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 want to thank many of you who responded to our recent surveys on vaccine needs and offered feedback on the programs and services we have offered during the pandemic. Our team is reviewing your feedback as we complete a strategic plan for services and programs you would like to see us provide this coming year. If you have ideas about classes, instructors you would like to see, or if you are interested in teaching a class I invite you to email us at SeniorActivities@lalgbtcenter.org. Do you want to make a larger impact on our program? Share your ideas and work with other seniors to create an even better program? Please consider being part of our new Senior Engagement Team! The first meeting will be Saturday, April 24 from 2–3 p.m.

Following the theme of caring for ourselves and our world, this month we are welcoming Spring and discussing ways we can heal mother earth. We hope you will join us for our Earth Day Virtual Resource Fair with staff from Metro who will discuss strategies for sustainable food and living. We are also celebrating Lesbian Visibility Day this month with virtual dancing, poems, and discussions of everything about why being a Lesbian is so amazing. For self care we are continuing our series with Microsoft on Managing Your Mental Health during a Pandemic and including new workshops on Good Sleep and Emotional Well Being, Laughter Yoga, and Coloring. There are so many important ways to take care this month. I hope to see you all on Zoom.

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

Senior Services is supported in part by the City of West Hollywood and funded in part by Independence at Home, a SCAN community service. One of the nation’s largest not-for-profit Medicare Advantage Plans, SCAN Health Plan is dedicated to keeping seniors healthy and independent.
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

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.

50+

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 Passcode 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 Passcode.
- Zoom groups are now equipped with captioning.

For assistance with troubleshooting, contact 213-466-5079 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

GET UP & BOOGIE
10–10:30 A.M.
Join us for a 30-minute workout with the grooves from the past. Let’s get our bodies moving and ready for the day!
MEETING ID: 932 6594 4887
PASSCODE: 920999

ALLIES FOR RACIAL JUSTICE BOOK CLUB
11 A.M.–12 P.M.
The Sum of Us by Heather McGhee will be our next book. Please see page 12 for RSVP details.

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, using blocks and other props.
MEETING ID: 927 8825 2234
PASSCODE: 837741

SENIOR WRITING GROUP
1–3 P.M.
Share your life experiences in prose or poetry. Class involves writing on prompts outside of class as well as in-class writing.
MEETING ID: 949 3045 5017
PASSCODE: 218422

QI GONG
2–3 P.M.
Learn how to coordinate movement, posture, breathing, and meditation with Alexis. Qi Gong will cultivate your strength and vitality.
MEETING ID: 982 0915 8981
PASSCODE: 434928

MEDITATION & MINDFULNESS
3–4 P.M.
Practice mindfulness meditation with Nathalie as she guides you to help you slow down racing thoughts, let go of negativity, and calm both your mind and body.
MEETING ID: 922 7480 4416
PASSCODE: 999807

TUESDAYS

R&B LINE DANCING
11 A.M.–12 P.M.
Come and shake your groove thing with instructor, E Talley! Learn some new moves and dance to songs you love. All levels welcome!
MEETING ID: 911 7584 0496
PASSCODE: 946790

BEREAVEMENT GROUP
1:15–2:45 P.M.
If you are experiencing grief from the loss of a loved one and want more information about this group, please contact our helpline by emailing seniors@lalgbtcenter.org or calling 323-860-5830.
MEETING ID: 995 8430 3134
PASSCODE: 483490

TRANSC.A.R.E.
1:30–3 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
welcoming space.

1st Wednesday: Heather Gobern, Outreach Coordinator from West L.A. VA, shares information about the HUD-VASH program.

2nd, 3rd & 4th Wednesdays: Veterans Support Group
MEETING ID: 997 4154 4863
PASSCODE: 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
PASSCODE: 320759

THURSDAYS

LBQ WOMEN’S CHAT

10–11 A.M.
Lesbian, bi, and queer women chat about life experiences and struggles in a safe and supportive space.
MEETING ID: 937 2521 9434
PASSCODE: 845758

BRAIN POWER

1–2 P.M.
Discover the accomplishments and struggles of queer icons and heroes with Dr. Frank, a Stonewall survivor and activist.
MEETING ID: 963 5216 7657
PASSCODE: 901250

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
PASSCODE: 471463
COMMUNITY
CHAT
3:30–4:30 P.M.
Join us for social hour to connect with your fellow community members. This is your time to socialize, laugh, and see friendly faces!
MEETING ID: 928 0108 2275
PASSCODE: 355216

FRIDAYS
BALANCE & STRENGTHENING
10–11:30 A.M.
Learn to find balance and core strength with Becky by relying on support, breathing, and equilibrium to move with a sense of fluidity and confidence.
MEETING ID: 954 2480 3801
PASSCODE: 638774

SATURDAYS
TAI CHI/SOUND BATH
10–11 A.M.
Explore this traditional practice with Anthony to calm the mind and lift the spirit through low-intensity exercise, followed by a sound bath healing session using vibrational sound to reduce your stress.
MEETING ID: 984 0160 6292
PASSCODE: 999975

TED Talks
MON., APR. 26, 1–2 P.M.
MEETING ID: 972 2557 6250
PASSCODE: 645048

We will begin with a Ted Talk, then share our reflections and experiences based on the subject.

• Jane Fonda & Lily Tomlin: A hilarious celebration of lifelong female friendship
• Billie Jean King: The tennis icon paves the way for women in sports
• Morgana Bailey: The danger of hiding who you are
• Jon Boogz & Lil Buck: A dance to honor Mother Earth

NEED TO APPLY OR RECERTIFY WITH CALFRESH/SNAP BENEFITS?
Contact us for assistance at 323-860-5830 or email seniors@lalgbtcenter.org
ALZHEIMER’S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP

THURS., APR. 8 & 22, 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

ART APPRECIATION

FRI., APR. 9, 3–4 P.M.
Explore select artworks with Getty docent, David. Join this virtual visit to the museum to learn about the artists and the history of each piece. All art lovers welcome!
MEETING ID: 984 9274 8385
PASSCODE: 081457

BELLY DANCING

SAT., APR. 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!
MEETING ID: 997 6287 1164
PASSCODE: 660758

BENEFITS BREAKDOWN

FRI., APR. 2, 1–2 P.M.
We will talk about the ins and outs of a specific benefit and relevant resources. You will get answers to your questions.
MEETING ID: 953 6242 5561
PASSCODE: 405786

BLACK EQUITY & CIVILITY: MOBILIZING COMMUNITY

FRI., APR. 23, 1–2 P.M.
Join Luckie Alexander during this time of civil unrest for a discussion around the inequity and inequalities of Black lives, both in and out of the Black LGBTQ community. We will explore different ways to activate community and mobilize for Black LGBTQ lives.
MEETING ID: 955 2903 5269
PASSCODE: 344568

EBONY SAGE CIRCLE

FRI., APR. 16, 1–2 P.M.
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
PASSCODE: 109022

EMPLOYMENT TIPS FOR 50+

TUES., APR. 13, 3–4 P.M.
Come learn essential tips for navigating the job field! Topics will include job search strategies, interview skills, and basic resume writing.
MEETING ID: 965 0023 7970
PASSCODE: 296120
HOUSING SUPPORTIVE NETWORK

THURS., APR. 8 & 22, 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
PASSCODE: 129530

LGBTECH Q&A WITH MOM’S COMPUTER

TUES., APR. 13, 3–4:30 P.M.
Spring clean-up! We’ve been depending on our computers, phones, and tablets for a year. Learn tricks & tips to clear memory, store photos, and save battery life. Bring all your tech questions for Windows, PC, Mac, Android, and iPhone.

TUES., APR. 27, 3–4:30 P.M.
Stop the Scam Workshop. Everyday people are at risk for email, phone, text, and mail scams. Perhaps you or someone you know has been targeted. Learn how the scams work and how so many of us are at risk.
MEETING ID: 933 3087 5630
PASSCODE: 957184

MOCA 50+

SAT., APR. 17, 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.
MEETING ID: 987 5985 9269
PASSCODE: 928732

ONLINE CHESS LESSONS

SAT., APR. 3 & 17, 4–5 P.M.
Play chess online with August and Alejandro! Learn to play or become reacquainted with the game! Beginners welcome. Registration on an online chess website is required to play. More info will be provided during your first lesson.
MEETING ID: 995 3908 5563
PASSCODE: 391823

READING OPENS MINDS

MON., APR., 12 & 26, 11 A.M.–12:30 P.M.
For more information about this group, please contact seniors@lalgbtcenter.org or call 323-860-5830.

SABLE TALKS

THURS., APR. 8 & 22, 11 A.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
PASSCODE: 000068

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., APR. 9, 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 of our transmasculine community.
MEETING ID: 956 3371 0767
PASSCODE: 640301
ALLIES FOR RACIAL JUSTICE
MONDAYS, 11 A.M.–12 P.M.

RSVP deadline is Thurs., Apr. 8
The group invites you to their next book selection, *The Sum of Us* by Heather McGhee. When we meet, we will share our thoughts and experiences. RSVP required in order to receive the book and virtual details. RSVP by email at seniors@lalgbtcenter.org or call 323-860-5830.
FIRST CLASS IS MON., APR. 19

F*CK OFF CORONAVIRUS, I’M COLORING!
FIRST CLASS IS FRI. APR. 23, 2–3 P.M.

Connect with your fellow artists and have some fun! In this 4-week series, we will de-stress with obnoxiously fun swear word coloring pages. RSVP required—email seniors@lalgbtcenter.org or call 323-860-5830 in order to receive the book, crayons, and virtual details. RSVP DEADLINE IS APR. 9.
Afternoon at the Met:
**LA DONNA DEL LAGO**

**MONDAY, APR. 26, 3–5:30 P.M.**

Elena, the title heroine, is being pursued by not one, but two tenors—King James V of Scotland, disguised as the humble Uberto, and his rival Rodrigo Di Dhu. Complicating matters is the fact that Elena loves Malcom, the trouser-wearing daughter of Duglas. Join us for this all-star cast assembled for the Met’s first-ever performances of Rossini’s romantic retelling of Sir Walter Scott’s epic poem “The Lady of the Lake.”

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

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**AGING MASTERY PROGRAM**  
**Online**

**Connect! Engage! Learn!**

Register for this 8-week evidence-based program brought to you by the National Council on Aging and the Los Angeles County Commission for Older Adults. Each week we will discuss a variety of topics including nutrition, medication management, community engagement, and financial security.

Enrich your life, meet new friends, encourage your peers, and develop healthy behaviors.  
**RSVP by APR. 9 to receive curriculum by mail.**
MasterClass

EMILY MORSE
Teaches Sex & Communication

FRI., APR. 9, 11 A.M.–1 P.M.

The host of the long-running podcast Sex with Emily has made it her mission to normalize the conversation around sex and share her judgement-free approach to discovering a more pleasure focused sex life.

MEETING ID: 971 7060 3762
PASSCODE: 172821

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MasterClass

ROXANE GAY
Teaches Writing for Social Change

SAT., APR. 10, 12–1:30 P.M.

Bestselling author Roxane Gay teaches writing for social change and arms you with the skills needed to make an impact.

MEETING ID: 998 5882 0443
PASSCODE: 456789
Laughter Yoga!

THURS., APR. 22, 11 A.M.–12 P.M.

Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? Join us for Laughter Yoga, a great stress buster where we will combine laughter with yoga breathing to bring more oxygen to the body and brain. Yoga mats are not required, as exercises are conducted in chairs.

MEETING ID: 919 5814 7740
PASSCODE: 536587

Documentary & Discussion

SAT., APR. 24, 12–2 P.M.

In recognition of Earth Day, Senior Services will screen the inspiring film Jane's Journey (2010, 112 mins), about Jane Goodall who has conducted groundbreaking research on wildlife conservation. Featuring interviews and spectacular footage from her private collection, this film is an opportunity to learn more about this world-famous environmental icon.

MEETING ID: 998 5882 0443
PASSCODE: 456789
**ASIAN/PACIFIC ISLANDER (API) SUPPORT GROUP**

**MON., APR. 5 & 19, 3–4 P.M.**

Join Activities Coordinator Christine Miyazato in sharing struggles, building community, and discussing what it means to be API and LGBTQ!

**MEETING ID:** 928 7342 9274  
**PASSCODE:** 297137

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**MANAGING YOUR mental health**

**PRESENTER**  
**Cynthia Winston-Proctor, Ph.D.**  
Expertise in Narrative Personality Psychology

Dr. Cynthia Winston-Proctor has worked with individuals within organizations to develop strategies to understand and leverage their unique personality characteristics, emotional intelligence, leadership styles, cultural assets, and narrative identity.

**FRI., APR. 16, 3–4 P.M.**

**MEETING ID:** 967 4802 8344  
**PASSCODE:** 550371
GOOD SLEEP
for Emotional Well-Being

FRI., APR. 16, 1–2 P.M.
MEETING ID: 960 9313 7381
PASSCODE: 20212021

Getting a good night's sleep is key for emotional well-being. Learn about the importance of sleep and get helpful tips on healthy sleep habits.

Presentation provided by the L.A. County Department of Mental Health Outpatient Services Division

You will be missed

William (Bill) LaVallee
June 13, 1937 - March 7, 2021

In Loving Memory

REST IN POWER
to legendary LGBTQ activist and feminist pioneer
Ivy Bottini
August 15, 1926 to February 25, 2021

Margo Strik
July 2, 1937 - March 11, 2021
Calling All API Participants!

WED., APR. 7, 1–2 P.M.
MEETING ID: 927 9999 5874
PASSCODE: 710602

Help Senior Services to better serve API participants! Come and talk about your life as an Asian/Pacific Islander (API) LGBT person and the programs and services you would like to see us offer.

Learn more about the Senior Engagement Team!

☀ Are you an individual who is excellent at problem-solving and team building?
☀ Are you solutions-oriented and committed to community involvement?
☀ Do you have creative ideas and suggestions to enhance the quality of life for your peers?

FRI., APR. 23, 2–3 P.M.
MEETING ID: 972 4571 3250
PASSCODE: 097449

Attend an information session to learn how you can be of service to your community!
MON., APR. 26, 6–7 P.M.

This year we celebrate ALL women who identify as LBQT. Let’s come together to share our stories, poems, experiences, and the reason why we love being a WOMAN! And don’t forget your dancing shoes because we will be boogying!

MEETING ID: 926 0432 2220
PASSCODE: 517723

FRI., APR. 30, 10–11 A.M.

Come connect with other caregivers, build fellowship among your peers, and have a little laugh along the way! This group will be meeting every Friday using Uniper technology in partnership with the Motion Picture Television Fund. RSVP by emailing seniors@lalgbtcenter.org or call 323-860-5830 in order to receive virtual details.

RSVP REQUIRED BY FRI., APR. 23. MAX SPOTS: 7
Join Senior Services to celebrate Mother Earth at our Virtual Earth Day Resource Fair!

Hear from local community leaders to determine how you can impact climate change and reduce your own carbon footprint now and post-pandemic. What changes can you make to reduce waste? How many years does it take a plastic food container to decompose in a landfill? Learn about sustainable food choices and eating habits.

GUEST SPEAKERS

Carlos Hernandez
Community Relations
LA Metro

Brenda Medina-Maldonado
Program Director
Sustainable Works