



LOS
ANGELES
LGBT
CENTER®

SENIOR
SERVICES

50+

DECEMBER 2023



WORLD AIDS DAY

DAY WITH(OUT) ART

SEE PAGE 5 FOR MORE INFORMATION

RSVP/Helpline: 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

The holiday season is a time for many of us to connect in community, reflect on the year, and set our intentions for the future. During this time of year, I often spend time thinking about loss, grief, and what I hold closely. It's a time for me to think about the people who are significant to me and ways I can better support those relationships. For Pagans, we look at the winter solstice as a time of darkness and rebirth, with the number of daylight hours slowly increasing as we get closer to spring.

It's important that we hold space for everyone's needs during this time of year whether they're celebratory or introspective. For those who want to connect within community, we have our World AIDS Day event supporting Day With(out) Art, including a film screening of *Everyone I Know is Sick* from 7–8:30PM at the Renberg Theatre; our annual Holiday Party on Monday, Dec. 11, from 2–5PM at Friendship Auditorium; Hannukah Dinner on Dec. 13, from 3–5PM; and a Holiday Craft Fair at Pride Hall on Friday, Dec. 15, from 1–4PM. The staff and I wish you a Happy Holidays and a healthy 2024.



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 AM–5 PM

Shower & Laundry Facilities:

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

Cyber Center:

The Cyber Center is open for computer use on Tuesdays and Thursdays from 10:00 AM to 1:00 PM and 2:00 PM to 5:00 PM, based on availability. Location: The Village, 1125 N. McCadden Pl., Los Angeles, CA 90038.



Veterans Day Breakfast



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 AM 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 PM at the Senior Center. Vegan options are available. Hot Grab & Go meals are provided at 12:45 PM 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 AM–12 PM or 2–5 PM 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 DECEMBER: LENTILS ENJOY THIS ADDITIONAL MEAL ITEM FOR THE ENTIRE

- 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., DECEMBER 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.

**Visual
AIDS**

WORLD **AIDS** DAY



LA LGBT Center - Senior Services is proud to partner with **Visual AIDS** for **Day With(out) Art 2023** by presenting Everyone I Know Is Sick, a program of five short films generating connections between HIV and other forms of illness and disability.

The program features newly commissioned work by:
Dorothy Cheung (Hong Kong), Hiura Fernandes & Lili Nascimento (Brazil), Beau Gomez (Canada/Philippines), Dolissa Medina & Ananias P. Soria (USA), and Kurt Weston (USA).

Everyone I Know Is Sick examines how our society excludes disabled and sick people by upholding a false dichotomy of health and sickness. Inviting us to understand disability as a common experience rather than an exception to the norm, the program highlights a range of experiences spanning HIV, COVID, mental health, and aging. The commissioned artists foreground the knowledge and expertise of disabled and sick people in a world still grappling with multiple ongoing pandemics. A panel discussion with the filmmakers will follow the screening.

MONDAY, DECEMBER 4, 6:30-8 P.M.

Renberg Theatre, 1125 N McCadden Pl, Los Angeles, CA 90028

Weekly Events

MON.-FRI.

MORNING PROGRAMMING

9–11 AM

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: Senior Center

MONDAYS

RACIAL JUSTICE ALLIES

11 AM–12 PM

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 2nd and 4th Monday of the month.

Meeting ID:

913 4967 4772

Passcode: 427757

SENIOR WRITING GROUP

1–3 PM

Join our Senior Writing Groups: Mondays and Thursdays. Create prose or poetry from writing prompts and assignments. Contact seniors@lgbtcenter.org or 323-860-5830 to join.

Meeting ID:

949 3045 5017

Passcode: 218422

MANDARIN 101

1:30–3 PM

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

Location: Senior Center

TUESDAYS

COLOR THEORY AND ABSTRACT PAINTING

10 AM–12 PM

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. Space is limited, RSVP is closed.

Location: Senior Center

R&B LINE DANCING

11 AM–12 PM

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: Senior Center

CARDIO SOUL DANCE

1:30–2:30 PM

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: Senior Center

MOVING FORWARD AFTER LOSS

1:30–3 PM

A peer-facilitated, ongoing support group for those who have suffered loss(es) and are interested in exploring life after loss.

Location: Senior Center

SPILLING THE TEA

1:30–3 PM

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: Senior Center

or **Meeting ID:**

994 0798 2438

Passcode: 964564

COLLECTIVE GROOVE

6–8 PM

Bring your talents and jam out with other musicians. This is an open space for musicians ages 50+ to learn from one another and create the sound of a collective groove.

Location: Senior Center

GUIDED AUTOBIOGRAPHY2

6:30–8:30 PM

If you attended the previous Guided Autobiography 1 (GAB 1) sessions, here's your chance to continue your journey! In this 6-week GAB 2 session, we'll explore new themes to guide you in reflecting on your life experiences and creating a written narrative based on these reflections. Presented by Stephen Dolainski. Dates: Nov. 7, 14, 28 and Dec. 5, 12, 19. Space is limited, RSVP is required.

Location: Senior Center

SQUARE DANCING

6:30–9 PM

Join the Tinseltown Squares for an evening of swings, promenades, and sashays. The next open cycle of classes begins on January 9, 2024. Beginners welcome! Contact seniors@lalgbtcenter.org or (323) 860-5830 for more

information.

Location: Pride Hall

WEDNESDAYS

MEN'S SOCIAL GROUP

10 AM–12 PM

Meet new friends and share stories. Open to all self-identifying men to share in a safe, supportive space.

Location: Senior Center

or **Meeting ID:**

932 7122 4639

Passcode: 249740

CHAIR YOGA

11 AM–12 PM

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

Location: Senior Center

VETERAN'S SUPPORT GROUP

1–2 PM

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

Location: Senior Center

or **Meeting ID:**

997 4154 4863

Passcode: 301481

BEGINNING TAP DANCE

1:30–2:30 PM

Learn the fundamentals of tap dancing with Lauren

& Carl! 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: Senior Center

THURSDAYS

MEN'S HIKING GROUP

9:30 AM

Join Senior Services volunteer Daryl Dean at the corner of Fern Dell Dr. and Black Oak Dr., 200 ft. north of Los Feliz Blvd. for a weekly hike. Comfortable shoes, water, and snacks are recommended. Co-ed hiking is on the 3rd Thursday of the month.

Location:

Griffith Park

GRUPO DE APOYO DE VIH

10–11:30 AM

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: Centro De Mayores

SENIOR WRITING GROUP

1–3 PM

See description on pg 6.

Meeting ID:

949 3045 5017

Passcode: **218422**

MEN LIVING WITH HIV

1:30–3 PM

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: **Senior Center**

SENIOR CHORUS

3–4:30 PM

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

Location: **Senior Center**

FRIDAYS

MAHJONG

9:30–11 AM

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: **Senior Center**

W50+ BILLIARDS

11 AM–1 PM

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

Location: **Senior Center**

GRUPO DE APOYO

11 AM–12 PM

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

Ubicación: **Mi Centro**

533 S. Clarence St.

Los Angeles, CA 90033

MI CENTRO DROP-IN

11 AM–1 PM

Mi Centro brinda recursos y servicios integrales para la comunidad LGBTQ Latinx en Boyle Heights. Únase a Servicios para personas mayores los viernes para tener oportunidades de conectarse y socializar. Gestión de casos sin cita previa y la recogida en la despensa de alimentos están disponibles.

Mi Centro provides comprehensive resources and services for the LGBTQ Latinx community in Boyle Heights. Join Senior Services on Fridays for opportunities to connect & socialize. Drop-in case management and food

pantry pick-up are available.

Ubicación/Location:

Mi Centro

553 S. Clarence St.

Los Angeles, CA 90033

EVERYDAY MOVEMENT FOR ALL

1:30–2:30 PM

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

Passcode: **7tmxHL**

FUN WITH PHOTOGRAPHY

1:30–3:30 PM

Discover the joy of photography through exciting shooting 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. Capture the beauty of life through the lens of your phone, tablet, or camera. Open to all levels of experience. Dates: Sept. 22–Dec. 15. Space is limited, RSVP is required.

Location: **Senior Center**

CENTER SOUTH DROP-IN

3–4:30 PM

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: Center South,
2313 W. Martin Luther
King Jr. Blvd,
Los Angeles, CA 90008

EBONY SAGE CIRCLE

3–4:30 PM

Ebony Sage Circle is open to all Black and brown-identified participants. This group aims to promote self-awareness, quality of life, learning, and unity with LGBTQ+ communities of color.

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

LGBTQ+ SENIORS CANCER SUPPORT GROUP

3–5 PM

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

Location: Virtual



Proteja sus DERECHOS COMO INQUILINO



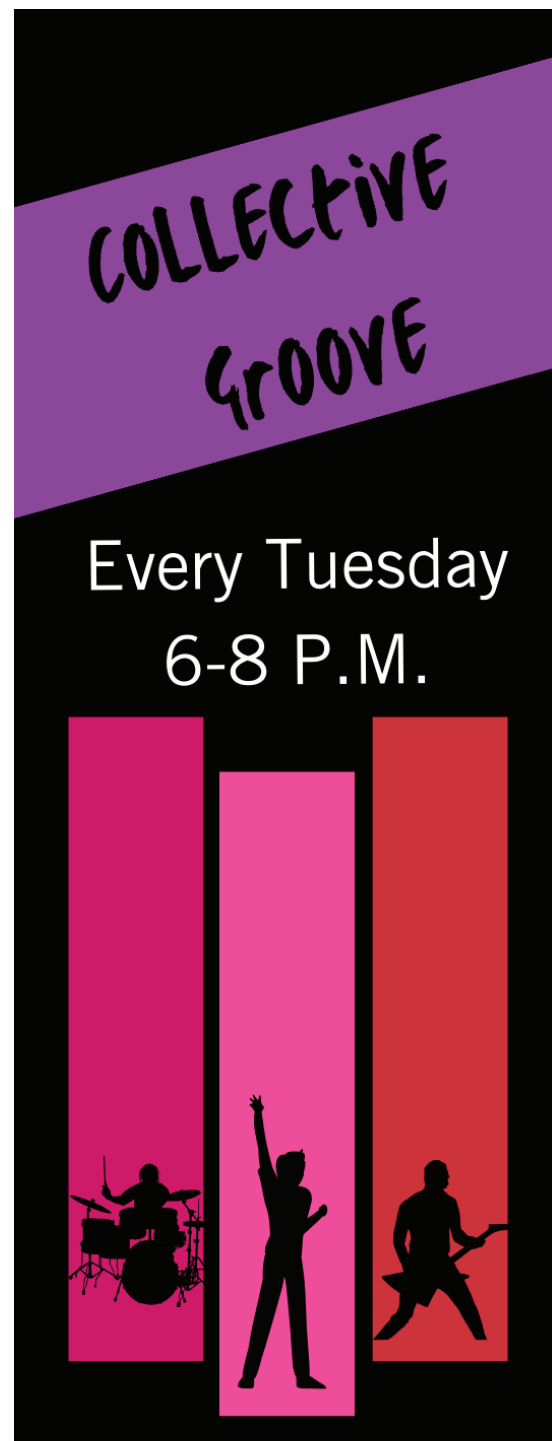
VIERNES 1 DE DICIEMBRE
11:00AM – 12:00PM
MI CENTRO | POR ZOOM
ZOOM MEETING ID: 954 1576 9002
PASSCODE: 185649
553 S CLARENCE ST, LOS ANGELES, CA 90033

TIENES SOBRE LA EDAD DE 50 Y TIENES PREGUNTAS SOBRE TU VIVIENDA? COMO INQUILINO POSEES UNA VARIEDAD DE DERECHOS A LA HORA DE RENTAR CUALQUIER ESPACIO RESIDENCIAL. PUEDES APRENDER SOBRE ESTOS DERECHOS, PROTECCIONES Y POSIBLES CONDICIONES PARA DESALOJO FORZADO. PRESENTADO POR EL DEPARTAMENTO DE SERVICIOS LEGALES DEL CENTRO LGBT DE LOS ÁNGELES.

PARA MAS INFORMACION, COMUNICARSE: SENIOR@LALGBTCENTER.ORG | (323) 993-7400

Monday	Tuesday	Wednesday
4 Morning Programming 9-11 AM Racial Justice Allies 11 -12 PM Senior Writing Group 1-3 PM Mandarin 101 1:30-3 PM Senior Activist Academy 2-3 PM COVID Vaccine Info Session 3-4 PM World AIDS Day Film Screening 6:30-8 PM	5 Morning Programming 9-11 AM Color Theory 10:00-12:00 PM R&B Line Dancing 11-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM LGBTech 3-4:30 PM Collective Groove 6-8 PM Guided Autobiography II 6:30-8:30 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM	6 Morning Programming 9-11 AM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Farmers Market 11 AM-1 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Drink & Draw 7-8:30 PM
11 Senior Services Holiday Party 2-5 PM Senior Center will be Closed for all services except for LUNCH SERVICE (12:30-1:30 PM)	12 Morning Programming 9-11 AM Affordable Connectivity Program Info Session 10-11:30 AM Color Theory 10:00-12:00 PM R&B Line Dancing 11-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Collective Groove 6-8 PM Guided Autobiography II 6:30-8:30 PM Square Dancing 6:30-9 PM	13 Morning Programming 9-11 AM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Hannukah Dinner 3-5 PM
18 Morning Programming 9-11 AM Racial Justice Allies 11 -12 PM Senior Writing Group 1-3 PM Mandarin 101 1:30-3 PM COVID Vaccine Info Session 3-4 PM	19 Morning Programming 9-11 AM R&B Line Dancing 11-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM LGBTech 3-4:30 PM Collective Groove 6-8 PM Guided Autobiography II 6:30-8:30 PM Square Dancing 6:30-9 PM Prostate Support Group 7-9 PM	20 Morning Programming 9-11 AM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM
25 Senior Center - Closed	26 Morning Programming 9-11 AM R&B Line Dancing 11-12 PM Cardio Soul Dance 1:30-2:30 PM Moving Forward 1:30-3 PM Spilling The Tea 1:30-3 PM Collective Groove 6-8 PM HIV & Aging Dinner + Discussion 6-8 PM Square Dancing 6:30-9 PM	27 Morning Programming 9-11 AM Men's Social Group 10 AM-12 PM Chair Yoga 11 AM-12 PM Veteran's Support Group 1-2 PM Beginning Tap 1:30-2:30 PM Veteran's Dinner 6 PM Familias Entrelazadas 7-9 PM

Thursday	Friday
	1 Morning Programming 9-11 AM Mahjong 9:30-11:00 AM W50+ Billiards 11:00 AM-1 PM Proteja Sus Derechos Como Inquilino 11 AM-12 PM Grupo de Apoyo @ Mi Centro 11 AM- 12 PM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Everyday Movement 1:30- 2:30 PM Fun with Photography 1:30-3:30 PM Drop-in @ Center South 3-4:30 PM Ebony Sage @ Center South 3-4:30 PM TransMasc Exchange 3-4:30 PM Cancer Support Group 3-5 PM
7 Morning Programming 9-11 AM Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Reading Opens Minds 1-2:30 PM Senior Writing Group 1-3 PM Men Living with HIV 1:30-3 PM Senior Chorus 3-4:30 PM Pathways to Housing 3-4:30 PM	8 Morning Programming 9-11 AM Mahjong 9:30-11:00 AM W50+ Billiards 11:00 AM-1 PM Grupo de Apoyo @ Mi Centro 11 AM- 12 PM Drop-in @ Mi Centro 11 AM-1 PM Everyday Movement 1:30- 2:30 PM Fun with Photography 1:30-3:30 PM Art Appreciation 3-4 PM Senior Center Closes at 3:30 PM
14 Morning Programming 9-11 AM Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Alz Support Group 12-1:30 PM MCC-UCCV 12-2 PM Senior Writing Group 1-3 PM Benefits & Resources for Seniors 1:30-2:30 PM Men Living with HIV 1:30-3 PM Senior Chorus 3-4:30 PM	15 Morning Programming 9-11 AM Mahjong 9:30-11:00 AM W50+ Billiards 11:00 AM-1 PM Grupo de Apoyo @ Mi Centro 11 AM- 12 PM Drop-in @ Mi Centro 11 AM-1 PM Drop-in @ TransWellness 11 AM-1 PM Holiday Craft Fair 1-4 PM Everyday Movement 1:30- 2:30 PM TransMasc Exchange 3-4:30 PM Drop-in @ Center South 3-4:30 PM Ebony Sage @ Center South 3-4:30 PM Cancer Support Group 3-5 PM
21 Morning Programming 9-11 AM Co-Ed Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM Reading Opens Minds 1-2:30 PM Senior Writing Group 1-3 PM Men Living with HIV 1:30-3 PM Senior Chorus 3-4:30 PM Caminos a la Vivienda 3-4:30 PM	22 Morning Programming 9-11 AM Mahjong 9:30-11:00 AM Senior Engagement Team 10-11 AM W50+ Billiards 11:00 AM-1 PM Grupo de Apoyo @ Mi Centro 11 AM- 12 PM Drop-in @ Mi Centro 11 AM-1 PM Senior Center Closes at 2 PM
28 Morning Programming 9-11 AM Men's Hiking 9:30 AM Grupo de Apoyo de VIH 10-11:30 AM MCC-UCCV 12-2 PM Alz Support Group 12-1:30 PM Senior Writing Group 1-3 PM Men Living with HIV 1:30-3 PM Senior Chorus 3-4:30 PM	29 Morning Programming 9-11 AM Mahjong 9:30-11:00 AM W50+ Billiards 11:00 AM-1 PM Grupo de Apoyo @ Mi Centro 11 AM- 12 PM Drop-in @ Mi Centro 11 AM-1 PM Senior Center Closes at 2 PM



**Bring your talents and jam out
with other musicians.**

**This is an open space for
musicians ages 50+ to learn
from one another and create the
sound of a collective groove.**

**Location: Harry and Jeanette
Weinberg Senior Center**

Non-Weekly Events

AFFORDABLE CONNECTIVITY PROGRAM INFORMATION SESSION

TUES., DEC. 12, 10-11:30 AM

The FCC's Affordable Connectivity Program (ACP) helps connect qualified households to free or reduced-cost home and mobile internet service. Millions of LGBTQ+ individuals are eligible for free or reduced-cost internet for home or mobile through this program, and bridging the digital divide is crucial for our community's well-being.

Location: Senior Center

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

THURS., DEC. 14 & 28, 12-1:30 PM

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

Location: Virtual

ART APPRECIATION

FRI., DEC. 8, 3-4 PM

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

Meeting ID: 984 9274 8385

Passcode: 081457

BENEFITS & RESOURCES FOR SENIORS

THURS., DEC. 14, 1:30-2:30 PM

Are you over the age of 50?

Learn about different public benefits and community resources to help reduce your monthly expenses this holiday season!

Location: Plummer Park, Room 5, 7377 Santa Monica Blvd., West Hollywood, CA 90046

CAMINOS A LA VIVIENDA

JUEVES, 21 DE DIC., 3-4:30 PM

Este taller ayuda a los adultos de mayor edad entender la realidad en Los Ángeles. Los participantes aprenderán sobre la crisis de vivienda y reciben recursos comunitarios para identificar metas de vivienda realísticas 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.

Ubicación: Centro De Mayores

COVID VACCINE INFO SESSION

MON., DEC. 4 & 18, 3-4 PM

Senior Services has partnered with the LA County Department of Public Health's Mobile Vaccination Team to offer vaccine clinics at our multiple locations. These informational sessions will provide you with needed information regarding the upcoming clinics. These info sessions will be hybrid meetings, both in-person and via Zoom. Please note: no medical advice will be provided.

Location: Senior Center

or **Meeting ID:** 935 5868 5302

Passcode: 156988

DRINK AND DRAW

WED., DEC. 6, 7–8:30 PM

Join Senior Services for a night of live drawing. We will meet at Stache at 6PM to ensure we get seats. The workshop will begin at 7PM. Space is limited. RSVP by Dec. 1 via the Client Portal or to seniors@lgbtcenter.org so we can provide the total number of attendees to the venue.

Location: Stache West Hollywood, 8941 Santa Monica Blvd., West Hollywood, CA 90069

FAMILIAS ENTRELAZADAS

MIÉRCOLES, EL 27 DE DIC., 7–9 PM

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: Mi Centro, 553 S. Clarence St., Los Angeles, CA 90033

FARMERS MARKET

WED., DEC. 6, 11 AM–1 PM

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 AM to 1 PM. Produce is limited. First come, first served. Must be a registered participant with Senior Services.

Location: Senior Center

GAY MEN'S PROSTATE CANCER SUPPORT GROUP

TUES., DEC. 5 & 19, 7–9 PM

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.

Location: Virtual

HANUKKAH DINNER

WED., DEC. 13, 3–5 PM

Join Senior Services for our annual Hanukkah dinner and celebration. Celebrate the "Festival of Lights" with menorah lighting, songs, and traditional foods. There is a suggested donation of \$5, but no one will be turned away for inability to pay. Space is limited. RSVP by Dec. 4 via the Participant Portal (<https://seniors.lgbtcenter.org>) or to seniors@lgbtcenter.org or (323) 860-5860.

Location: Senior Center

HIV & AGING: DINNER & DISCUSSION SERIES

TUE., DEC. 26, 6–8 PM

This monthly dinner and discussion series is geared for individuals living with HIV. This month's topic: exploring the impact of loss and holidays.

Location: Senior Center

HOLIDAY CRAFT FAIR

FRI., DEC. 15, 1–4 PM

Join Senior Services for an afternoon of craft making, art shopping, and merry mingling! Senior participants will be selling their handmade crafts. Local artists will host craft-making workshops, and our "Fun with Photography" students will offer a pop-up portrait studio. Holiday treats and giveaways will be available throughout the fair. Please contact seniors@lgbtcenter.org if you are a registered senior participant and are interested in selling your crafts.

Location: Senior Center

HOLIDAY PARTY

MON., DEC. 11, 2–5 PM

Join Senior Services for our annual holiday party. This year's theme is Winter Wonderland. There will be music, dancing, performances, a raffle, and a delicious meal. There is a suggested donation of \$5, but no one will be turned away for inability to pay. Free parking available. RSVP by Dec. 4 via the Participant Portal (<https://seniors.lalgbtcenter.org>) or to seniors@lalgbtcenter.org or (323) 860-5860.

Location: Friendship Auditorium, 3201 Riverside Dr., Los Angeles, CA 90027

LGBTECH Q&A WITH MOM'S COMPUTER

TUES., DEC. 5, 3–4:30 PM

Photo Clinic: Review how to create, save, and share your photos with Google Photos. (It's free!) Learn how to get and use free/complimentary Wi-Fi wherever you go. Scam awareness & more. Beginners and all levels welcome.

TUES., DEC. 19, 3–4:30 PM

LGBTech Class Holiday Party: We thank and celebrate you for attending tech class all year! End of the year smart phone cleanup: Let's clear history, delete old apps, and save your battery life for another year! Contacts organization: Update your contacts, add your imprint numbers, and avoid scam calls by knowing who is calling.

Location: Senior Center

MCC-UCCV

THURS., DEC. 14 & 28, 12–2 PM

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: MCC-UCCV, 5730 Cahuenga Blvd., North Hollywood, CA 91601

PATHWAYS TO HOUSING

TUES., DEC. 7, 3–4:30 PM

This workshop will help older adults navigate and understand the reality of looking for affordable housing in Los Angeles. Participants will learn about the housing crisis and receive community resources to identify realistic and unrealistic housing goals when searching for housing. Your participation in this workshop is required if you are interested in participating in our home navigation program, but everyone is invited to learn more about the options available.

Location: La Cienega Room at the West Hollywood Aquatic and Recreation Center, 8750 El Tovar Pl., West Hollywood, CA 90069

PROTEJA SUS DERECHOS COMO INQUILINO

VIERNES, 1 DE DIC., 11 AM–12 PM

Tienes sobre la edad de 50 y tienes preguntas sobre tu Vivienda? Como inquilino posees una variedad de derechos a la hora de rentar cualquier espacio residencial. Puedes aprender sobre estos derechos, protecciones y

posibles condiciones para desalojo forzado. Presentado por el departamento de servicios legales del Centro LGBT de Los Angeles..

Ubicación: Mi Centro, 553 S. Clarence St., Los Angeles, CA 90033 & Zoom or **Meeting ID:** 954 1576 9022
Passcode: 185649

READING OPENS MINDS

THURS., DEC. 7 & 21, 1–2:30 PM

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

Location: Senior Center

SENIOR ACTIVIST ACADEMY

MON., DEC. 4, 2–3 PM

Join the Senior Activist Academy for a weekly course aimed at giving Seniors more concrete legislative visit skills, culminating with a meeting with a Los Angeles City Councilmember's office. Dec. 4 – Lesson 4: Legislative Visit with Councilmember's Office

Location: Senior Center

SENIOR ENGAGEMENT TEAM

FRI., DEC. 22, 10–11 AM

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

Location: Senior Center

TRANSMASC INTERGENERATIONAL EXCHANGE

FRI., DEC. 1 & 15, 3–4:30 PM

In collaboration with InvisibleMen, "The Exchange" provides an intergenerational social space for the transmasculine community. The Exchange meets online on the 1st & 3rd Friday of every month.

Meeting ID: 970 2805 6270

Passcode: 803002

TRANS WELLNESS CENTER DROP-IN

FRI., DEC. 1 & 15 11 AM–1 PM

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 primer y tercer viernes del mes de 11 AM a 1 PM.

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 are available at TWC on the 1st & 3rd Friday of each month, 11 AM–1 PM.

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

VETERANS' DINNER

WED., DEC. 27, 6 PM

This outing for LGBTQ+ veterans occurs on 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: Formosa Café, 7156 Santa Monica Blvd., West Hollywood, CA 90046

WORLD AIDS DAY - DAY WITH(OUT) ART FILM SERIES PREMIERE

MON., DEC. 4, 6:30–8 PM

In honor of World AIDS Day, Senior Services will be collaborating with Visual AIDS to host this year's L.A. premiere of the *Day With(Out) Art* short film series. *Day With(Out) Art* is a coordinated screening of commissioned short films at over

100 venues around the world. This year, we will present five videos generating connections between HIV and other forms of illness and disability. These short films examine how our society excludes disabled and sick people by upholding a false dichotomy of health and sickness. Inviting us to understand disability as a common experience rather than an exception to the norm, the program highlights a range of experiences spanning HIV, COVID, mental health, and aging. The commissioned artists foreground the knowledge and expertise of disabled and sick people in a world still grappling with multiple ongoing pandemics. A panel discussion with the filmmakers will follow the screening.

Location: Renberg Theatre, 1125 N. McCadden Pl., Los Angeles, CA 90028

SAVE THE DATE!

**LOS ANGELES LGBT CENTER**
SENIOR SERVICES



TREASURE CHESTS

**AN ARTS AND CRAFTS WORKSHOP
SERIES TO ADD SPARKLE FOR 2024**



Join Arts Instructor Seth Randal in creating treasured memory boxes in this 5 week class series. Prior art experience is not necessary for this class. Bring your photos of important people and places, patience, and imagination to create your treasure chest.

Tuesdays:
January 9–February 6
10am–12pm
Location: Senior Center

Space is Limited. Please RSVP by Dec. 19 at (323) 860-5830 or seniors@lalgbtcenter.org



Still We Rise: Creative Writing Workshop

presented by Mimi Gonzalez-Barillas

This 4-week Still We Rise workshop will be led by writer and comedian Mimi Gonzalez-Barillas. Participants can expect inspiration through prompts, moments of stopped time to generate new work together, followed by optional sharing.

Mimi Gonzalez-Barillas has committed random acts of publishing in LGBT and diversity magazines throughout her 25+ year comedy career.



Tuesdays from 6:30-8:30pm
Jan. 9, 16, 23 & 30, 2024
Final Reading: Feb. 6 at 6:30pm

Space is limited, RSVP required.

To RSVP, contact seniors@lalgbtcenter.org or (323) 860-5830

Location :
Harry & Jeanette Weinberg Senior Center
1118 N. McCadden Pl, Los Angeles, CA 90038

**LOS ANGELES LGBT CENTER**
SENIOR SERVICES





SENIOR SERVICES COMMUNITY SITE PROGRAMS

Senior Services is at our Community Sites- Center South, Mi Centro, TWC, & MCC



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.

seniors@lalgbtcenter.org



323-860-5830

HIV & AGING DINNER+ DISCUSSION



6:00- 8:00 P.M.

TUESDAY
DECEMBER 26
2023

December's Topic:
Loss & the Holidays.

HARRY AND JEANETTE WEINBERG SENIOR CENTER
1118. N. MCCADDEN PLACE.
LOS ANGELES, CA 90038

RSVP at seniors@lalgbtcenter.org or (323) 860-5830



LOS ANGELES LGBT CENTER
SENIOR SERVICES

SENIOR SERVICES' HOLIDAY

ART & CRAFT FAIR



Explore, Create, and Have Fun! ●●●●●

✓ Shopping

✓ Crafting

✓ Photos

FREE
Holiday
Treats

PRIDE HALL

1118 N. McCadden
Los Angeles, CA, 90038

Friday, December 15, 1-4 P.M.

For more info: seniors@lalgbtcenter.org or (323) 860-5830



LOS ANGELES LGBT CENTER
SENIOR SERVICES

DRINK & DRAW
AT STACHE WEHO

WED., DEC. 6
7-8:30 P.M.

JOIN SENIOR SERVICES
FOR A NIGHT
OF LIVE DRAWING.
MEET AT STACHE AT 6PM
WORKSHOPS BEGIN AT 7PM.

PLEASE BRING YOUR OWN ART SUPPLIES AND PAPER.

SPACE IS LIMITED.
RSVP REQUIRED BY DEC 1ST
VIA THE CLIENT PORTAL
OR TO seniors@lalgbtcenter.org

WE MUST PROVIDE THE NUMBER OF ATTENDEES TO VENUE.

LOCATION: STACHE WEHO
8941 SANTA MONICA BLVD
WEST HOLLYWOOD, CA 90069



LOS ANGELES LGBT CENTER
SENIOR SERVICES

PATHWAYS TO HOUSING



Thursday, December 7th
3:00pm - 4:30pm
Aquatic & Rec Center - La
Cienega Room
8750 El Tovar Place
West Hollywood, CA 90069

For more information, contact us at:
senior@lalgbtcenter.org or
(323) 993-7400

Are you over the age of 50 and need help finding affordable housing? Attend our workshop to learn tools and community resources to identify housing opportunities.



LOS ANGELES LGBT CENTER

SENIOR SERVICES



Suggested
donation of \$5.

**No one will be
turned away for
inability to pay.*

HANUKKAH

DINNER & CELEBRATION



Join Senior Services for our
annual Hannukah dinner and celebration.
Celebrate the “festival of lights” with
menorah lighting, songs and traditional foods.

13 DEC

3 - 5 P.M.

Pride Hall

1118 N. McCadden Pl.

Los Angeles, CA 90038

Space is limited. RSVP by Dec. 4th to
seniors@lalgbtcenter.org or (323) 860-5830.

Winter
Wonderland

Holiday party

DECEMBER 11, 2-5 P.M.

Music | Food | Dancing | Raffle

FRIENDSHIP AUDITORIUM

3201 Riverside Drive, Los Angeles, CA 90027

Free Parking Available

Suggested
Donation of \$5
*No one will be
turned away for
inability
to pay



LOS ANGELES LGBT CENTER
SENIOR SERVICES

RSVP by Dec 4th to
seniors@lalgbtcenter.org
or (323) 860-5830