BLACK HISTORY MONTH


RSVP/Helpline: 323-860-5830 or Toll-Free: 877-688-4833 • seniors@lalgbtcenter.org
Senior Services strives to create a safe, welcoming, and respectful community where lesbian, gay, bisexual, and transgender people in their 50s, 60s, 70s, 80s, 90s, and beyond can come together to learn, connect, build friendships, gain support, and thrive!

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 was, as I am certain that most of you were, shocked, saddened, and scared after the recent events in D.C. where mostly white, armed, Pro-Trump extremists smashed into the Capitol Building. What was on display at that moment, and in the days that followed as photos and videos emerged, was a stark example of the deep-rooted white supremacy in America, reinvigorated by President Trump.

Immediately, I compared the lack of police response at the Capitol to the hyper-militarized response at demonstrations for racial justice just a few short months ago. I read with alarm of the experience of Berlinda Nibo, a black woman who was beaten in downtown Los Angeles because she walked near white-extremists protesting the lawful presidential election of Joe Biden. I saw the noose that was erected outside the Capitol. Witnessing these actions and images was devastating. But it also emboldened me to work harder to address the murder, violence, and injustice against people of color every day. As I write this, we are moving into the inauguration of our new president. We know the large challenges before him to pick up the pieces of our fractured country and to build a new, less divided country. In order to move the country forward, we all need to be part of a movement for racial justice and equity. This means listening, reading, learning, and engaging with each other, especially when it’s hard. Senior Services will continue to offer programming and opportunities for this growth and activism—not just during Black History Month, but every month. I hope to see you all at one or more of these activities and encourage you to contact senioractivities@lalgbtcenter.org with your ideas and suggestions about new activities to continue this essential work.

In the words of Bayard Rustin, “If we desire a society in which men are brothers, then we must act toward one another with brotherhood. If we can build such a society, then we could have achieved the ultimate goal of human freedom.”
Racial Justice Opportunities:
- Allies for Racial Justice Book Club: How to be an Antiracist by Ibram X. Kendi on Mondays
- Black Queer History lecture and discussion: February 11
- Black Equity & Civility group: Mobilizing Community: February 26
- Documentary & Discussion: February 6 and February 27

Opportunities for Black Identified Participants:
- Ebony & Sage Circle: February 19
- MOCA 50+ (Men of Color 50 and older): February 20

Senior Services is here for 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/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
Inscribase para la entrega en línea en lalgbtcenter.org/pantryESP

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

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

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.
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.

LET'S TALK ABOUT SEX
PART 2
SENIOR EDITION
FRIDAY, FEB. 5  3–4 P.M.

The CHP Community Engagement Team will be joined by one of our providers as we have a fun chat about sex. Part 1 was fun and Part 2 is promised to be just as lively!
MONDAYS

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

ALLIES FOR RACIAL JUSTICE BOOK CLUB
11 A.M.–12 P.M.
The group invites you to join us for in-depth discussions to analyze the complexities of racism and encourage meaningful and respectful dialogue. See page 15 for the group’s next book and 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. Participants are encouraged to use blocks, blankets, and other props to perform asanas correctly.
MEETING ID: 927 8825 2234
PASSWORD: 837741

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

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. Movements are good for arthritis prevention, balance, and an overall sense of wellbeing.
MEETING ID: 982 0915 8981
PASSWORD: 434928

MEDITATION & MINDFULNESS
3–4 P.M. *NEW TIME*
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

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

BEREAVEMENT GROUP
1:15–2:45 P.M.
If you are experiencing pain from the loss of a loved one, please call one of our Senior Care Specialists 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
TRANCE.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

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 provider Bryant Tamayo will be sharing benefits and programs available at the West Los Angeles Vets Center.  
2nd, 3rd & 4th Wednesdays: Veterans support group meetings.  
MEETING ID: 997 4154 4863  
PASSWORD: 301481

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

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, 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

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
**BRAND 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: 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
PASSWORD: 471463

**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!

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**

10–11 A.M.
Explore this traditional practice to calm the mind and lift the spirit through low-intensity exercise with Anthony. Enjoy a sound bath healing session using vibrational sound to reduce your stress and enhance your consciousness.

MEETING ID: 984 0160 6292
PASSWORD: 999975

**EMPLOYMENT TIPS FOR 50+**

TUES. FEB. 9, 3–4 P.M. *NEW TIME*

Come learn essential tips for navigating the job field! Topics will include job search strategies, interview skills and basic resume writing. This month we will discuss virtual interviews.

MEETING ID: 965 0023 7970
PASSWORD: 296120
**FEBRUARY TOPIC: MEDI-CAL**

**FRI., FEB. 5, 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  
**PASSWORD:** 405786

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**Get Up and Boogie Workout**

**MONDAYS FROM 10–10:30 A.M.**

Join Arlene 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  
**PASSWORD:** 920999

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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., FEB. 4 & 18
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, please contact Yael Wyte at 310-912-9120 or ywyte@alz.org

ART APPRECIATION

FRI., FEB. 12, 3–4 P.M.
Explore and learn about select artworks with Getty docent David Savage. Join this virtual visit to the museum to learn about artists and the history of each piece. Imagine yourself in the art. All art lovers welcome!
MEETING ID: 984 9274 8385
PASSWORD: 081457

BELLY DANCING

SAT., FEB. 6 & 20, 11A.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

HOUSING SUPPORTIVE NETWORK

THURS., FEB. 11 & 25
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., FEB. 9, 3–4:30 P.M.
Smartphone cleanup. Organize your photos, videos, and documents in one manageable place. Delete old apps, photos, videos. Check your security preferences and stay secure. All questions will be answered.
TUES., FEB. 23, 3–4:30 P.M.
Telemedicine basics. How to stay safe and secure while utilizing modern technology. Start learning and using cloud storage for valuable documents. Come see some of the new tech products coming out in 2021! Beginners always welcome.
MEETING ID: 933 3087 5630
PASSWORD: 957184

Making Gay History

TUES., FEB. 9, 11 A.M.–12 P.M.
Join us to listen to amazing 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 movement to life through the voices of the people who lived it.”

**MEETING ID:** 966 7732 6556  
**PASSWORD:** 654324

### READING OPENS MINDS

**MON., FEB. 8 & 22**  
11 A.M.–12:30 P.M.  
For more details about this group, please contact seniors@lalgbtcenter.org or call 323-860-5830.

### SABLE TALKS

**THURS., FEB. 11 & 25**  
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  
**PASSWORD:** 000068

### TRANSMASC INTERGENERATIONAL EXCHANGE

**FRI., FEB. 12, 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  
**PASSWORD:** 640301

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**BLACK EQUITY & CIVILITY: MOBILIZING COMMUNITY**

**FRI., FEB. 26, 1–2 P.M.**  
**MEETING ID:** 955 2903 5269  
**PASSWORD:** 344568

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. This space is designed to motivate and educate the community in the activism realm. We will explore different ways to activate community and mobilize for Black LGBTQ lives.
Connect! Engage! Learn!

Join Senior Services for this evidence-based program! Each week, we will discuss different topics, including healthy habits, financial security, medication management, and community engagement.

Enrich your life, meet new friends, encourage your peers, and develop healthy behaviors. Curriculum will be mailed to participants.

FRIDAYS, 1:30–3:00 P.M.
MEETING ID: 938 3367 6456
PASSCODE: 345345

How to cope when you’re at the end of your rope

THURS., FEB. 25, 11 A.M.–12 P.M.

Stress is a normal part of life, but how you deal with it makes a big difference to your health. There are many healthy ways to cope with stress. Join us to learn about how you can better manage the stress in your life.

MEETING ID: 919 5814 7740
PASSWORD: 536587
Allies for Racial Justice Book Club invites you to their third reading selection, *How to be an Antiracist* by Ibram X. Kendi. The 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 the book and virtual meeting details.

**RSVP deadline is Tuesday, Feb. 9.**
Afternoon at the Met:  
**Turandot**

**MON., FEB. 22, 3–5:30 P.M.**

Set in China, Prince Calaf falls in love with the cold Princess Turandot. In order to obtain permission to marry her, a suitor must solve three riddles. Any single wrong answer will result in the suitor’s execution.

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

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**MAGNETIZE YOUR LIFE!**

**FIRST CLASS, FRI., FEB. 19, 2–3 P.M.**

Connect with your fellow artists and have some fun! In this 4-week series, we will paint mini tile magnets to share with a friend, neighbor, or loved one.

**RSVP by** email to seniors@lalgbtcenter.org or **call** 323-860-5830 in order to receive a tile art box and virtual details.

**RSVP deadline is Tuesday, Feb. 9.**
MasterClass
RON FINLEY
Teaches Gardening
WED., FEB. 10, 2–4 P.M.
When Ron Finley first grew a garden on a curbside dirt strip, he got cited followed by a warrant that was issued for his arrest. He fought back, helped to change the laws, and started a movement. Now the community activist and self-proclaimed “Gangster Gardener” is teaching you how to grow your own food, keep your plants alive, and find beauty and freedom in gardening no matter the size of your space. Start planting a revolution!
MEETING ID: 926 8792 2257
PASSCODE: 878746

IN MEMORIAM

Always in Our Hearts

Nancy Parthucek
Lyudmila Prikhodko
Documentary & Discussion

In honor of Black History Month, Senior Services is screening two films highlighting black queer icons. Discussion to follow each film screening.

T’ Ain’t Nobody’s Bizness: Queer Blues Divas of the 1920s (2011)

SAT., FEB. 6, 12–1 P.M.
This lesser-known documentary excavates the hidden sexualities of Black female entertainers who reigned over the blues recording industry of the 1920s, including Ma Rainey, Ethel Waters, and Bessie Smith.


SAT., FEB. 27, 12–2 P.M.
Learn from some of Basquiat's closest friends how he was launched from the streets of New York's Lower East Side to international cult stardom. This definitive documentary features archival footage of Basquiat's own words and artwork.

TED Talks

11 A.M.–12 P.M.
MEETING ID: 943 3801 8861
PASSWORD: 172265

FEB. 26
10 SHORT TALKS

- 8 secrets of success
- Got a meeting? Take a walk
- How to grow fresh air
- Why I'm a weekday vegetarian
- A visual history of social dance in 25 moves
- Archaeology from space
- Love letters to strangers
- Let's try emotional correctness
- The surprising way groups like ISIS stay in power
- Open-sourced blueprints for civilization
SAT., FEB. 20, 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: 987 5985 9269
PASSWORD: 928732

FRI., FEB. 19, 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

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.
A Virtual Valentine’s Event

Friday, Feb. 12 | 2–3 P.M.

Join us for this celebration filled with music, dancing, raffle prizes, and a complimentary Valentine’s dessert treat.

RSVP by emailing seniors@lalgbtcenter.org or calling 323-860-5830 in order to put your name in the raffle and receive event details.

Music by Felice

Dessert treat for pick-up only at Harry & Jeanette Weinberg Senior Center from 1–1:30 P.M.

Triangle Square Residents: Every resident will get a dessert treat delivered by noon.