



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

SEPTEMBER 2023

EN HONOR AL MES DE LA HERENCIA LATINX

IN HONOR OF LATINX HERITAGE MONTH

✱ CELEBRANDO NUESTRA CULTURA ✱

— ENTRE NUESTRAS COMUNIDADES —

ACOMPÁÑANOS A FESTEJAR LAS CULTURAS LATINOAMERICANAS Y SU FUERZA DENTRO DE LA COMUNIDAD LGBTQ+.

JOIN US IN CELEBRATING LATINOAMERICA AND THE STRENGTH THAT THEIR LGBTQ+ COMMUNITY HOLDS.

9.15.2023

VER PÁGINA 10 PARA MÁS INFORMACIÓN

SEE PAGE 10 FOR EVENT DETAILS

RSVP/Hotline: 323-860-5830 or Toll-Free: 877-688-4833 • 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!

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

Helpline:
323-860-5830

Toll Free
877-688-4833

For questions, more information
or to RSVP for upcoming events,
please contact us
at **seniors@lalgbtcenter.org**
or **323-860-5830**.

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

A few months ago, participants completed a survey with your suggestions for programming, groups, and ways to better support participation and community building within our program. We are working diligently on applying your suggestions to the development of our programs. Your feedback was also incorporated into the new Senior Services "Communication Agreements" which are printed in our newsletter this month for your review. These guidelines are meant to provide a framework for the way we all interact with each other and support both the mission of the Center and our community. Starting this month, you will be asked to review and acknowledge that you understand our new agreements when you come to the Senior Center. Copies of the new guidelines will be made available at the start of each group or activity.

This fall you will also see an updated newsletter format which we believe will be easier to read, review and help you pick your favorite activities to attend. We look forward to hearing your feedback.



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



Senior Services is supported in part by the City of West Hollywood, The Jewish Community Foundation of Los Angeles and 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.

Senior Services is here for you!

Drop-In Case Management:

Get assistance signing up for benefits, housing information, caregiver assistance, health and mental health services, and more. Sign up for an appointment through our kiosk at the front desk. Appointments based on availability, Monday through Thursday from 10 a.m.–5 p.m.

Shower & Laundry Facilities:

Showers and laundry are available for free for registered senior participants Monday through Friday from 9:30 a.m.–12:30 p.m. and 3–4:30 p.m. Sign up at the kiosk at the front desk. Shower and laundry facilities are drop-in and based on availability.

Cooling Center:

The Senior Center becomes a cooling center when temperature rise above 90 degrees. Check in with staff during lunch if you are interested in participating. Space is limited.



PARKING TICKETING SYSTEM

Parking in the parking garage is free with a validation card. Validation cards are available to registered participants attending one of our programs or a meeting with Senior Center staff.

Participants are required to take a ticket upon entrance of parking garage. Parking is available on P-1 and is based on availability. Obtain parking validation card at the front desk of the Senior Center to exit the garage. If you do not obtain a parking validation card, you will need to pay for parking to exit.

How to Join a Zoom Group

- Call **213-338-8477** from your phone.
- Enter Meeting ID followed by the #sign.
- When asked for Participants ID press the # sign, then enter passcode followed by the # sign.

OR

- Download the Zoom app onto your phone and enter the Meeting ID and Passcode.
- You can also go to **<http://zoom.us>** to connect from your computer.



The **Senior Pride Pantry** continues to support our community by providing nutritious non-perishable groceries each week. Pantry pick-up appointments are available on Tuesdays & Thursdays from 9:30–11 a.m. Please bring your Senior Services ID Card. Additional household items, cleaning supplies, hygiene supplies and pet food are offered based on availability.

Registration is required. Sign up for a pick-up appointment through the Senior Services Portal at seniors.lalgbtcenter.org. Contact seniorspantry@lalgbtcenter.org or 323-860-5849 with questions.

Hot Meals:

Hot, delicious, and nutritious lunches created by the Center's Culinary Arts Education Program are available Monday through Friday at 12:30–1:30 p.m. at the Senior Center. Vegan options are available. Hot Grab & Go meals are provided at 12:45 p.m. in the Plaza outside the Senior Center. Meals are first come, first served based on availability. Weekly menus are available onsite and emailed to participants. Limited outdoor seating is available in the Plaza during lunchtime.

Please bring your Senior Services ID Card to participate in lunch. If you need a new ID Card, please stop by the Senior Center from 9 a.m.–12 p.m. or 2–5 p.m. If you are new to our lunch program and are age 60+, please connect with our Department Assistants to complete an easy enrollment form.

PANTRY PICK-UP



MONTH OF SEPTEMBER - YOGURT

Enjoy this additional meal item
the entire month of September

- Senior Services Pride Pantry is available to registered participants up to twice per month.
- Please bring your Senior Services card when picking up your items.

**Senior Pride Pantry Pick-up:
Tuesday & Thursday 9:30–11 a.m.**

Senior Pride Pantry Pick-up:
Please go to our portal to register for pick-up at
seniors.lalgbtcenter.org/#/login



Farmers Market

**WED., SEPTEMBER 6
11 A.M.–1 P.M.**

**Anita May Rosenstein Campus
Bayard Rustin Courtyard**

Come and select fresh produce in the Bayard Rustin Courtyard. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the first Wednesday of every month from 11 a.m. to 1 p.m.

Produce is limited; first come, first served. Must be a registered participant with Senior Services.

Everyone is Welcome: Senior Services centers our work on the experience of LGBTQ identified people. Allies are welcome, but we ask that allies participate thoughtfully and respectfully while you are in our space. Certain groups and activities are intended for certain audiences. We ask that you review our newsletter to determine if you meet group/event requirements and speak to staff if you have a question. Some groups may have additional agreements than those listed based on participant feedback.

Be On Time: Please arrive no more than 15 minutes late to avoid disrupting others.

Respect Confidentiality: Stories and comments shared should remain private. What is said in the room stays in the room. Exceptions for this policy include if participants discuss harm to self, harm to others or elder abuse or neglect.

Make Space, Take Space, Step Back: This is your space and we want to hear from you but please only one person speaking at a time. No interrupting others and be mindful of how much space you are taking and how that impacts others since there is only so much time together. After 5 minutes of speaking staff may ask you to wrap up to give others a chance to speak. We especially want to make sure new people or those we have not heard from get a chance to speak. Silence your cell phone.

Only Use "I" Statements: Speak from your own experiences. Do not make assumptions or generalizations of other people's experiences. All experiences are unique and valid.

Questions: Feel free to ask group questions of everyone or to a facilitator but avoid asking an individual person a question, it can make people feel uncomfortable and singled out.

Listen and Consider Before Responding: It's important to allow space for everyone's perspective just as they are. Sometimes it can feel personal when we hear something when that wasn't what was intended. Ask yourself about biases you may be carrying with you that could be shaping the way you are responding to others.

Silence Is Ok: Allow everyone to share if and when they are ready.

Be Mindful of What You Bring Into the Space and How You Do It: Words matter. Be thoughtful of tone and how your words may affect others in the group. Some topics can be heavy, triggering or difficult for others. Some content that includes trauma may be better shared with a trusted mental health clinician. Connect with staff if you need a referral.

Personal Relationships May Impact Groups: The Senior Center is sex positive and supports a healthy sexual life in all its forms for our participants. With that, participants should be mindful and careful of how sexual interactions between group members outside of group may impact group dynamics. Participants should avoid bringing private interpersonal interaction into group spaces.

Be Mindful of Pronouns and Gendered Language: Our community is VERY gender expansive, and we are making space and celebrating all identities. If you don't know a person's pronouns-Ask. Don't deliberately or persistently misgender someone. If you misgender someone by mistake apologize. We are all learning.

Substance-Free Space: For the safety and comfort of others we ask that you not participate if you are under the influence of alcohol or substances.

Speak Up For Your Safety or Concerns: If something said is triggering or problematic, we need you to let us know. Everyone signed an agreement to be "thoughtful and courteous in your communication with participants, facilitators, volunteers and staff. The use of sexually explicit language, obscene gestures, or racial, religious, class, ability, age, sexual orientation, ethnic or gender-related slurs and bullying of any kind will not be tolerated under any circumstances." You can say something to a staff person, by email or by completing our "Participant feedback form." We want everyone to feel welcome at all times.

Weekly Events

MON.-FRI.

MORNING PROGRAMMING

9–11 A.M.

We invite participants to join us for our morning programming and activities Monday–Friday. Enjoy a puzzle, watch a movie, play cards, read a book, or listen to music.

Location: In-Person, Senior Center

MONDAYS

RACIAL JUSTICE ALLIES

11 A.M.–12 P.M.

Come study the history of race, racism, and white privilege in America. Learn the ways history and legacy create policy and trauma that impacts all identities. This group meets weekly on Zoom and in-person at the Senior Center on the 4th Monday of every month.

Meeting ID:

913 4967 4772

Passcode: 427757

SENIOR WRITING GROUP - ADVANCED

1–3 P.M.

Join our Senior Writing Groups: Advanced on Mondays or Intermediate on Wednesdays. Create prose or poetry from writing prompts and assignments. Contact seniors@lalgbtcenter.org or 323-860-5830 to join.

Meeting ID:

949 3045 5017

Passcode: 218422

MANDARIN 101

1:30–3 P.M.

Mandarin is the most spoken language in the world, and it's fun! Learn greetings, introductions, and directions.

Location: In-Person, Senior Center

¿COMO MEJORAR MI ASEGURANZA?

3–4 P.M.

Cada semana nos enfocamos en diferentes beneficios de su seguro de salud. Esta sesión informativa es una oportunidad para conocer los recursos disponibles.

Ubicación: En Persona, Centro De Mayores

DECONSTRUCTING WHITE PRIVILEGE

4–5 P.M.

This group explores the ways society is structured to benefit white people.

Openness and self-examination are the foundation of our work together.

Location: In-Person, Senior Center

TUESDAYS

COLOR THEORY AND ABSTRACT PAINTING

10 A.M.–12 P.M.

During this 12-week painting class, students will also discuss color theory, composition, and the qualities of light and shadow. Prior art experience is not necessary. Dates: Sept. 12–Dec. 5. Space is limited, RSVP is required.

Location: In-Person, Senior Center

R&B LINE DANCING

11 A.M.–12 P.M.

Come and shake your groove thing with instructor E Talley II! Learn some new moves and dance to songs you love. All levels welcome!

Location: In-Person, Senior Center

CARDIO SOUL DANCE

1:30–2:30 P.M.

Come join E. Talley II as you learn a series of contemporary dance routines to help reach your daily recommended

steps in a fun and uplifting experience.

Location: In-Person,
Senior Center

MOVING FORWARD AFTER LOSS

1:30–3 P.M.

An ongoing, peer-facilitated support group for those who have suffered the loss of a partner or close family member and are interested in exploring life after loss.

Location: In-Person,
Senior Center

SPILLING THE TEA

1:30–3 P.M.

A social and support group for transgender and gender non-conforming senior adults to support one another and build community. Gain the necessary tools to increase empowerment.

Location: In-Person,
Senior Center or

Meeting ID:
922 9299 5785

Passcode: 185216

COLLECTIVE GROOVE

6:30–8 P.M.

Bring your talents and jam out with other musicians. This is an open space for all ages of musicians to learn from one another and create the sound of a

collective groove.

Location: In-person,
Senior Center

SQUARE DANCING

6:30–9 P.M.

Join the Tinseltown Squares for an evening of swings, promenades, and sashays. This group is open to new members in 12-week cycles. Our current cycle started July 11. Contact seniors@lalgbtcenter.org or 323-860-5830 for more info on enrolling for the next cycle.

Location: In-person,
Pride Hall

GUIDED AUTOBIOGRAPHY

6:30–8:30 P.M.

Each session focuses on one of the themes pioneered by the noted gerontologist Dr. James Birren. Themes may include origins, work, career, love, health, spirituality, adventure, life's turning points, wisdom, and legacy. Dates: Sept. 5–Oct. 24. Space is limited, RSVP is required.

Location: In-person,
Senior Center

WEDNESDAYS

MEN'S SOCIAL GROUP

10 A.M.–12 P.M.

Meet new friends and share stories. Open to all self-

identifying men to share in a safe, supportive space.

Location: In-Person,
Senior Center or

Meeting ID:

932 7122 4639

Passcode: 249740

CHAIR YOGA

11 A.M.–12 P.M.

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

Location: In-Person,
Senior Center

VETERAN'S SUPPORT GROUP

1–2 P.M.

This group offers support for LGBT military veterans in a safe and welcoming space.

Location: In-Person,
Senior Center or

Meeting ID:
997 4154 4863

Passcode: 301481

SENIOR WRITING - INTERMEDIATE

1–3 P.M.

See description on pg 6.

Meeting ID:

949 3045 5017

Passcode: 218422

BEGINNING TAP DANCE

1:30–2:30 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.

Location: In-Person,
Senior Center

CHARLA Y CHISME

1:30–3:30 P.M.

Acá podrás encontrar un grupo con temas de conversación diseñados para desafiar ideales específicos a la comunidad latinoamericana, siempre y cuando haya chisme de por medio.

Ubicación: En Persona,
Centro De Mayores

THURSDAYS

MEN'S HIKING GROUP

9:30 A.M.

Join Senior Services volunteer Daryl Dean at the corner of Fern Dell Dr. and Black Oak Dr., 200 ft. north of Los Feliz Blvd. to meet the hiking group. Wear comfortable shoes. Bring water and snacks. Co-ed hiking is on the 3rd Thursday of the month.

Location:
Griffith Park

GRUPO DE APOYO DE VIH

10–11:30 A.M.

Comparta sus historias y experiencias de vivir con el VIH y conozca nuevos amigos! Este nuevo grupo de apoyo es un espacio seguro para la comunidad positiva. Todos invitados. Para más información, contacto a Ruben Vidales: rvidales@lalgbtcenter.org ó 213-466-5006.

Ubicación: En Persona,
Centro De Mayores

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.

Location: In-Person,
Senior Center

END OF LIFE PLANNING: SECURE YOUR LEGACY

3–4 P.M.

Everyone will need to plan for the end of their life at some point. Join us for a 6-week workshop that will cover the main things you need to know. Funeral planning, plan for pets, wills, and much more!

Location: In-Person,
Senior Center

SENIOR CHORUS

3–4:30 P.M.

Join the "Rainbow Notes" Senior Chorus as we enjoy singing and socializing. New members and all singing levels welcome!

Location: In-Person,
Senior Center

FRIDAYS

EVERYDAY MOVEMENT FOR ALL

9–10 A.M.

Learn how to bring balance & joy to daily activities through this Alexander Technique class with Becky Sandler. Learn improved mind/body awareness as we explore how to sit, stand, and move with greater ease and less pain.

Meeting ID:
202 631 4079

Password: 7tmxHL

MAHJONG

9:30–11 A.M.

Mahjong is an exciting, tile-based game developed in 19th century China. It is a game of skill, strategy, and luck. Reminder: No gambling allowed.

Location: In-Person,
Senior Center

W50+ BILLIARDS

10:30–11:30 A.M.

Come join the W50+ lesbian, bisexual and trans* women for a morning pool game. All skill levels welcome.

Location: In-Person,
Senior Center

GRUPO DE APOYO

11 A.M.–12 P.M.

Este sería un espacio para que los hispanohablantes discutan una amplia gama de temas relevantes para ellos y brinden apoyo y comunidad.

Ubicación: En persona,
Mi Centro
533 S. Clarence St.
Los Angeles, CA 90033

FUN WITH PHOTOGRAPHY

1:30–3:30 P.M.

Discover the joy of photography through exciting exercises that spark imagination. Learn the art of composition, play with different qualities of light, and dive into the world of photo editing using free apps, turning your images into masterpieces. Join us on this journey of self-expression, discovery, and togetherness as you capture the beauty of life through the lens of your phone, tablet or camera. Open to all levels of experience. This

eight-week class runs from September 15–November 3.

Location: In-Person,
Senior Center

LEISURE RECREATION

1:30–4:30 P.M.

Have fun outside your home and get connected with others. Play cards or games, work on puzzles, create art, or bring a good book!

Location: In-Person,
Senior Center

CENTER SOUTH DROP-IN

3–4:30 P.M.

Center South provides comprehensive resources and services for the LGBTQ+ community in South LA. Join Senior Services on Fridays for opportunities to connect & socialize. Drop-in case management and food pantry pick-up are available.

Location: In-Person,
Center South,
2313 W Martin Luther

King Jr Blvd,
Los Angeles, CA 90008

EBONY SAGE @ CENTER SOUTH

3–5 P.M.

Ebony Sage @ Center South is open to all Black and Brown identified participants. This group aims to promote self-awareness, quality of life, learning, and unity in the LGBT community.

Location: In-Person,
Center South,
2313 W Martin Luther
King Jr Blvd,
Los Angeles, CA 90008

LGBTQ+ SENIORS CANCER SUPPORT GROUP

3–5 P.M.

This online support group for LGBTQ+ seniors impacted by cancer offers a comfortable online environment to share experiences and learn from others. RSVP to info@cancersupportla.org.

This fall, the Center hosts its inaugural
Latinx Heritage Month commemoration with

QUEERCEAÑERA

(*queer-seh-awn-yerah*), a community cotillion

FRIDAY, SEPTEMBER 29, 2023
6:00–10:30 P.M.

Los Angeles LGBT Center, Village At Ed Gould Plaza
1125 N. McCadden Place, Los Angeles, CA 90038

Non-Weekly Events

ALZHEIMER'S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP

THURS., SEPT. 14 & 28, 12–1:30 P.M.

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 email at ywyte@alz.org.

ART AND ADVOCACY SHOWCASE

FRI., SEPT. 8, 1:30–2:30 P.M.

Artists who participated in Art and Advocacy workshop will showcase their art projects. Meet the artists, view their artwork, and feel inspired!

Location: In-person, Senior Center

ART APPRECIATION

FRI., SEPT. 8, 3–4 P.M.

Explore select artworks with Getty docent David. Join this virtual visit to the museum to learn about the artists and history of each piece. All art lovers welcome!

Meeting ID: 984 9274 8385

Passcode: 081457

BISEXUALITY VISIBILITY DAY CELEBRATION

FRI., SEPT. 22, 11:30 A.M.–1:30 P.M.

In honor of National Bisexuality Visibility Day, join us to make your own bi visibility button. The day was developed

as a response to the prejudice and marginalization of bisexual people. Come show your support and pride!

Location: In-person, Senior Center

BREAKFAST BINGO

MON., SEPT. 11, 9:30–11 A.M.

Join us at the Senior Center the 2nd Monday of each month for fun and lively Breakfast Bingo! Coffee, tea, and snacks provided. Win fun prizes and get to know your neighbors. Breakfast and coffee begin at 9:30 a.m. Bingo starts promptly at 10 a.m.

Location: In-person, Senior Center

CAMINOS A LA VIVIENDA

JUEVES, EL 21 DE SEPT., 3–4:30 P.M.

Este taller ayuda a los adultos de mayor edad navegar y entender la realidad en buscar viviendas accesibles en Los Ángeles. Los participantes aprenderán sobre la crisis de vivienda y reciben recursos comunitarios para identificar metas de vivienda realistas y que no son realistas cuando buscan por viviendas. Su participación en este taller es requerido si está interesado en participar en nuestro programa de navegar viviendas, pero todos están invitados a aprender más de las opciones disponibles.

Ubicación: En Persona,
Centro de Mayores

CELEBRANDO NUESTROS CULTURAS: ENTRE NUESTRAS COMUNIDADES

FRI., SEPT. 15, 4–7 P.M.

Acompáñanos a festejar las culturas latinoamericanas y su fuerza dentro de la comunidad LGBTQ+. Join us in celebrating

Latinoamerica and the strength that their LGBTQ+ community holds.

Location: In-person, The Village

FAMILIAS ENTRELAZADAS

MARTES, EL 26 DE SEPT., 7–9 P.M.

Únase a nosotros el cuarto martes de cada mes para un grupo de discusión que explora las formas maravillosas y únicas en que coexistimos como familias, tanto biológicas como elegidas.

Ubicación: En Persona, Mi Centro, 533 S. Clarence St., Los Angeles, CA 90033

FARMERS MARKET

WED., SEPT. 6, 11 A.M.–1 P.M.

Come and select fresh produce in the Bayard Rustin Courtyard. Provided in collaboration with Seeds of Hope, the Farmers Market takes place the first Wednesday of every month from 11 a.m. to 1 p.m. Produce is limited. First come, first served. Must be a registered participant with Senior Services.

Location: In-person, Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., SEPT. 12 & 26, 7–9 P.M.

In partnership with Cancer Support Community LA, the gay and bisexual men's prostate cancer support group meets twice a month on Tuesdays via Zoom. Discuss treatment, doctors, insurance, sex, relationships, and coping. To RSVP, contact info@cancersupportla.org.

HIV & AGING: DINNER & DISCUSSION SERIES

TUES., SEPT. 26, 6–8 P.M.

This monthly dinner and discussion series for individuals living with HIV occurs the last Tuesday of the month. This month's topic: HIV & Mental Health.

Location: In-person, Senior Center

JOB SEARCH TIPS 50+

WED., SEPT. 20, 2:30–3:30 P.M.

Join the Senior Center Employment Coordinator for tips on job searching for those 50+. We'll learn about popular websites, how to identify relevant jobs, and how to apply to them. Please bring resume.

Location: Cyber Center, The Village

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., SEPT. 5, 3–4:30 P.M.

Back to School Tech – Let's review how to create, save and share, documents, resumes, headshots, personal stories using Google Docs.

Location: In-person, Senior Center

TUES., SEPT. 19, 3–4:30 P.M.

A.I. – Artificial Intelligence is here. Come to tech class and use A.I. to write your personal biography.

Location: In-person, Senior Center

MCC-UCCV

THURS., SEPT. 14 & 28, 12–2 P.M.

Valley participants are invited to join our weekly social group at Metropolitan Community Church-UCCV for fun activities & socializing. Drop-in case management will be available the 2nd Thursday of the month. Potluck lunch occurs the last Thursday of each month.

Location: In-Person, MCC-UCCV,

**5730 Cahuenga Blvd.,
North Hollywood, CA 91601**

METRO BIKE SHARE INFO SESSION

WED., SEPT. 13, 1:30–3 P.M.

Join Metro Bike Share and BikeLA for a 90-minute class led by two Licensed Cycling Instructors (LCI) with a comprehensive urban riding curriculum and an optional on-bike training ride. Participants will receive a proper bicycle helmet fitting, a free 30-Day Metro Bike Share Pass, and other biking goodies to assist with riding safely! Space is limited.

Location: In-person, Senior Center

PATHWAYS TO HOUSING

THURS., SEPT. 7, 3–4:30 P.M.

Get help finding affordable housing in LA! Attend our workshop to learn tools and community resources to identify housing opportunities and goals. Required for our Housing Navigation Program, but all are welcome.

Location: In-person, Senior Center

READING OPENS MINDS

THURS., SEPT. 7 & 21, 1–2:30 P.M.

This wonderful book club has been meeting for years but always welcomes new members. For information on how to join, contact seniors@lalgbtcenter.org or call 323-860-5830.

Location: In-person, Senior Center

SENIOR ACTIVIST SQUAD

FRI., SEPT. 22, 1–2 P.M.

Join the Senior Activist Squad to share information about pressing issues

impacting the LGBTQ+ community and advocate for change. Your voice is needed now more than ever! Enter to win a \$25 gift card at every meeting.

Location: In-person, Senior Center

SENIOR ENGAGEMENT TEAM

FRI., SEPT. 15, 1:30–2:30 P.M.

The Senior Engagement Team is a monthly space to share your ideas and suggestions to enhance programming. Help us create the programs you want with your peers.

Location: In-person, Senior Center

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., SEPT. 1 & 15, 3–4:30 P.M.

In collaboration with InvisibleMen, "The Exchange" provides an intergenerational social space for the transmasculine community.

Meeting ID: 970 2805 6270

Passcode: 803002

TRANS WELLNESS CENTER DROP-IN

FRI., SEPT. 1, 15 & 29, 10 A.M.–12 P.M.

El Trans Wellness Center (TWC) brinda recursos y servicios integrales para personas transgénero y no binarias bajo un mismo techo. Únase a Senior Services en TWC para oportunidades de conectarse y socializar. Citas sin cita previa para la gestión de casos y el armario de ropa en la TWC cada dos viernes de 10 a.m. a 12 p.m.

**Ubicación: Trans Wellness Center,
3055 Wilshire Blvd., Suite 360,
Los Angeles, CA 90010**

The Trans Wellness Center (TWC) provides comprehensive resources and services for transgender and non-binary people under one roof. Join Senior Services at TWC for opportunities to connect & socialize. Drop-in case management and Clothing Closet appointments at TWC every other Friday, from 10 a.m. to 12 p.m.

Location: Trans Wellness Center, 3055 Wilshire Blvd., Suite 360, Los Angeles, CA 90010

VACCINATION CLINIC

WED., SEPT. 6, 9:30 A.M.–12 P.M.

In collaboration with Los Angeles County Department of Public Health,

vaccine shots will be available on a walk-in basis. The following vaccines will be available: COVID-19, COVID-19 booster, mpox, and hep A.

Location: In-person, Senior Center

VETERANS' DINNER

WED., SEPT. 27, 6–7:30 P.M.

This outing for LGBTQ+ veterans is held the last Wednesday of each month at a different restaurant each time. Participants are responsible to pay for their own meal and are encouraged to bring cash as payment. No one will be turned away for lack of funds.

Location: Yai's on Vermont, 1627 N Vermont Ave., Los Angeles, CA 90027

SENIOR SERVICES COMMUNITY SITE PROGRAMS



Mi Centro

Este sería un espacio para que los hispanohablantes discutan una amplia gama de temas relevantes para ellos y brinden apoyo y comunidad. Los Viernes de las diez a once y media. Ubicación: En persona, Mi Centro 533 S. Clarence St. Los Angeles, CA 90033.



Center South

Ebony Sage @ Center South is open to all Black and Brown identified participants. This group aims to promote self-awareness, quality of life, learning, and unity in the LGBT community. Ebony Sage @ Center South meets Fridays 3-5pm at Center South- 2313 W Martin Luther King Jr Blvd, Los Angeles, CA 90008.



Trans Wellness Center- TWC

Drop-in case management with Senior Care Specialists at Trans Wellness Center from 11am to 1pm. Every other Friday. 3055 Wilshire Blvd Unit 360, LA, CA, 90010. No parking validation, please bring your parking ticket to the front desk. TWC phone number is 323-993-2900.



Metropolitan Community Church- MCC

Valley participants are invited to join our weekly social group at Metropolitan Community Church- MCC- for fun and socializing. Drop-in case management with Senior Care Specialists will be available the 2nd Thursday of the month. Potluck lunch occurs the last Thursday of each month. 5730 Cahuenga Blvd. North Hollywood, CA, 91601.

SEPTEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

Every Monday–Friday

Morning Programming 9–11 a.m.

4

Labor Day
Senior Services Offices Closed

5

R&B Line Dancing 11–12 p.m.
Cardio Soul Dance 1:30–2:30 p.m.
Moving Forward 1:30–3 p.m.
Spill The Tea 1:30–3 p.m.
LGBTech 3–4:30 p.m.
Collective Groove 6–8 p.m.
Guided Autobiography 6:30–8:30 p.m.
Square Dancing 6:30–9 p.m.

6

Vaccination Clinic
Men's Social Group
Chair Yoga 11 a.m.
Farmers Market
Veteran's Support Group
Writing Grp Interim
Beginning Tap 1:30–3 p.m.
Charla y Chisme

11

Breakfast Bingo 9:30–11 a.m.
Racial Justice Allies 11–12 p.m.
Writing Grp– Advanced 1–3 p.m.
Mandarin 101 1:30–3 p.m.
¿Como Mejorar Mi Aseguranza? 3–4 p.m.
Deconstructing White Privilege 4–5 p.m.

12

Color Theory 10:00–12:00 p.m.
R&B Line Dancing 11–12 p.m.
Cardio Soul Dance 1:30–2:30 p.m.
Moving Forward 1:30–3 p.m.
Spill The Tea 1:30–3 p.m.
Collective Groove 6–8 p.m.
Square Dancing 6:30–9 p.m.
Guided Autobiography 6:30–8:30 p.m.
Prostate Support Group 7–9 p.m.

13

Men's Social Group
Chair Yoga 11 a.m.
Veteran's Support Group
Writing Grp Interim
Beginning Tap 1:30–3 p.m.
Charla y Chisme
Bike Share Info Session 1:30–3 p.m.

18

National HIV/AIDS & Aging Awareness Day
Racial Justice Allies 11–12 p.m.
Women Who Brunch 11–12:30 p.m.
Writing Grp– Advanced 1–3 p.m.
Mandarin 101 1:30–3 p.m.
¿Como Mejorar Mi Aseguranza? 3–4 p.m.
Deconstructing White Privilege 4–5 p.m.

19

Color Theory 10–12 p.m.
R&B Line Dancing 11–12 p.m.
Cardio Soul Dance 1:30–2:30 p.m.
Moving Forward 1:30–3 p.m.
Spill The Tea 1:30–3 p.m.
LGBTech 3–4:30 p.m.
Collective Groove 6–8 p.m.
Guided Autobiography 6:30–8:30 p.m.
Square Dancing 6:30–9 p.m.

20

Men's Social Group
Chair Yoga 11 a.m.
Veteran's Support Group
Writing Grp Interim
Beginning Tap 1:30–3 p.m.
Charla y Chisme
Job Tips 50+ 2:30–4 p.m.

25

Racial Justice Allies 11–12 p.m.
Writing Grp– Advanced 1–3 p.m.
Mandarin 101 1:30–3 p.m.
¿Como Mejorar Mi Aseguranza? 3–4 p.m.
Deconstructing White Privilege 4–5 p.m.

26

Color Theory 10–12 p.m.
R&B Line Dancing 11–12 p.m.
Cardio Soul Dance 1:30–2:30 p.m.
Moving Forward 1:30–3 p.m.
Spill The Tea 1:30–3 p.m.
Collective Groove 6–8 p.m.
HIV & Aging Dinner 6–8 p.m.
Square Dancing 6:30–9 p.m.
Guided Autobiography 6:30–8:30 p.m.
Prostate Support Group 7–9 p.m.
Familias Entrelazadas 7–9 p.m.

27

Men's Social Group
Chair Yoga 11 a.m.
Veteran's Support Group
Writing Grp Interim
Beginning Tap 1:30–3 p.m.
Charla y Chisme
Veterans Dinner

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 Senior Center Closes at 2pm Everyday Movement 9–10 a.m. Mahjong 9:30–11:00 a.m. My Life is Poetry 10–12 p.m. W50+ Billiards 10:30–11:30 a.m. Grupo de Apoyo 11 a.m.–12 p.m. Recreation 1:30–4:30 p.m. Ebony Sage 3–4:30 p.m. TransMasc Exchange 3–4:30 p.m. Cancer Support Group 3–5 p.m.</p>
<p>c 9:30–12 p.m. up 10 a.m.–12 p.m. m.–12 p.m. 11 a.m.–1 p.m. rt Group 1–2 p.m. mediate 1–3 p.m. 30–2:30 p.m. 1:30–3:30 p.m.</p>	<p>7 Men's Hiking 9:30 a.m. Grupo de Apoyo de VIH 10–11:30 a.m. Reading Opens Minds 1–2:30 p.m. Men Living with HIV 1:30–3 p.m. End of Life Planning 3–4 p.m. Pathways to Housing 3–4:30 p.m. Senior Chorus 3–4:30 P.M.</p>	<p>8 Everyday Movement 9–10 a.m. Mahjong 9:30–11:00 a.m. My Life is Poetry 10–12 p.m. W50+ Billiards 10:30–11:30 a.m. Grupo de Apoyo 11 a.m.–12 p.m. Recreation 1:30–4:30 p.m. Art and Advocacy Showcase 1:30–2:30 p.m. Art Appreciation 3–4 p.m. Ebony Sage 3–4:30 p.m. Cancer Support Group 3–5 p.m.</p>
<p>up 10 a.m.–12 p.m. m.–12 p.m. rt Group 1–2 p.m. mediate 1–3 p.m. 30–2:30 p.m. 1:30–3:30 p.m. Session</p>	<p>14 Co-Ed Hiking 9:30 a.m. Grupo de Apoyo de VIH 10–11:30 a.m. Alz Support Group 12–1:30 p.m. MCC-UCCV 12–2 p.m. Men Living with HIV 1:30–3 p.m. End of Life Planning 3–4 p.m. Senior Chorus 3–4:30 P.M.</p>	<p>15 Everyday Movement 9–10 a.m. Mahjong 9:30–11:00 a.m. My Life is Poetry 10–12 p.m. W50+ Billiards 10:30–11:30 a.m. Grupo de Apoyo 11 a.m.–12 p.m. Senior Engagement Team 1:30–2:30 p.m. Fun with Photography 1:30–3:30 p.m. Recreation 1:30–4:30 p.m. TransMasc Exchange 3–4:30 p.m. Ebony Sage 3–4:30 p.m. Cancer Support Group 3–5pm Celebrando Nuestro Culturas 4–7 p.m.</p>
<p>up 10 a.m.–12 p.m. m.–12 p.m. rt Group 1–2 p.m. mediate 1–3 p.m. 30–2:30 p.m. 1:30–3:30 p.m. 0–3:30 p.m.</p>	<p>21 Men's Hiking 9:30 a.m. Grupo de Apoyo de VIH 10–11:30 a.m. Reading Opens Minds 1–2:30 p.m. Men Living with HIV 1:30–3 p.m. End of Life Planning 3–4 p.m. Caminos a la Vivienda 3–4:30 p.m. Senior Chorus 3–4:30 P.M.</p>	<p>22 Everyday Movement 9–10 a.m. Mahjong 9:30–11:00 a.m. W50+ Billiards 10:30–11:30 a.m. Grupo de Apoyo 11 a.m.–12 p.m. Bi Visibility Celebration 11:30 a.m.–1:30 p.m. Senior Activist Squad 1–2 p.m. Fun with Photography 1:30–3:30 p.m. Recreation 1:30–4:30 p.m. Ebony Sage 3–4:30 p.m. Cancer Support Group 3–5pm</p>
<p>up 10 a.m.–12 p.m. m.–12 p.m. rt Group 1–2 p.m. mediate 1–3 p.m. 30–2:30 p.m. 1:30–3:30 p.m. 6 p.m.</p>	<p>28 Men's Hiking 9:30 a.m. Grupo de Apoyo de VIH 10–11:30 a.m. Alz Support Group 12–1:30 p.m. MCC-UCCV 12–2 p.m. Men Living with HIV 1:30–3 p.m. End of Life Planning 3–4 p.m. Senior Chorus 3–4:30 P.M.</p>	<p>29 Everyday Movement 9–10 a.m. Mahjong 9:30–11:00 a.m. W50+ Billiards 10:30–11:30 a.m. Grupo de Apoyo 11 a.m.–12 p.m. Fun with Photography 1:30–3:30 p.m. Recreation 1:30–4:30 p.m. Ebony Sage 3–4:30 p.m. Cancer Support Group 3–5 p.m. Queerceañera 6–10:30 p.m.</p>

HALLOWEEN PARTY

SAVE THE DATE

**OCT
31**

**3-5
PM**



**CELEBRATE HALLOWEEN,
WEAR YOUR COSTUME, DANCE, & HAVE FUN!
LIGHT REFRESHMENTS WILL BE SERVED.**

**THE VILLAGE AT ED GOULD PLAZA
1125 N MCCADDEN PL
LOS ANGELES, CA 90038**



LOS ANGELES LGBT CENTER
SENIOR SERVICES

**RSVP: 323-860-5830
SENIORS@LALGBTCENTER.ORG**