMUNITY CHAT
3:30–4:30 P.M.
Join us for social hour to connect with your fellow Senior Services community members. Invite a friend or make a new one for this virtual gathering. This is your time to socialize, laugh, and see friendly faces!

No class on Dec., 24 & 31

MEETING ID: 928 0108 2275
PASSWORD: 355216

FRIDAYS
BALANCE & STRENGTHENING
10–11:30 A.M.
Learn to find balance and core strength with Marco. Access your natural upward energy while experiencing mindfulness in daily tasks. Learn to rely on support, breathing, and equilibrium to move with a sense of freedom, fluidity, and confidence.

MEETING ID: 954 2480 3801
PASSWORD: 638774

SATURDAYS
TAI CHI/ SOUND BATH
10 A.M.–12 P.M.
Explore this traditional practice with Anthony to calm the mind and lift the spirit through low-intensity exercise. Enjoy a sound bath healing session using vibrational sound to reduce your stress and enhance your consciousness.

MEETING ID: 984 0160 6292
PASSWORD: 999975
**ALZHEIMER’S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP**

**THURSDAYS, DEC. 3 & 17**
10:30 A.M.–12 P.M.
Join the Alzheimer’s Association LGBT support group for caregivers, family members, and friends caring for an LGBT loved one. Develop a support system, talk about challenges, and learn about resources. To RSVP, contact Yael Wyte at 310-912-9120 or ywyte@alz.org.

**BELLY DANCING**

**THURSDAYS, DEC. 3 & 17**
11 A.M.–12 P.M.
Join Sabia for virtual belly dance class! Enjoy a light workout while learning how to belly dance. All are welcome! Please wear comfortable shoes and clothing and have water accessible.
MEETING ID: 997 6287 1164
PASSCODE: 660758

**EBONY SAGE CIRCLE**

**FRI., DEC. 18, 1–2 P.M.**
Open to all Black–identified participants. This group aims to promote self-awareness, quality of life, learning, and unity of the Black voice in the LGBT community.
MEETING ID: 998 9235 3058
PASSWORD: 109022

**HOUSING SUPPORTIVE NETWORK**

**THURSDAYS, DEC. 3 & 17**
3–4 P.M.
Come and meet our new housing staff and hear about housing-related information for the LGBT community and share your experience with us.
MEETING ID: 929 3354 6826
PASSWORD: 129530

**LGBTECH Q&A WITH MOM’S COMPUTER**

**TUES., DEC. 8, 3–4:30 P.M.**
Join Mom’s Computer for a Holiday Tech Gift Giveaway for a chance to win a Ring light! This nifty device will allow you to Zoom with proper lighting and a better overall experience. Learn about malware, adware, and virus tune-ups. Tech maintenance is important to avoid purchasing a new device in the new year. All tech users welcome.

**TUES., DEC. 22, 3–4:30 P.M.**
Join Mom’s Computer LGBTech Class Holiday Party! Learn how to get inexpensive Wi-Fi and discuss malware and virus protection for Windows and MAC. Find out what to do when the battery gets old on your laptop or tablet. Explore telemedicine and how to use it safely. All tech users welcome.
MEETING ID: 933 3087 5630
PASSWORD: 957184
MAKING GAY HISTORY
FRI., DEC. 11, 1–2 P.M.
Let’s listen to these amazing Making Gay History podcasts that has been bringing the largely hidden history of the LGBTQ civil rights movement to life.
MEETING ID: 922 9804 7616
PASSWORD: 090578

MEDICARE & MEDI-CAL UPDATES
TUES., DEC. 15, 10–11 A.M.
Join the Center for Health Care Rights for an important presentation to update participants about Medicare and Medi-Cal coverage and benefits. Learn how to enroll in Medicare. What’s the difference between Part A & Part B? When do you need to enroll in a Part D Prescription Drug Plan? What do you do if your prescription isn’t covered? These questions answered and more.
MEETING ID: 916 8955 5701
PASSCODE: 555954

MOCA 50+
SAT., DEC. 19, 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

SENIOR MOB SQUAD
FRI., DEC. 4, 10:30–11:30 A.M.
Your voice matters—make it count! Join the Center’s Policy department to discuss important issues impacting seniors, such as health care, immigration, and discrimination.
MEETING ID: 965 2241 5139
PASSWORD: 998857

SABLE TALKS
THURS., DEC. 10
11A.M.–12 P.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
BENEFITS BREAKDOWN

FRI., DEC. 4, 1–2 P.M.

Every 1st Friday of the month, we will talk about the ins and outs of a specific benefit and relevant resources. Q&A at every session.

MEETING ID: 953 6242 5561
PASSCODE: 405786

FRI., DEC. 11, 3–4 P.M.

A safe space for our transmasculine community to share their experiences across generations about navigating the world. Designed to bridge the generational gaps, learn histories, and gain insight about the unique challenges and triumphs of different generations in our transmasculine community.

MEETING ID: 956 3371 0767
PASSWORD: 640301

ALLIES FOR RACIAL JUSTICE

MONDAYS, DEC. 7 & 21
11 A.M.–12 P.M.

Allies for Racial Justice Book Club invites you to their second reading selection *So you want to talk about race* by Ijeoma Oluo. This group will have in-depth discussions to analyze the complexities of racism and encourage meaningful and respectful dialogue.

RSVP by email to seniors@lalgbtcenter.org or call 323-860-5830 in order to receive a copy of the book, Zoom details and the reading schedule. RSVP deadline is Fri., Dec. 11.
Please join us for the 3rd session of our “Be Here Now” mental health awareness speaker series! This session will be a joint (virtual) gathering with Senior Services and the Microsoft community.

The Holiday season greets us with ample opportunities to connect with family and friends, express our gratitude, and find cheer with our social circles. Such opportunities can also bring memories of sadness, anxiety about our relationships with loved ones, and feelings of loneliness and isolation.

How do we cultivate and nurture meaningful connections and relationships with ourselves and others?

During this session, you are going to hear some practical tips and strategies of how to create a sense of belonging and how to build meaningful connections during this holiday season. This is a session you don’t want to miss!

Session Experts:

**Dr. Ethan Kross**

My lab explores how people can control their emotions to improve our understanding of how self-control works and to discover ways of enhancing self-control in daily life. We adopt an integrative approach to address these issues that draws on multiple disciplines within psychology including social, personality, clinical, developmental, and euroscience. We integrate across these areas in terms of the types of questions we ask, the methods we use to address them, and the populations that we focus on.

This event is sponsored by Microsoft.
Afternoon at the Met:

**The Magic Flute**

**MONDAY, DEC. 21**
3–5 P.M.

You will be enchanted by the whimsical humor, breathtaking puppetry, and a mythical land between the sun and the moon that will keep you mesmerized throughout this amazing performance.

**MEETING ID: 986 9462 0507**
**PASSCODE: 774448**

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**Positivity Rocks!**

**FIRST CLASS IS FRIDAY, DEC. 18**
2–3 P.M.
Event #1218

Join us for this 4-week series to create and share positivity by painting it forward to a friend or loved one, or build yourself a kindness garden.

**RSVP by Mon., Dec. 7** in order to receive supplies by mail and Zoom details.
RSVP to seniors@lalgbtcenter.org or call 323-860-5830
Limited space, this will be a closed group.
Calling all Bingo players! Join us for an afternoon of fun while we play Virtual Bingo. You must have a computer, tablet, or laptop, and an email address to play. Limited to 15 players. Zoom details to be given to those who RSVP.

Call 323-860-5830 or email seniors@lalgbtcenter.org to RSVP by WED., DEC. 9.
EVENT #1211

Always in our hearts

Robert Friedman
August 26, 1942 – March 2020
MasterClass:
SARA BLAKELY
Teaches Self-Made Entrepreneurship
TUES., DEC. 8, 3–4 P.M.
Spanx founder Sara Blakely teaches you bootstrapping tactics and her approach to inventing, selling, and marketing products that consumers love.
MEETING ID: 994 3571 3795
PASSCODE: 279851

MasterClass:
ROBIN ROBERTS
Teaches Effective and Authentic Communication
SAT., DEC. 5, 12-1:30 P.M.
Robin Roberts teaches you her techniques for powerful communication, building strength from vulnerability, understanding body language and connecting with any audience.
MEETING ID: 960 5883 4088
PASSCODE: 648192

Holiday Musical Screenings
Senior Services is proud to partner with Visual AIDS for Day With(out) Art 2020 by presenting TRANSMISSIONS, a program of six new videos considering the impact of HIV and AIDS beyond the United States. The video program brings together artists working across the world: Jorge Bordello (Mexico), Gevi Dimitrakopoulou (Greece), Las Indetectables (Chile), Lucía Egaña Rojas (Chile/Spain), Charan Singh (India/UK), and George Stanley Nsamba (Uganda). Visual AIDS is a New York-based non-profit that utilizes art to fight AIDS by provoking dialogue, supporting HIV+ artists, and preserving a legacy, because AIDS is not over. The screening will be following by a brief discussion with participants.

WORLD AIDS DAY SCREENING

TUES., DEC. 1, 11 A.M. – 12:30 P.M.
MEETING ID: 938 3745 5658
PASSCODE: 395486

Holiday Musical Screenings

Join Senior Services for virtual screenings of two iconic holiday classics! Enjoy Judy Garland in Meet Me in St. Louis and Lucille Ball in Mame!

Sat., Dec. 12, 12 p.m.
Meet Me In St. Louis
(1944, 112 mins)

Sat., Dec. 19, 12 p.m.
Mame
(1974, 131 mins)

MEETING ID: 999 7777 8204
PASSCODE: 302200
Hook Up Culture 101
Senior Edition

Tuesday, Dec. 15 3–4 P.M.

Dating/Hook-Up apps can be healthy and liberating as long as we know our boundaries and are comfortable using them. The Center’s Community Health Program Community Engagement Team will talk about tips for staying healthy while on the apps.

Meeting ID: 990 8968 0048
Passcode: 890877

Surviving a Pandemic

Tues., Dec. 29, 4-5 P.M.

Join Senior Services, Associate Director, Michael McFadden for discussion about the chilling similarities and distinct differences between living through COVID-19 and the HIV/AIDS pandemics.

Meeting ID: 951 8002 4035
Passcode: 852600
Los artículos que generalmente tenemos incluyen:
• Mascarillas
• Papel higiénico
• Productos secos y enlatados: sopa, pasta, cereales y frijoles
• Productos de higiene personal: pasta de dientes, jabón, champú y acondicionador y desodorante
• Productos de limpieza: detergente para la ropa y jabón para platos
• Frutas y verduras frescas: si está disponible

→ Actualmente no tenemos líquido desinfectante ni toallas de papel.
Holiday Party

Mon., Dec. 14 | 3-4 p.m.

Join us on this special day filled with music, dancing, performances, complimentary meal by Chef Layne, sing-a-long, and a special message from Senior Services staff!

RSVP your meal preference by emailing seniors@lalgbtcenter.org or calling 323-860-5830.

Please include which location and if you would like a regular or vegan meal. RSVP deadline Mon., Dec. 7

**Triangle Square**
Meals will be delivered to your units between 2–3 p.m.

**Harry & Jeanette Weinberg Senior Center**
Meals will be available for pick-up at 12:30 p.m.

Be a part of the event through Zoom!

Meeting ID: 933 2103 1307
Passcode: 713435