

50+

DEC 2015



**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)

GO GREEN 

Remove yourself from the mailing list and access the newsletter and calendar online through our e-mail list. Send an e-mail to seniors@lalgbtcenter.org requesting to "Go Green."

HOLIDAYS

As I write, the weather has turned to winter. The air is crisp, cool and clear. I cherish these times in Los Angeles. As always, we have a packed calendar for the month of December. The holiday party is on the 14th of December at Friendship Auditorium. If you have not made an RSVP call yet, please do it today. Seats are filling up.

We will also have a wonderful new cooking course starting in January with the Tower Cancer Foundation, the same group that brought us Mudwalking.

If I don't see you before the end of the year, my deepest love and hope for a delightful new year to you all!



Kathleen Sullivan

STAFF

Michael Wolfson
Assistant
323-860-7322
mwolfson@lalgbtcenter.org

Alfred Mendiola
Case Manager (Triangle Square)
323-860-5824
amendiola@lalgbtcenter.org

Allison Santos
Activities Coordinator
323-860-7339
asantos@lalgbtcenter.org

Anthony Bright
Program & Admin. Manager
323-860-7359
abright@lalgbtcenter.org

Chanena Barrios
Activities Coordinator,
Triangle Square
323-860-7335
cbarrios@lalgbtcenter.org

Chi Hughes
Housing & Social Services
Manager
323-860-5867
chughes@lalgbtcenter.org

Jean Knowles
Case Manager
323-860-7386
jknowles@lalgbtcenter.org

Jesse (Jesus) Ortiz-Barreto
Case Manager
323-860-7368
jortiz@lalgbtcenter.org

Joe Kuhlmann
Activities Coordinator
323-860-7367
jkuhlmann@lalgbtcenter.org

Julia Wallace
Case Manager
323-860-7395
jwallace@lalgbtcenter.org

Kathleen Sullivan
Director
323-860-7397
ksullivan@lalgbtcenter.org

Tanya Witt
Activities Coordinator,
Triangle Square
323-860-5828
twitt@lalgbtcenter.org

Tripp Mills
Deputy Director
323-860-5826
tmills@lalgbtcenter.org

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.

Unless noted, our events are limited in number of open spots or tickets. Due to the high volume of interest, you may not receive a spot on the list or a ticket to an event. If you do, you will receive 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 be advised that **ONLY** confirmed guests will receive call backs for RSVP Events.

Please only come to The Village to pay for ticketed events, to pick up ticket(s) or to attend a ticketed event 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	Bob	Belinda
Chris	Merri	Audrey
Beverly	Shirley	Cheryl
Penny	Sally	Tamey
Kathy	Robin	Alberto P.
Ray	Lex	Walter
Kate	Casey	Roger "Butch"
Cassandra	Margaret	Ken
Norman	Alan	Dominic
Edward	Vincent	Blanche
David	Marlene	Monica Elizabeth
Jackie	Michael	Marilyn
Frank	Lawrence	Joe
Leigh	Tammy	Jeffery
Tom	Marilyn	Nancy
Frances	Bill	Annette
Leslie	Richard	Eunice
Shirley	Jim	William
Guy	Constance	Peter
Sue	Herbie	Dan
Herb	Jacinto	Sandra
Brooke	Caroline	M
Acrian	Richard	Jerry
Harry	Frank	Kip
William	Jerry	Dennis
Richard	Eric	Murray
Andy	Robin	Kenneth
Errol	Anthony	Steve
Jay	Jon Jon	Javier
John	Bud	Clarence
Kenneth	Jerry	Paul
Jim	Stephen	Gerri
Larry	Allan	Doug
Dakota	Michael	Sergio
Russell	Roy	Ygnacio
Richard	Paula	Clarissa
Trudy	Dave	Albert
Lanny	Pavel	Stephen
Marcel	Chris	Joyce
Tibby (Marylin)	Frank	Michael
Rita	Peter	Rita
John	Marc	David
Vince	Ian	Mel
Zalmen	Norman	Yeung
Richard	David	Evelyn
Loryn	Dunn	Steve
Howard	Edgar	Oliver
David	Larry	Clifford
Odetta	Michael	Isabel
Celeste	Paul	Alfredo
Tony	Michael	Robert F
Ron	Virginia	Ken
Roger	Dan	Sydney
Erika	John	Barbara
Bonnie	Sharon	Omar
Holland	Daniel	Joan

EVERYONE



Stretch & Balance

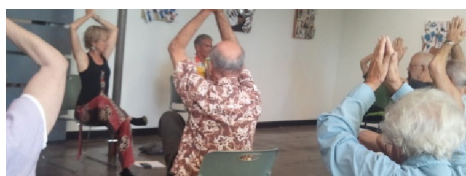
Wednesdays 11 a.m. Last class with Bobby is Dec 16! Come wish him well before he moves to NorCal! Drop in!

Larry's Computer Club
Will return in 2016!

Art Lab

Fridays 10 a.m.
Drop in!

Come join our new art instructor, Chanena, in making crafts and art projects with family and friends. **Will not meet Fri, Dec 18, Fri, Dec 25 & Fri, Jan 1. Tell a friend!**



Master Lakshmi Chair Yoga

Wed, Dec 2 & 16 11 a.m.
Drop in!

Kathleen's 50th Birthday!

Fri, Dec 4 1 p.m.
Event 1200

Come celebrate Kathleen's 50th Birthday with her and enjoy special treats.

RSVP Required:
323-860-5830

Mattel Game Day

Fri, Dec 4 1:30 p.m.
Event 1209

Mattel is coming to The Village and they are bringing board games, snacks & singers! Immediately follows *Kathleen's 50th Birthday!*
RSVP Required:
323-860-5830

CATS: The Musical Brain Power

Mon, Dec 7 1 p.m.
Mon, Dec 21 1 p.m.
Event 1201

In conjunction with The Brain Power Project, the smash-hit Broadway/London musical with stellar cast, and celebrated score will raise Holiday spirits, and will revive joyful times with our feline friends, and companions. Lloyd Webber takes T.S. Eliot's "Old Possum's Book of Practical Cats," and creates a true stage spectacle. Join us for laughs and nostalgia. FUN TIMES.

RSVP Required:
323-860-5830

Mudwalking

Mon, Dec 7 3 p.m.
Event 1214

Last class of the series! Four thousand years ago, in the mountains of China, a group of monks transformed the simple act of walking into a complete physical, mental and

neurological training system, a moving meditation with powerful rejuvenating effects.

RSVP Required:
323-860-5830



Go Metro: LACMA

Tues, Dec 8 10:30 a.m.
Event 1216

Enjoy free admission to LACMA on the first Tuesday of the month (Does not include Rain Room or other special exhibits). Eat lunch with the group. Must be able to walk long distances. Bring your Tap Card!

RSVP Required:
323-860-5830

Reading Opens Minds

Tue, Dec 8 & 22 11 a.m.

Plummer Park
7377 Santa Monica Blvd
West Hollywood, CA 90046
Event 1202

Love reading? Come share that love of reading with others! All books chosen are engaging and well written, containing themes for discussion revolving around life-skills, personal perceptions and existential questions.

RSVP Required:
323-860-5830

Tech Support with Mom's Computer

Tues, Dec 8 & 22 1 p.m.

Drop in!

Get support for your computers, phones, tablets and all things technology! Feel free to bring in your devices and any and all questions that you may have. E-mail, video chatting, online searching, smartphones, digital books. **Please Note:** Cannot fix broken devices, but can teach you how to use working devices.

Tell a friend!

Finding Your True Self with Lois

Wed, Dec 9 1 p.m.

Drop in! Explore and find your true self with Lois and learn life practices to better understand and take care of yourself.

Open to everyone.

Tell a friend!

Talk Amongst Yourselves 65+

Thurs, Dec 10 2 p.m.

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

Tell a friend!

Bingo!

Fri, Dec 11 1 p.m.

Event 1205

Enjoy bingo at this earlier time to help accommodate with traffic.

**RSVP Required:
323-860-5830**

Holiday Party

An Alcohol-Free Event

Mon, Dec 14 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 12/04

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

Lunch for Everyone

Tues, Dec 22 12:30 p.m.

Event 1207

RSVP by Noon on 12/21

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

RSVP Required:

323-860-5830



Movie for Everyone

The Gift (2015)

Tues, Dec 22 1:30 p.m.

108 Minutes

Event 1212

As Simon and his wife, Robyn, are trying to revitalize their relationship, a string of encounters with someone from

Simon's high school days and a shocking 20-year-old secret threaten to unravel the couple's lives.

RSVP Required:

323-860-5830



Song and Dance Series with Joe Levy

Mary Martin and Ethel Merman (1953)

Wed, Dec 23 12:30 p.m.

27 Minutes

Event 1217

Mary Martin and Ethel Merman's appearance on The Ford 50th Anniversary Show on June 15, 1953, united two of the 20th century's greatest musical stars. Screening is accompanied by special Holiday treats.

RSVP Required:

323-860-5830

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 Dinner

Will return in January.

Please join the group:

Holiday Party

at Friendship Auditorium

3201 Riverside Dr

Los Angeles, CA 90027

Mon, Dec 14 1-5 p.m.

\$5 Suggested Donation

Event #1221

Join us for the annual Holiday Party! See page 5.

RSVP Required:

323-860-5830

WOMEN

“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.”

-Terri Marshall

Women's Chat

Mon, Dec 7 1:30-3 p.m.

Mon, Dec 21 1:30-3 p.m.

Drop in!

Women's Chat is Back! We would like you to be part of the conversation with this group of dynamic women. And bring a bag lunch, if you'd like. This group is facilitated by our experienced facilitator and case manager, Jean. **Tell a friend!**

L50+ Spirituality Salon with Lois

Sat, Dec 19 11 a.m.

Drop in! Lois will screen

The Flowering of Human Consciousness Disc 2.

Eckhart Tolle shares his New Age philosophy in this insightful video.

Tell a friend!

L50+ Dinner

Callender's Grill

5773 Wilshire Blvd

Los Angeles, CA 90036

Sun, Dec 27 6 p.m.

Event 1210

Please join us for a wonderful evening out with the gals! Look for Alice. Validated parking in the rear or street parking.

RSVP Required:

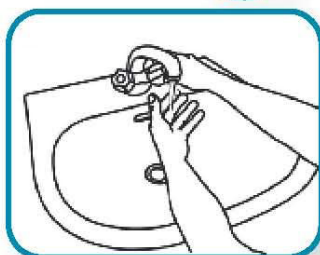
323-860-5830

Proper hand washing is one of the best things we can do to prevent the spread of disease.

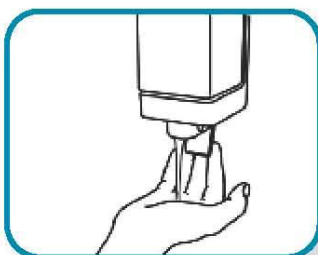
How to wash and dry hands with liquid soap and water



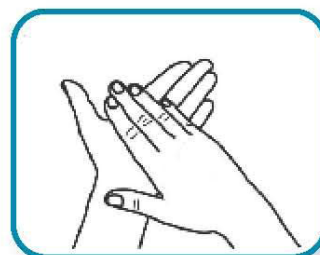
Duration of the entire procedure: **40–60 secs.**



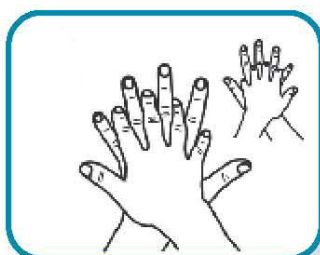
Wet hands with water



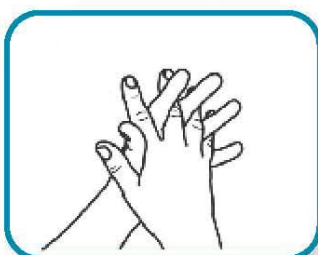
apply enough soap to all hand surfaces



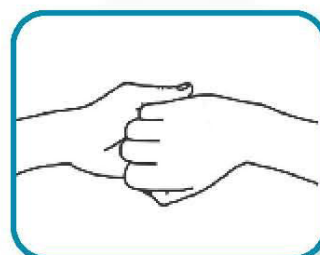
rub hands palm to palm



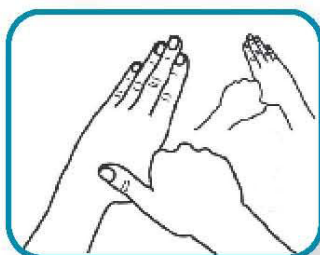
right palm over left dorsum with interlaced fingers and vice versa



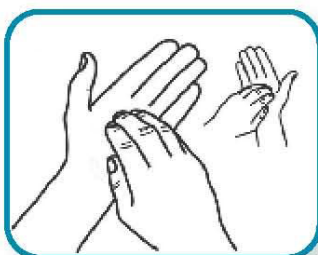
palm to palm with fingers interlaced



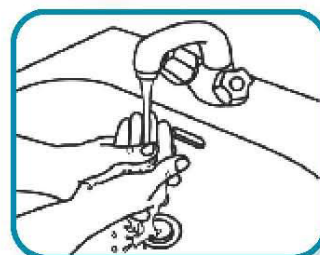
backs of fingers to opposing palms with fingers interlocked



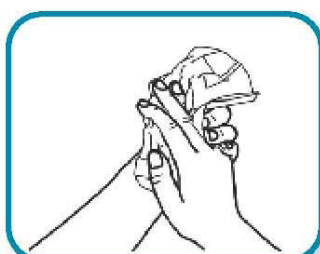
rotational rubbing of left thumb clasped in right palm and vice versa



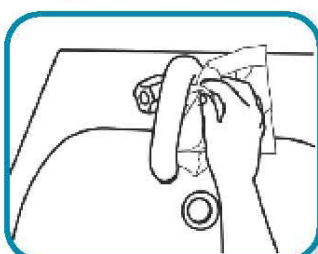
rotational rubbing, backwards and forwards with clasped fingers of right hand in palm and vice versa



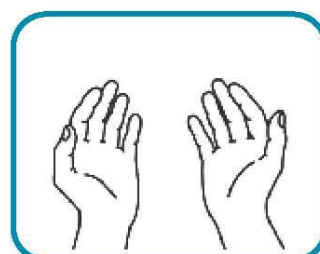
rinse hands with water



dry thoroughly with single use towel



use towel to turn off faucet



...and your hands are safe.

Remember to moisturize your hands after they are washed clean.

HEALTH

DROP-IN CASE MANAGEMENT (FIRST-TIME NEW CLIENT)

Drop-In Every Wed 10 a.m.-Noon, 1-3 p.m.

Senior Services has expanded drop-in case management hours for first-time new clients only. Come meet with a 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!

HEALING HEARTS and CARING HANDS (HOLIDAYS EDITION)

Fri, Dec 4 and Fri, Dec 11 1:30-3 p.m. Event 1206

Caregiving during the holiday season presents unique situations. We are creating an environment for our community to express challenges, share suggestions and find support.

LGBT BEREAVEMENT

Grieving Less Than 1 Year

Tues, Dec 8 & 22 1 p.m. Event 1204

If you are experiencing pain from the loss of a loved one, please call to join the group. If you would like to attend our bereavement group, please call one of our case managers who can refer you to the group or to individual counseling. A referral from one of our case managers is required for participation in the bereavement group. This group is temporarily closed to new members.

TRANSGENDER PERCEPTIONS

Fridays at The Village, 8-9:30 p.m. \$3-\$5 Suggested Donation (Optional)

Questioning your gender identity can be a lonely process and, if you're considering or in the process of living your true gender, you likely have many questions. This social networking group is for all who identify as transgender. **Will not meet Fri, Dec 25.**

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.

HEALTH AND MENTAL HEALTH SERVICES

The Los Angeles LGBT Center's medical providers are experts at treating lesbian, gay, bisexual and transgender people and understand the health issues that affect our community. We accept Medi-Cal, Medicare, most major insurance plans and some HMOs. If you lack insurance or have limited financial means, we will help you determine your eligibility for medical and drug assistance programs. **For Hours & Locations, Call: 323-993-7500**



The Valley Group celebrated Halloween at their weekly meeting on Thurs, Oct 29.

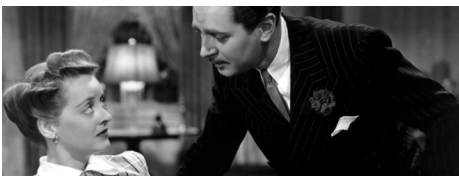
VALLEY THURSDAYS IN NOHO

Game Day

Thurs, Dec 3 12:30 p.m.

Drop in! Play and win!

Tell a friend!



The Man Who Came to Dinner (1942)

Thurs, Dec 10 12:30 p.m.

113 Minutes

Drop in! When acerbic critic Sheridan Whiteside slips on the front steps of a provincial Ohio businessman's home and breaks his hip, he and his entourage take over the house indefinitely.

Tell a friend!

Holiday Traditions

Thurs, Dec 17 12:30 p.m.

Drop in! Enjoy special treats and sing some holiday classics with the group. **Tell a friend!**

Holiday Potluck

Thurs, Dec 24 12:30 p.m.

Drop in! Bring a dish to share.

We'll cover the main dish.

Tell a friend!

New Year's Eve Celebration

Thurs, Dec 31 12:30 p.m.

Drop in! Enjoy special treats and share your hopes and dreams for 2016.

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.

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

Wed, Dec 30 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



Movie for Those Living with HIV

The Gift (2015)

Wed, Dec 30 1 p.m.

108 Minutes

Drop in! As Simon and his wife, Robyn, are trying to revitalize their relationship, a string of encounters with someone from Simon's high school days and a shocking 20-year-old secret threaten to unravel the couple's lives. **Tell a friend!**



Holiday Party

*RSVP Now Through
Friday, December 4*

Monday, December 14 1-5 p.m.
at Friendship Auditorium
\$5 Suggested Donation
No one turned away due to lack of funds!

RSVP Required
Event 1221 RSVP Now!
323-860-5830
seniors@lalgbtcenter.org

*Celebrate the Holiday Season
with us! Enjoy delicious food,
raffle prizes and friends!
Let's eat, drink and be merry!*



LOS ANGELES LGBT CENTER
SENIOR SERVICES