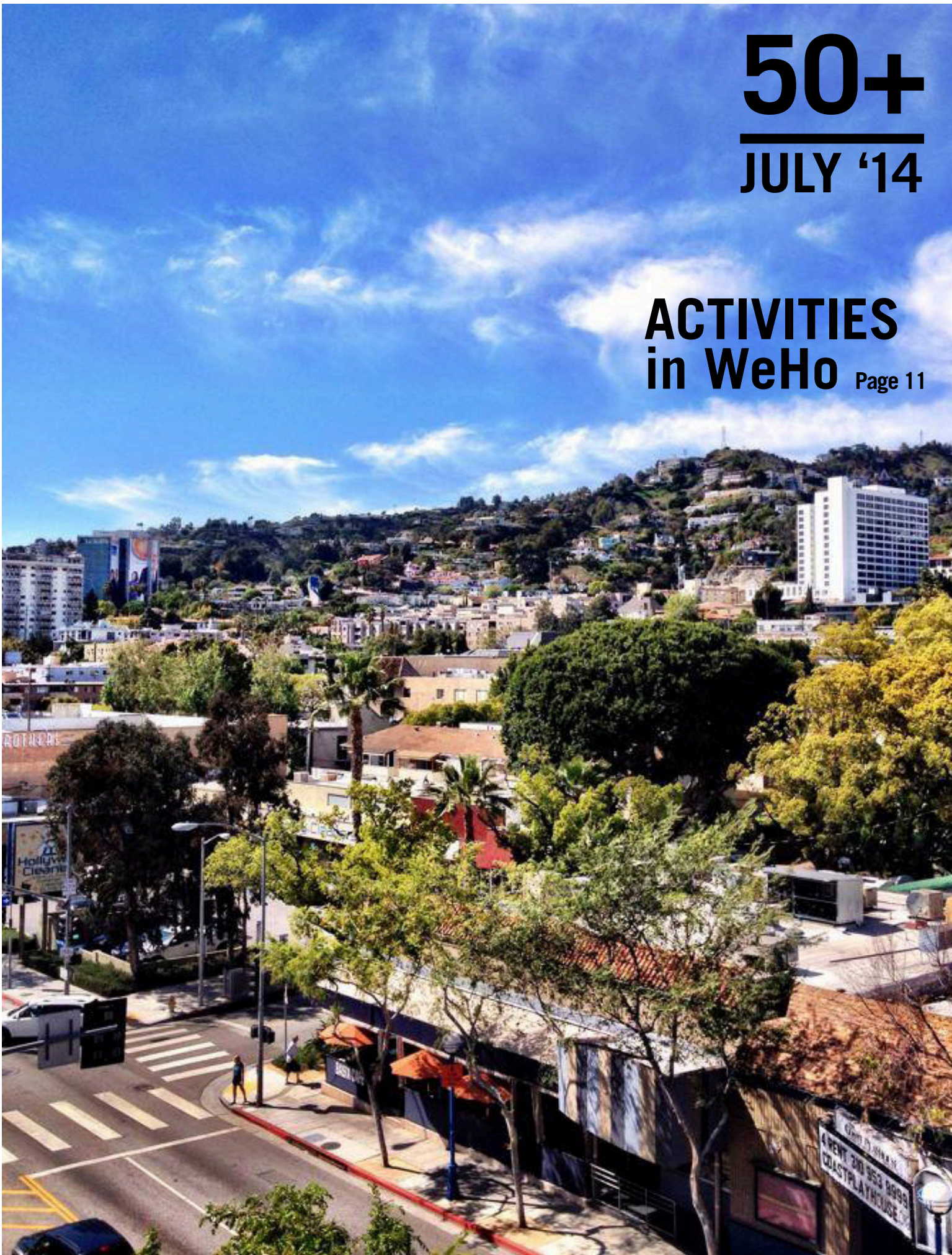


50+

JULY '14

ACTIVITIES
in WeHo Page 11



SENIOR SERVICES

Building a diverse community of 50+ LGBT people who are active, empowered and proud.



**LOS ANGELES
LGBT
CENTER**

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

senior@lalgbtcenter.org

lalgbtcenter.org

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

A PHENOMENAL WOMAN

A national treasure passed since our last newsletter. Maya Angelou—poet, singer, activist, trolley driver, writer, dancer and teacher.

Phenomenal Woman (excerpt)

*Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.*

May we all know that we are phenomenal.

In peace,

Kathleen Sullivan

STAFF

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323-860-7369 ygimeno@lalgbtcenter.org

RSVP INSTRUCTIONS

RSVP requests must be made on or after July 1.

To receive a reminder call, please RSVP three business days in advance of a scheduled event.

In case of cancellation, only those participants who have made an RSVP call for an event will be notified by phone. If we do not reach you, we will leave a message, when possible.

Please remember to RSVP for events you plan to attend.

RSVP requests left on staff voice mail will be deleted.

RSVP/Message Line: 323-860-5830

Or, Toll-Free: 877-688-4833

senior@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!



Correction:

May's cover photo was not properly credited to Lena Nozizwe. We apologize for the omission.

BIRTHDAYS!

Oswald (Ozzie)	Jimmy	Jon
Arthur	Bob	Harley
Sharon	Debra	Susan
Gladys	Jim	Eric
Donna	Daryl	John
Bruno	Sab	Gregor / Adina
Peter	Frank	Mia Teri
Christopher	John	Stephen
Ron	Robert	Christopher
Jeri	John	Philip
Harry	Zenaida	Lois
Arthur	Devorah	Dave
Lea	Jeff	Dan
Ron	Sue	Alina
Gary	Lois	Beth
Karen	Nina	Luke
Webster	Gene	Dee
Ken	Jerri	Johnny
Walter	Neil	Ronni
Tyrone	Greg	Javier
Lionel Rivers	Walter	Robarie
Eric	William	Tristina
Paul	John	John
Coni	Ronald	John
Richard	Mark	Brenda
Rich	Fern	Albert
Bill	Tony	Gene
John	Stewart	Bob
Jaime	Simone	Ellie
Chester	Orli	Stephen
George	Peggy	Dale
Gail	Angeles	Kelly
Margo	Winona	Larry
Martin	Jay	Larry
Allen	Jerome	Evelyn A.
Tom	Harold	Mark
Peggy	Emma	David
Ed	James	Max
Pat	Louise	Ale
Alex	John	Sylvia
Tom	Leslie	Cheryl
Gil	Ken	
Hak	Lorraine	
Agatha	Dwight	
George	Edwin	

EVERYONE

REOCCURRING



TRANS 50+ SUPPORT GROUP

**MONDAYS 11:30 a.m.
DROP IN!**

Join us for this fabulous group for trans and questioning men and women, each Monday at The Village.

Tell a friend!



LUNCH for EVERYONE

TUES JUL 8 12:30 p.m.

Fabiolus Event 0712

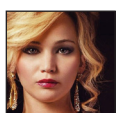
TUES JUL 22 12:30 p.m.

Hoy's Wok (Chinese)

Event 0713

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

**RSVP REQUIRED:
323-860-5830**



AMERICAN HUSTLE

TUES JUL 8 1:30 p.m.

Event 0701

Scam artist lovers are entrapped by an ambitious FBI agent and coerced into participating in a major sting operation.

**RSVP REQUIRED:
323-860-5830**



GHOST The Musical THE PANTAGES THEATRE

**TUES JUL 8
8 p.m. \$25 Event 0702**

GHOST is a timeless fantasy about the power of love. \$25 due 7/7. Ticket is non-refundable. ASL interpreted performance.

**RSVP REQUIRED:
323-860-5830**



TALK AMONGST YOURSELVES 65+

THURS JUL 10 3 p.m. &

THURS JUL 24 3 p.m.

DROP IN!

Join LGBT women & men for treats, beverages and great chat. 65+ only.

Tell a friend!



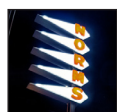
RUSTY'S GAY SWING and SWAY

SAT JUL 12 1 p.m.

Event 0703

Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! No rubber soles please. Partner not necessary.

**RSVP REQUIRED:
323-860-5830**



DINNER for EVERYONE

NORM'S RESTAURANT

470 N La Cienega Blvd

WeHo, CA 90048

TUES JUL 15 5:30 p.m.

Event 0704

Enjoy dinner with the group. Cash is highly recommended. SHS available.

**RSVP REQUIRED:
323-860-5830**



LUNCH for THOSE LIVING

WITH HIV El Pollo Loco

WED JUL 16 NOON

Event 0705

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

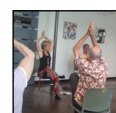
**RSVP REQUIRED:
323-860-5830**



MAH JONGG

MONDAYS 1:30 p.m.

DROP IN! FREE!



CHAIR YOGA

WED JUL 9 & 23

10:30 a.m. DROP IN! FREE!



STRETCH & BALANCE

WEDNESDAYS 11 a.m.

DROP IN! FREE!



ART LAB

FRIDAYS 1 p.m.

DROP IN! FREE!



BINGO! (0707)

FRI JUL 18 2 p.m.

RSVP Required: 323-860-5830



FRED ASTAIRE

Changes Partners

Easter Parade

FRI JUL 18 Noon

Event 0706

See Fred Astaire with Judy Garland! Enjoy seventeen Irving Berlin songs.

**RSVP REQUIRED:
323-860-5830**



GO METRO PRESENTATION!

TUES JUL 22 11 a.m.

Event 0700

Taking public transportation can be very confusing. Join us for the senior ins & outs of L.A.'s mass transit system.

**RSVP REQUIRED:
323-860-5830**



MOVIE IN WEHO

August: Osage County
TUES JUL 22 1 p.m.

Community Room
WeHo Library
625 N San Vicente Blvd
Event 0719

The women of the Weston family converge during a crisis.

RSVP REQUIRED:
323-860-5830



AUGUST: OSAGE COUNTY

TUES JUL 22 1:30 p.m.
Event 0708

The women of the Weston family converge during a crisis.

RSVP REQUIRED:
323-860-5830



PAGEANT OF THE MASTERS

THURS JUL 24
2 p.m.-Midnight \$40

Event 0709

Stay tuned for parking info. If we have your e-mail address on file, we will send you detailed instructions. If not, we will call you prior to the outing.

Join us for a trip to Laguna Beach! Explore the art fair and grab a bite to eat. We'll head to the amphitheater at 8:30 p.m.

Transportation is provided! Food not included. Bring a warm jacket.

\$40 due 7/23. Tickets are non-refundable. Seniors Helping Seniors is available! Reading device for the hearing impaired available. Transportation accommodates wheelchairs.

RSVP REQUIRED:
323-860-5830



OPERA SCREENING

The Magic Flute
FRI JUL 25

1 p.m. Event 0714

The Magic Flute, starring Kathleen Battle, is Mozart's exquisite opera: a celebration of love, forgiveness, and the brotherhood of man. A young man is determined to rescue a beautiful princess from the clutches of parental evil.

RSVP REQUIRED:
323-860-5830



MUSIC

ON THE MAIN!

Descanso Gardens

1418 Descanso Drive
La Canada Flintridge, 91011

THURS JUL 31

4 p.m. \$6

Event 0715

Join Arlene at Descanso Gardens for Music on the Main! Bring your lawn chair and a picnic dinner for yourself and come listen to New West Plays Django—a fresh, cutting-edge New West Guitar Group that performs gypsy-infused jazz. Arlene, along with her rainbow flag, will meet you at the entrance of the gardens at 4 p.m. sharp! Lawn seating begins at 4:30 p.m. on a first come, first served basis. Plenty of free parking! \$6 entrance fee is non-refundable.

RSVP REQUIRED:
323-860-5830

AT THE VILLAGE IN JULY



LGBT BEREAVEMENT GROUP A

Grieving 1 Year or More
TUES JUL 1 & 15

1 p.m. Event 0720

GROUP B

Grieving Less Than 1 Year
TUES JUL 8 & 22

1 p.m. Event 0721

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

RSVP REQUIRED:
818-847-3686



MINDFULNESS PRACTICE

WEDNESDAYS 1:30 p.m.
DROP IN!

Reduce stress, manage thoughts, and learn how to breath using mindfulness practices.

Tell a Friend!



Peter Lancellotti & Mahesh Cummins were married on August 11, 2013. The couple celebrated 20 years on September 10, 2013.

WOMEN



WOMEN TO

WOMEN 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 JUL 12 11 a.m.
DROP IN!

After the discussion, Lois will screen "Secret Societies."

Tell a friend!



WOMEN'S

DESSERT SOCIAL

TUES JUL 15 1 p.m. &
TUES JUL 29 1 p.m.
Event 0717

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

RSVP REQUIRED:
323-860-5830



L50+

CHAT GROUP

with ZENIE MICHAEL
SUN JUL 20 1 p.m.
DROP IN!

Enjoy time in the company of other fabulous women.

Please Note: This is not a support group.

Tell a friend!



L50+ MOVIE

SUN JUL 20 3 p.m.

"Orange is the New Black"

DROP IN!

Watch the hit show everyone is talking about.

Join us after the chat!



L50+ DINNER

MIMI'S CAFE

2925 Los Feliz Blvd
L.A., CA 90039
SUN JUL 20 6 p.m.
Event 0710

Dinner out with the gals! Look for Alice!

RSVP REQUIRED:
323-860-5830



LADIES

NIGHT OUT

Descanso Gardens

1418 Descanso Drive
La Canada Flintridge, 91011
THURS JUL 17
4 p.m. \$6

Event 0716

Join Arlene at Descanso Gardens for Music on the Main. Bring your lawn chair and a picnic dinner for yourself and come listen to Betty Bryant. She's a vocalist, pianist and performs jazz and authentic blues. She's a Descanso fan favorite! Arlene, along with her rainbow flag, will meet you at the entrance of the gardens at 4 p.m. sharp! Lawn seating begins at 4:30 p.m. on a first come, first served basis. Plenty of free parking! \$6 entrance fee is non-refundable.

RSVP REQUIRED:
323-860-5830

MEN



MEN'S DESSERT

SOCIAL

TUES JUL 15 1 p.m. &
TUES JUL 29 1 p.m.
Event 0718

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
WED JUL 23 6 p.m.
Event 0711

Dinner out with the guys! Cash recommended!

RSVP REQUIRED:
323-860-5830



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 VENICE

BEACH WALK

FRIDAYS 11 a.m.
DROP IN!

Join Jack and Ron for an eye-catching fun walk and optional lunch along the world famous Venice Beach boardwalk. See all kinds of fun sights. We normally walk Fridays, but occasionally other days of the week. Contact Jack (jack4717@aol.com) and/or Ron (rgl9500@yahoo.com) for our schedule. We meet at the parking pay booth where Venice Blvd meets the lovely Pacific Ocean at 11 a.m.
Tell a friend!

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!

Reuniones de Comunidad Latina 50+ en el Este de Los Angeles

Cuando: Cuarto jueves de cada mes, 3-4:30 p.m.

Proximas Reuniones: 24 de julio

Donde: Altamed, 512 S. Indiana Street, Los Angeles 90063

Reuniones de Comunidad Latina 50+ en Hollywood

Cuando: Segundo martes de cada mes, 5-7 p.m.

Proximas Reuniones: 8 de julio

Donde: MCC Church, Rosa Parks Room, 4607 Prospect Avenue, Los Angeles 90027

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

Comunidad Latina 50+ Meetings in East Los Angeles

When: Every 4th Thursday of the month, 3-4:30 p.m.

Next Meeting: July 24

Location: Altamed, 512 S. Indiana Street, Los Angeles 90063

Comunidad Latina 50+ Meetings in Hollywood

When: Every 2nd Tuesday of the month, 5-7 p.m.

Next Meeting: July 8

Location: MCC Church, Rosa Parks Room, 4607 Prospect Avenue, Los Angeles 90027

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

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!



LUNCH for

THOSE LIVING WITH HIV El Pollo Loco

WED JUL 16 NOON

Event 0705

See page 4.

RSVP REQUIRED:

323-860-5830



MOVIE FOR

THOSE LIVING WITH HIV

AMERICAN HUSTLE

WED JUL 16 12:30 p.m.

DROP IN!

See page 4 for the description of this Best Picture nominee starring Jennifer Lawrence.

Tell a friend!

VALLEY HEALTH



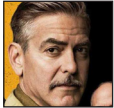
GAME DAY

THURS JUL 3

12:30 p.m. DROP IN!

Let's play Bingo! We'll finish with a coverall.

Tell a friend!



THE MONUMENTS MEN

THURS JUL 10 12:30 p.m.

DROP IN!

Stars George Clooney.

Tell a friend!



STORYTELLING

THURS JUL 17

12:30 p.m. DROP IN!

Write & share a story!

Tell a friend!



ART LAB

THURS JUL 24

12:30 p.m. DROP IN!

We'll bring the supplies.

Tell a friend!



POTLUCK

THURS JUL 31

12:30 p.m. DROP IN!

Bring a dish to share!

Tell a friend!

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

Questions?

Call 323-860-5830.

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 social worker 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

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.) Monday-Friday 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



ACTIVITIES IN WEHO

Watch for more info on our West Hollywood Affordable Housing Fair coming late summer!



DINNER for EVERYONE

NORM'S RESTAURANT
470 N La Cienega Blvd
WeHo, CA 90048
TUES JUL 15 5:30 p.m.
Event 0704
 Enjoy dinner with the group.
 Cash is highly recommended. SHS available.
RSVP REQUIRED:
323-860-5830



MEN'S DINNER FRENCH MARKET

7985 Santa Monica Blvd
WeHo, CA 90046
WED JUL 23 6 p.m.
Event 0711
 Dinner out with the guys!
 Cash recommended! SHS available.
RSVP REQUIRED:
323-860-5830



MOVIE IN WEHO

August: Osage County
TUES JUL 22 1 p.m.
Community Room
WeHo Library
625 N San Vicente Blvd
Event 0719
 The women of the Weston family converge during a crisis.
RSVP REQUIRED:
323-860-5830

BEAT THE SUMMER HEAT



The Heat Is On

If you do not have a/c at home, spend time at the Center. The Library is open from 9 a.m.-5 p.m.

Long-term heat exposure can cause multiple illnesses or symptoms such as heat exhaustion, edema (swelling), heat cramps, syncope (fainting), even potentially fatal heat strokes.

- Drink plenty of liquids and eat fruits and vegetables containing lots of fluid. Avoid drinking too much coffee, tea or alcohol, since these will dehydrate you.
- If you live in a home or apartment without fans or air conditioning, follow these steps to lower your chance of heat problems:
 - Keep windows open at night to allow cool air to pass through.
 - Keep windows open during the day for cross ventilation, but put up a sheet or light curtain to block out the sun's heat.
 - Find a cool, air conditioned public place like a mall, library, senior center or movie theater.
 - Consider investing in a portable air conditioning unit.
- Pay attention to the weather report. You are more at risk as the temperature or humidity rises or when there's an air pollution alert.
- Dress in cooler, natural fabrics such as cottons rather than synthetic fibers. Also, remember light-colored clothes reflect the sun and heat better than dark colors. Wear sunscreen when outdoors.
- Avoid crowded places when it's hot outside and plan trips during non-rush hour times.

ABC News and The Brooklyn Hospital Center