

50+

DEC 2014

**HAPPY
HOLIDAYS**

**Free &
Low-Cost Events
for People Ages
50-100+**



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**

The Village at Ed Gould Plaza
1125 N McCadden Pl
Los Angeles, CA 90038

RSVP/Message Line

323-860-5830

Toll Free

877-688-4833

seniors@lalgbtcenter.org

lalgbtcenter.org

[facebook.com/50pluslgbt](https://www.facebook.com/50pluslgbt)

WINTER

"I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his or her back on life."

-Eleanor Roosevelt

Winter is upon us, or so the calendar says. Please make sure to join us again this year for the Holiday Party at the Friendship Auditorium. Good food, a wonderful raffle and, of course, good friends and spirits will abound.

As we end 2014 and look towards 2015, if I don't have an opportunity to connect with you personally, my deepest hope is for you to be well.

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NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after December 1st. Check the event for an RSVP deadline, when applicable. Events are free of cost, unless price is noted.

You will get a reminder call or e-mail prior to the event. In case of an event cancellation, only those participants who made an RSVP call or e-mail will be notified. If we do not reach you, we will leave a message, when possible.

Please only come to The Village to pay for ticketed events if you have received a confirmation call or e-mail for the event.

RSVP/Message Line: 323-860-5830
Or, Toll-Free: 877-688-4833
seniors@lalgbtcenter.org

SPECIAL NEEDS

If you have any special needs such as dietary restrictions, wheelchair or disabled seating requirements for theater events or other venues, we will always do our best to accommodate!

Please let us know by calling 323-860-5830.

SENIORS HELPING SENIORS

Established by seniors and intended for seniors, this special fund is available to you on a limited basis for select activities, classes & events. If you need financial assistance to attend a class, dinner or event, please call us at **323-860-5830**.

All requests are completely confidential. The fund's availability depends on the generosity of seniors like you. Please contact us if you would like to make a donation to the Seniors Helping Seniors Fund!

BIRTHDAYS!

Allegra	Sally	Roger "Butch"
Chris	Robin	Ken
Beverly	Margaret	Dominic
Kathy	Alan	Blanche
Ray	Vincent	Derek
Kate	Michael	Monica Elizabeth
Cassandra	Michael	Marilyn
Norman	Lawrence	Joe
Edward	Tammy	Jeffery
David	Bill	Nancy
Jackie	Richard	Annette
Frank	Jim	Enice
Tom	Constance	David
Frances	Herbie	Dan
Leslie	Jacinto	Sandra
Shirley	Richard	M.
Guy	Frank	Jerry
Sue	Jerry	Kip
Herb	Eric	Dennis
George	Robin	Kenneth
Brooke	Anthony	Steve
Harry	Jon Jon	Javier
William	Bud	Clarence
Richard	Roy	Paul
Andy	Paula	Gerri
Errol	Dave	Doug
Jay	John	Sergio
Kenneth	Chris	Ygnacio
Jim	Frank	Clarissa
Larry	Peter	Albert
Dakota	Marc	Stephen
Richard	Norman	Joyce
Lanny	Dunn	Deena
Marcel	Paul	Michael
Tibby (Marylin)	Michael	Rita
John	Al	David
Vince	Dan	Mel
Richard	John	Yeung
David	Sharon	Evelyn
Odetta	Daniel	Steve
Ron	Belinda	Oliver
Erika	Audrey	Alfredo
Bonnie	Cheryl	Robert F.
Holland	Tamey	Ken
Bob	Walter	Sydney
Merri	Alberto	Barbara
Shirley	Roberta	Omar

IN MEMORIAM

Everett Hunt

EVERYONE



Mah Jongg
Mondays 1:30 p.m.
Drop in!



Stretch & Balance
Wednesdays 11 a.m.
Drop in!



Mindfulness Practice
Wednesdays 1:30 p.m.
Drop in!
Reduce stress, manage thoughts and learn how to breath using mindfulness practices. **Will NOT meet 12/24 and 12/31. Tell a Friend!**

Larry's Computer Club
Wednesdays 1:30 p.m.
Drop in!



Art Lab
Fridays 1 p.m.
Drop in!
Start a new project or bring your current work to share with the class. We provide the supplies. **Tell a friend!**



Reading Opens Minds
Mon, Dec 1 11 a.m.
Event 1202
RSVP Required:
323-860-5830

World AIDS Day Open Mic & Dessert Potluck
Together We Will End AIDS
Mon, Dec 1 1 p.m.
Event 1200

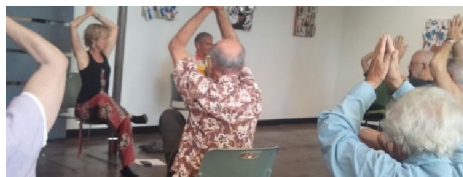
Celebrate with friends! Bring a dessert to share and your story of thriving & surviving. Regardless of your HIV/AIDS status, let's celebrate who we are and how far we've come together!

RSVP Required:
323-860-5830

Go Metro Outing
Tues, Dec 2 10 a.m.
Event 1225

Meet at The Village for a Go Metro Outing to the Natural History Museum. Must be a Go Metro Member to attend.

RSVP Required:
323-860-5830



Master Lakshmi Chair Yoga
Wed, Dec 3 & 17 11 a.m.
Drop in!

Talk Amongst Yourselfs 65+
Thurs, Dec 4 2 p.m. &
Thurs, Dec 18 2 p.m.

Drop in! Join LGBT women & men for treats, beverages and great chat. 65+ only.
Tell a friend!

Bingo!
Fri, Dec 5 2 p.m.
Event 1205
RSVP Required:
323-860-5830



Movie for Everyone
Jersey Boys

Tues, Dec 9 1:30 p.m.
134 Minutes
Event 1216

Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons stretches across four decades.

RSVP Required:
323-860-5830

Holiday Party

An Alcohol-Free Event

Mon, Dec 15 1 p.m.
Friendship Auditorium
3201 Riverside Dr

Los Angeles, CA 90027

\$5 Suggested Donation,
No One Turned Away Due to Lack of Funds

Plenty of FREE Parking!
RSVP by Noon on 12/10
Event 1221

Looking for community camaraderie? It's right here! Join Senior Services for delicious food, fabulous music and great raffle prizes. Let's eat, drink and be merry!

RSVP Required:
323-860-5830

Storytelling

Tues, Dec 16 & 30 2 p.m.
Event 1231

Explore the world of storytelling with Ms. Willa. Everyone has a story to tell. Come tell your story of who you are, your experiences and loved ones. No experience in storytelling? No problem, Ms. Willa will teach you how!

RSVP Required:
323-860-5830

Lunch for Those Living with HIV at The Village

Fabiolus

Tues, Dec 16 12:30 p.m.
Event 1208

We'll provide lunch (\$2 donation requested). Share your stories of living, surviving & thriving. **RSVP Required:**

323-860-5830

Theater Workshop Planning Session

Wed, Dec 17 10:30 a.m.

Drop in!

Plan, discuss and brainstorm any and all ideas for the structure and content of a theatre workshop for seniors to begin in early 2015.

Tell a friend!

Holiday Movie

Mon, Dec 22 11 a.m.
See Page 9.

Lunch for Everyone

Tues, Dec 23 12:30 p.m.

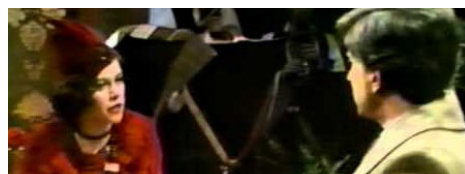
Fabiolus

Event 1207

RSVP by Noon on 12/22

Join us for lunch at The Village. \$2 Suggested donation.

RSVP Required:
323-860-5830



Movie for Everyone

She Loves Me

Tues, Dec 23 1:30 p.m.

120 Minutes

Event 1217

Joe Levy wants to treat you to his favorite musical, *She Loves Me*. Written by Joe Masteroff (Cabaret, 70 Girls 70) with a glorious, melodic score by Jerry Bock and Sheldon Harnick (Fiddler on the Roof, Tenderloin, Fiorello). Charming, romantic, it's the perfect show to set the mood for whatever holiday you celebrate.

RSVP Required:
323-860-5830

Holiday Movie

Wed, Dec 24 11 a.m.

See Page 9.

Holiday Movie

Wed, Dec 31 11 a.m.

See Page 9.

Senior-Youth Photo Project

Now Through Jan 3
The Advocate & Gochis Galleries at The Village
lalgbtcenter.org/art

Tips to Make Your Holiday Season Brighter

Take A Stroll Down Memory Lane

Holidays can bring up many memories and feelings. Take some time to reflect and feel your feelings, rather than fight them. Go through old photos and videos, listen to some old tunes you love and spend some time with those near to you. If you have lost someone, share what it is you loved about him/her with someone or write about it. Remember the good times.

Plan Ahead

The holidays can be a crazy time for everyone. Give yourself more time to do things and to get to where you're going. Make a schedule for yourself so you know exactly what you need to do. Make a list and prioritize so you do not tire yourself out or forget what you need to accomplish for the day.

Stay Connected and Social

We understand the holidays may be a difficult time for some people. Often feelings of loneliness may arise. Remember, you are not alone. Come spend some time with others at The Village. Drop by and get creative in our Art Lab, share your story with Ms. Willa in Storytelling, join us for lunch and a movie or spend some time in our library.

(continued on page 10)

WOMEN



See Fran's Senior-Youth Photo Project work in-person now through January 3 in The Advocate & Gochis Galleries at The Village.

Woman to Woman Chat Group with Julia

Mondays 1:30 p.m.

Drop in! Drop in for tea, coffee, snacks and lively conversation. Controversial topics! Guest speakers!

Tell a friend!

L50+ Spirituality Salon with Lois

Sat, Dec 13 11 a.m.

Drop in! After the discussion, Lois will screen *In Search of History: Salem Witch Trials*.

Tell a friend!

Women's Dessert Social

Mon, Dec 22 12:30 p.m.

Event 1213

Commune with us for an afternoon of sweet treats, conversation and socializing!

RSVP Required:

323-860-5830

L50+ Dinner

French Market

7985 Santa Monica Blvd

WeHo, CA 90046

Sun, Dec 21 6 p.m.

Event 1210

Plenty of parking! Please join us for a wonderful evening out with the gals! Look for Alice. Cash highly recommended.

RSVP Required:

323-860-5830

L50+ Chat Group

At this time, the L50+ Sunday chat and movie activity is on hiatus until we find a facilitator.

If interested in applying, please contact **Allison 323-860-7339**

or send an e-mail to **asantos@lalgbtcenter.org**.

MEN

Men's Drop-In Support Group

Wednesdays 10 a.m. Drop in!

Come meet new friends. Share your stories & experiences with men each week! **Tell a friend!**

Men's Hike Griffith Park

Thursdays 9:30 a.m.

Drop in! Meet at the corner of Fern Dell & Black Oak Drive, 200 ft. north of Los Feliz Blvd. Parking is available along Fern Dell Dr or take public transit. Bring water, a snack & comfortable shoes. This group is co-ed every third Thursday.

Bring a friend!

Men's Dessert Social

Tues, Dec 30 1 p.m.

Event 1215

Come join us for an afternoon of sweet treats, conversation and socializing!

RSVP Required:

323-860-5830

Men's Dinner

French Market

7985 Santa Monica Blvd

WeHo, CA 90046

Tue, Dec 30 6 p.m.

Event 1211

Dinner out with the guys! Cash recommended!

RSVP Required:

323-860-5830

PROGRAMA de COMUNIDAD LATINA 50+

¡No estas solo(a)!
¡Celebra que eres!

Ven y participar en este grupo bilingüe (Español/Inglés) para que usted conozca otras/os Latinas/os mayores lesbiana, gay, bisexual, transgénera y transgénero. ¡Aprenda acerca de las próximas actividades! ¡Comparte tus ideas para continuar ayudando a construir este nuevo programa!

Para inscribirse o si usted tiene preguntas póngase en contacto con Yuisa Gimeno al 323-860-7369 o comunidad@lgbtcenter.org.

Comunidad Latina 50+ Program

You're not alone! Celebrate who you are! Come and participate in Comunidad Latina 50+, a unique bilingual (English/Spanish) group that's just for you to meet and connect with other 50+ Latina/o lesbian, gay, bisexual and transgender folks. Learn about upcoming activities! Share your ideas to continue to help build this new program.

To sign up or if you have questions please contact Yuisa Gimeno at 323-860-7369 or comunidad@lgbtcenter.org.

SPECIAL PROGRAMMING



Holiday Movie

Last Holiday

Mon, Dec 22 11 a.m.

111 Minutes

Event 1222

Georgia (Queen Latifah) throws caution to the wind and takes a no-holds-barred vacation.

RSVP Required:

323-860-5830



Holiday Movie

A Christmas Story

Wed, Dec 24 11 a.m.

93 Minutes

Event 1223

Set in the 1940s, Ralphie desperately wants a Red Ryder air rifle for Christmas.

RSVP Required:

323-860-5830



Holiday Movie

Noah's Arc:

Jumping the Broom

Wed, Dec 31 11 a.m.

101 Minutes

Event 1224

A seven-year itch, a surprise fling with a college hottie and a closeted rap star factor into this wild and unforgettable vacation.

RSVP Required:

323-860-5830

TIPS *(continued)*

Be Active, Get Outside

Get out and get some fresh air. Take a nice stroll at the park. There are also physical activities happening at or around The Village, like Chair Yoga, Stretch and Balance and Men's Hike. The courtyard is a nice spot to get some air and there is always something to see in our galleries. Don't forget to soak in some rays!

Treat Yourself

Treat yourself to something nice. Watch a movie or maybe re-watch a favorite you haven't seen in a while. Take in the flavors that the holiday season offers. Enjoy a slice of pumpkin pie, a cup of apple cider or a mug of gingerbread latte. Take the trip to the museum you've been wanting to take. Give yourself a nice gift, doesn't need to be extravagant, but it can be, as long as you enjoy it. In a giving mood? Give something nice to someone else too.

Give and Volunteer

Often times, the fastest way to feel better is to focus outward and give to others. There are things you can do that cost very little. Write a letter or note and send it to someone. Share a coffee with a friend. Volunteer some of your time, there are plenty of opportunities here at the Center. You, your time and compassion are valuable.

HEALTH

DROP-IN CASE MANAGEMENT

Drop-In Every Wed. & Thurs. 11 a.m.-3 p.m.

Senior Services has expanded drop-in case management hours. Come meet with a trained case manager and learn about valuable programs and services that may be available to you: housing, employment, medical, mental health, legal, social support and more! First come, first served basis, at The Village only!

CONTACT

Julia Wallace: 323-860-7395
Yuisa Gimeno: 323-860-7369

LGBT Bereavement

Group A Grieving 1 Year Or More

Tues, Dec 2 & 16 1 p.m. Event 1203

Group B Grieving Less Than 1 Year

Tues, Dec 9 & 23 1 p.m. Event 1204

If you are experiencing pain from the loss of a loved one, please call to join the group.

RSVP Required: 818-847-3686

HIV TESTING

You can get tested on a walk-in basis, for free, at the Center's McDonald/Wright Building (1625 N Schrader Blvd) on weekdays from 11 a.m.-7 p.m. or at The Spot (745 N San Vicente Blvd.) Mon-Fri from 11 a.m.-7 p.m.

PROSTATE CANCER SUPPORT GROUP

Every 1st & 3rd Tuesday, 7-9 p.m.

RSVP Required.

GMSHF@yahoo.com

323-860-7340

MEN'S SEXUAL DYSFUNCTION SUPPORT GROUP

Every 2nd & 4th Tuesday, 7-9 p.m.

Every 2nd & 4th Saturday, 10 a.m.-Noon

RSVP required.

GMSHF@yahoo.com

323-860-7340

VALLEY

Bingo!

Thurs, Dec 4 12:30 p.m.

Drop in!

Play and win!

Tell a friend!



Jersey Boys

Thurs, Dec 11 12:30 p.m.

134 Minutes

Drop in!

Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons stretches across four decades. **Tell a friend!**

Holiday Potluck

Thurs, Dec 18 12:30 p.m.

Drop in! Bring a dish to share.

Tell a friend!

The Valley Group will NOT meet on Thursday, Dec 25. The Center is closed for Christmas Day.

This group meets at the MCC Church located at 5730 Cahuenga Blvd, North Hollywood, 91601 (unless otherwise noted in the newsletter).

HIV+

HIV+ Men's Support Group

Thursdays 1 p.m.

Drop in!

Come meet new friends. Share your stories and experiences with men living with HIV.

Tell a friend!

World AIDS Day Open Mic & Dessert Potluck

Together We Will End AIDS

Mon, Dec 1 1 p.m.

Event 1200

Celebrate with friends! Bring a dessert to share and your story of thriving & surviving. Regardless of your HIV/AIDS status, let's celebrate who we are and how far we've come together!

RSVP Required:

323-860-5830

Lunch for Those Living with HIV

NEW DAY & TIME

Tues, Dec 16 12:30 p.m.

Event 1208

See page 5 for description.

RSVP Required:

323-860-5830

ACTIVITIES IN WEHO



L50+ Dinner

French Market

7985 Santa Monica Blvd

WeHo, CA 90046

Sun, Dec 21 6 p.m.

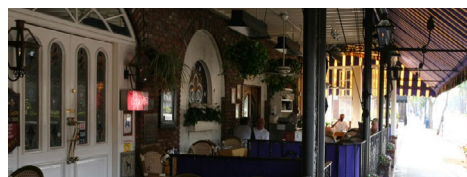
Event 1210

Plenty of parking! Please join us for a wonderful evening out with the gals! Look for Alice.

Cash highly recommended.

RSVP Required:

323-860-5830



Men's Dinner

French Market

7985 Santa Monica Blvd

WeHo, CA 90046

Tue, Dec 30 6 p.m.

Event 1211

Dinner out with the guys! Cash recommended!

RSVP Required:

323-860-5830



Movie for Those Living with HIV

Jersey Boys

NEW DAY & TIME

Tues, Dec 16 1 p.m.

134 Minutes

Drop in!

Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons stretches across four decades. **Tell a friend!**



Holiday Party

Celebrate the Holiday Season with us! Enjoy delicious food, raffle prizes and friends! Let's eat, drink and be merry! \$5 suggested donation. No one turned away due to lack of funds! An alcohol-free event.

Monday, December 15 1-5 p.m.
Friendship Auditorium 3201 Riverside Dr Los Angeles, CA 90027
\$5 Suggested Donation
RSVP Required RSVP by Noon on 12/10
Event 1221

877-688-4833
seniors@lalgbtcenter.org



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