WOMEN’S HISTORY MONTH

Valiant Women of the Vote: Refusing to Be Silenced.
LETTER FROM KIERA

Many older adult participants have reached out about challenges they are having with accessing vaccines, especially through county vaccination sites. Vaccine supply availability and issues with the current system not being older adult friendly have been at the forefront of our advocacy efforts for our community. We absolutely know how important vaccines are for older adults. I hope to be able to provide more information on our efforts and better news about adjustments to vaccine distribution moving forward. Continue to check social media and emails from us as we will share additional information as soon as we know more. If you do not have access to a computer to get a vaccine appointment, please call the county vaccine assistance line at 833-540-0473 between 8 a.m. and 8:30 p.m., 7 days per week, for assistance with scheduling an appointment.

We have a number of wonderful events that our Activities Coordinators have organized this month, including our second annual International Women’s Day virtual celebration on March 8 with JFS featuring performances by The Merry Wives of Windsor, along with special performances from students at Crossroads High School. Our Saturday Documentary and Discussion group continues this month on March 13 with Zora Neale Hurston: Jump at the Sun. Independence at Home returns with their popular Nutrition Bingo on March 18. If you loved rock painting, please sign up for a new 4-week Powerful Painting series, beginning on March 19, with Activities Coordinator Arlene Rodriguez.

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

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

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
PASSWORD: 920999

ALLIES FOR RACIAL JUSTICE BOOK CLUB

11 A.M.–12 P.M.
Though the group has started reading *How to Be an Antiracist* by Ibram X. Kendi, it’s not too late to join us. If you are interested, please email seniors@lalgbtcenter.org or call 323-860-5830.

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: 955 3603 2751
PASSWORD: 738779
*NEW ZOOM INFO*

MEDITATION & MINDFULNESS

3–4 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

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
veterans in a safe and welcoming space.

1st Wednesday: Cherry Villanueva, case manager from U.S Vets Patriotic Hall, will be discussing the Aftercare program and other services.

2nd, 3rd & 4th Wednesdays: Veterans Support Group
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

ZEN AS F*CK
2–3 P.M.
Meditation or peaceful mantras not working anymore? Then get ready for a f*ck-ton of profanity. See page 17 for details.

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

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: 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 at 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 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

---

**TED Talks**

**MION., MAR. 22, 1–2 P.M.**
*NEW DAY & TIME*

**MEETING ID:**
972 2557 6250
**PASSWORD:** 645048

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

- The gender-fluid history of the Philippines
- A queer vision of love & marriage
- Scenes from a Black trans life
- A short history of trans people’s long fight for equality

**WED., MAR. 31, 4:30–5:30 P.M.**
International Transgender Day of Visibility is an annual event dedicated to celebrating transgender people their contributions to society, and raising awareness of discrimination faced by transgender people worldwide.

Please join us for a discussion and exploration into how to be a better ally to our trans* community members.

**MEETING ID:**
963 3453 7619
**PASSWORD:** 126020
**TRANSC.A.R.E.**

**EVERY TUESDAY FROM 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

**TRANSMASC INTERGENERATIONAL EXCHANGE**

**FRIDAY, MARCH 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

**SHARE, SHOW & TELL: A SPACE TO SHARE THE MAGIC OF YOU!**

**EVERY WEDNESDAY FROM 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

---

**THE Only Choice I EVER MADE WAS TO BE Myself**
Spilling the Tea with the Ts
- A TGI/ENBY+ Day of Visibility Mixer

Join Trans* Lounge as we celebrate Transgender, Gender Non-Conforming, Intersex, Non-Binary+ (TGI/ENBY+) Day of Visibility with a virtual mixer. Bring some snacks, make yourself a nice cup of tea or the libation of your choice, and join us for a socially distant social session.

We will gather together virtually in a less structured space than your average Trans* Lounge group. We will offer breakout rooms and prompts around what visibility means to you. The breakout rooms will offer a more intimate discussion space so you can really engage in the conversation. **Stay to the end and be eligible to win a $50 Visa Gift Card!!**

**Wednesday, March 31, 7:30–9:30 P.M.**

**Zoom** (Event information will be sent to all participants upon registration.)

You must be a Trans* Lounge member to access the registration link on our Upcoming Classes page. Sign up today at translounge.org
ALZHEIMER’S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP

THURS., MAR. 11 & 25, 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., MAR. 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., MAR. 6 & 20, 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
PASSWORD: 660758

BLACK EQUITY & CIVILITY: MOBILIZING COMMUNITY

FRI., MAR. 26, 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. 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.
MEETING ID: 955 2903 5269
PASSWORD: 344568

EBONY SAGE CIRCLE

FRI., MAR. 19, 1–2 P.M.
Ebony Sage Circle is 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
EMPLOYMENT TIPS FOR 50+: VIRTUAL INTERVIEWING TIPS
TUES., MAR. 9, 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
**PASSWORD:** 296120

HOUSING SUPPORTIVE NETWORK
THURS., MAR. 11 & 25, 3–4 P.M.
Come and meet our new housing staff 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., MAR. 9, 3–4:30 P.M.
Smartphone cleanup. Organize your photos, videos, and documents into one manageable place. Delete old apps, photos, videos. Check your security preferences and stay secure. All questions answered.

TUES., MAR. 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. See some of the new tech products coming out in 2021! Beginners always welcome.
**MEETING ID:** 933 3087 5630
**PASSWORD:** 957184

MOCA 50+
SAT., MAR. 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

READING OPENS MINDS
MON., MAR 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., MAR. 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
Afternoon at the Met:  

**Capriccio**

**MONDAY, MAR. 22, 3–5:30 P.M.**

Renée Fleming is Countess Madeleine, the beautiful, enigmatic woman at the center of Strauss’s sophisticated “Conversation Piece for Music.” She is being courted by two men; Joseph Kaiser is Flamand, the composer, and Russell Braun is Olivier, the poet. This elegant production is placed in the 1920s.

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

---

Online Chess Lessons

**SAT., MAR. 6 & 20, 4–5 P.M.**

Play chess online with August and Alejandro! Learn to play or become reacquainted with the game! Whether you are a seasoned chess player or have never played before, join in on the fun! Beginners welcome. Registration on an online chess website is required to play. More information will be provided during your first lesson.

**MEETING ID: 995 3908 5563**  
**PASSCODE: 391823**
MasterClass
ANNIE LEIBOVITZ
Teaches Photography

SAT., MAR. 6, 12–1 P.M.

Learn about the art of photography from Annie Leibovitz. Best known for her engaging and dramatic celebrity portraits, she invites us into her studio as she shares everything she knows about telling stories through images.

MEETING ID: 977 9789 8334
PASSCODE: 103999

MasterClass
JUDY BLUME
Teaches Writing

TUES., MAR. 16, 23 & 30
11 A.M.–12:30 P.M.

The honest, everyday struggles of Judy Blume’s characters resonate with millions of readers. Join us for this 3-part series where Judy will show you how to develop vibrant characters and hook your readers.

MEETING ID: 989 7723 9075
PASSCODE: 994112
Metro ART along the E Line

FRI., MAR. 12, 11 A.M.–12 P.M.

Metro’s On the Move Riders Program is happy to partner with Metro Art Tours to bring you a virtual tour along the E (Expo) Line. Learn about the beautiful art and interesting history of the neighborhoods from Westwood/Palms to Downtown Santa Monica as we (safely!) embark on this fascinating journey. All aboard!

MEETING ID: 967 8916 6455
PASSWORD: 775457

Documentary & Discussion

Zora Neale Hurston: Jump at the Sun (2008, 85 mins)
SAT., MAR. 13, 12–2 P.M.

MEETING ID: 998 5882 0443
PASSWORD: 456789

In recognition of Women’s History Month, join Senior Services for a screening of an American Masters PBS-featured documentary, Zora Neale Hurston: Jump at the Sun. Learn about the life and career of one of the most celebrated writers of the Harlem Renaissance. This film features rare footage of the rural South shot by the author herself. Hurston’s novel, Their Eyes Were Watching God, has become a beloved classic as one of the most important works of the 20th century and continues to sell half a million copies every year. Discussion to follow film.
WEDNESDAYS, starting MAR. 17, 2–3 P.M.

Meditation or peaceful mantras not working anymore? Then get ready for a f*ck-ton of profanity! Join Arlene on a self-care journey with Monica Sweeney's mindfulness and uplifting guided journal for when you just don't give a f*ck!

- Learn how to rise, shine, and kick a%$,
- Cast your soul-shining light on others and spread some f*cking beauty
- Sparkle, scatter, or set off a glitter-bomb of happy vibes onto your trail of tranquility

RSVP required. By Email seniors@lalgbtcenter.org or call 323-860-5830 in order to get a copy of the journal and class details.

RSVP Deadline: TUES., MAR. 9

---

ASIAN PACIFIC ISLANDER (API) SUPPORT GROUP

MON., MAR. 15, 3–4 P.M.

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

MEETING ID: 988 8329 4358
PASSWORD: 883490
BENEFITS BREAKDOWN

MARCH TOPIC: MEDI-CAL

FRI., MAR. 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

NEED TO APPLY OR RECERTIFY WITH CALFRESH/SNAP BENEFITS?
Contact us for assistance at 323-860-5830 or email seniors@lalgbtcen ter.org

SENIOR MOB SQUAD

FRI., MAR. 19, 11 A.M.–12 P.M.
Join the Mob Squad this month to get updated about the fight for seniors with HIV in California! We'll send letters of support and discuss the HIV & Aging Act, an exciting new bill being proposed in the California state legislature.

MEETING ID: 963 5374 7092
PASSCODE: 596627

CALL 1-888-655-6646

- Nine coaching sessions for you and the person with memory loss.
- Complete the virtual program from the comfort of your home.
- Compensation for completing five phone interviews.

Contact us today
Call 1-888-655-6646, email ageIDEA@uw.edu or visit ageIDEA.org.
**NUTRITION BINGO**

**MEETING ID:** 919 5814 7740  
**PASSWORD:** 536587

**THURS., MAR. 18, 11 A.M.–12 P.M.**

Learn while playing a game?! It’s true. You will learn interesting nutrition facts and how to eat healthier while playing an old favorite, Bingo! Winners will get a $10 gift card. RSVP required—email seniors@lalgbtcenter.org or call 323-860-5830.

**Deadline to RSVP is Tues., Mar. 9 in order for a card(s) to be mailed to you.**

---

**POWERFUL PAINTING**

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

Though owls represent many things, this paint by number **4-week series** will allow you to artistically replicate its wisdom, courage, powerful intuition, keen insight, and independent thinking. Let’s have some fun and bring this beauty to life!

**RSVP required**—email seniors@lalgbtcenter.org or call 323-860-5830 in order to receive art supplies and virtual details.

**RSVP deadline is Tues., Mar. 9**
International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women, while also marking a call to action for accelerating gender equality.

Join us for a special virtual event in collaboration with Jewish Family Service LA to celebrate women, raise awareness against bias, and demand equality!

FEATURETING:
Merry Wives of Windsor

PLUS, SPECIAL PERFORMANCES FROM
Students at Crossroads High School!