

50+

NOV 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."

FULL of THANKS

November is fast upon us. I am hopeful and will be thankful for cooler weather and the chance to again join with friends and my chosen family to celebrate my gratitude for having them in my life. I give thanks to those who came before me, who lived their lives with courage and dignity so that my generation and those after me could live their true authentic lives. LGBT pioneers are all around us—each giving future generations the confidence to be out and proud.

My heartfelt thank you,

Kathleen Sullivan

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NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after November 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 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!

Joan	Harold	Stephen
Ray	Barry	Norm
John	Leah	Myles
Eduardo F.	Joanne	Vogue
Elinor	Kristi	Robert
Rachel	Christie	David
Robert	Ray	Joannie
Richard A.	Alexis	Derek
Kelleen	Dean	Lee
Fay	Ellen Grimes	Randall
James (Tommi)	Jose	Delia
David	Rocco	Jackie
Gene	John	Kelly
Gloria	Joyce	William
Clarice	Kevin	John
Brian	Alex	Alex
Micah	Bill	Leon
Gary	Dustin	Kimberly
Enrique	Carlos	Efren
Andrew (Drew)	Marlene	Jean
Roy	William	Susan
Anthony	Brenda	Leonard
Marie	Mark	Elizabeth
Barbara	Gail	Miriam J.
Joe	Sally	David
Frank	Francina	Erna
Dennis	Alex	David
Lois	Bob	Don
Alicia	Claudia	Eugene
Fred	Christian	Gonzalo
Pat	Leonard	Mario
Mitch	Lily Linda	Betty
Richard	Amanda	Denise
Melvin	Noe	Cynthia
Nora	Fred	Gladys
Alice	Stewart	Tanya H.
Donna	Paul	Dalia
Sheldon	Linus	Paul
Paul	Megan	Steve
Christina	Mirta	
Lynn	Gail	
Donald	Michael	
Carlos	Lynn	

EVERYONE

Go Metro Event 1116

See insert or call for more information.

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



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

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

Our experienced instructor, Larry, can teach you both basic and advanced computer skills. Pick up new tips and tricks every week.

Tell a friend!

Master Lakshmi Chair Yoga

Master Lakshmi is traveling. She will return in December.

Art Lab

Fridays 10 a.m.

Drop in!

Come join us in making crafts and art projects with family and friends. There is no instructor. **Will not meet Fri, Nov 20 & Fri, Nov 27. Tell a friend!**

Storytelling

Will return soon!

Tab Hunter Confidential

Sun, Nov 1 2:50 p.m.

90 Minutes

Landmark/Nuart Theater

11272 Santa Monica Blvd

Los Angeles, CA 90025

Drop in!

See the story of matinée idol Tab Hunter from teenage stable boy to closeted 1950s Hollywood star. Q & A with the Los Angeles LGBT Center's Senior Services. Reception with Tab Hunter and guests follows screening.

Tell a friend!

Dia de los Muertos/Day of the Dead Celebration

Mon, Nov 2 12:30 p.m.

The Village

Event 1121

Honor and celebrate your departed loved ones. Enjoy holiday-specific refreshments.

RSVP Required:

323-860-5830

Housing Supportive Network

Thurs, Nov 5 & 19 11 a.m.

Drop in! This peer-led network of LGBT seniors' (and allies) primary purpose is finding, securing and advocating for safe, affordable housing which meet the needs of the LGBT senior community.

Tell a friend!

Happy 50th Birthday to Medicare

Thurs, Nov 5 1 p.m.

Event 1100

If you are new to Medicare, join us to learn the basics

about how this safety net program works. If you already have Medicare, join us to learn about the changes for next year.

RSVP Required:

323-860-5830

Mudwalking

Mondays, Nov 9-Dec 7 3 p.m.

Event 1114

Four thousand years ago, in China, a group of monks transformed the simple act of walking into a complete physical, mental and neurological training system, a moving meditation.

RSVP Required:

323-860-5830



Reading Opens Minds

Tue, Nov 10 & 24 11 a.m.

Plummer Park

7377 Santa Monica Blvd

West Hollywood, CA 90046

Event 1102

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, Nov 10 & 24 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, smart-phones, digital books. **Please Note:** Cannot fix broken devices, but can teach you how to use working devices.

Tell a friend!

Brain Power

Tue, Nov 10 1 p.m.

Mon, Nov 23 1 p.m.

Event 1101

Setting the stage for the “holiday spirit,” Brain Power will begin an Outloud Reading (podium optional) of T.S.Eliot’s “Old Possum’s Book of Practical Cats.” Join us for a meeting with Growltiger, Old Gumbie Cat, Rum Tum Tugger Cat, and, more. Let’s enjoy their personalities and intrigues. “Cats,” (the award winning Broadway musical) will be viewed at a scheduled presentation.

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

Finding Your True Self with Lois

Wed, Nov 11 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, Nov 12 2 p.m.

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

Tell a friend!



Opera Screening

Bizet: Carmen

Fri, Nov 13 11 a.m.

152 Minutes

Event 1115

Conductor Yannick Nezet-Seguin relishes conducting the Met Orchestra, and while his speeds are sometimes dangerously fast, they are thrilling and never out of control.

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



Rusty's Gay Swing & Sway

Sat, Nov 14 1 p.m.

Event 1118

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**

Lunch for Everyone

Tues, Nov 17 12:30 p.m.

Event 1107

RSVP by Noon on 11/16

We will have a special presentation during lunch at The Village. \$2 Suggested donation.

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



Movie for Everyone

Capote (2005)

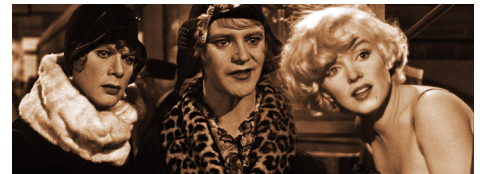
Tues, Nov 17 1:30 p.m.

114 Minutes

Event 1112

Flamboyant writer Truman Capote researches the Clutter family murders for his masterpiece, *In Cold Blood*.

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



Song and Dance Series with Joe Levy

Some Like it Hot (1959)

Thurs, Nov 19 12:30 p.m.

122 Minutes

Event 1117

Two friends (Tony Curtis and Jack Lemmon) are on the lam after witnessing a mob hit. They join an all-girl jazz band and masquerade as women in order to elude the mob.

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

Bingo!

Fri, Nov 20 1 p.m.

Event 1105

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

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

(continued on page 9)

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:

Thanksgiving Dinner

Rockwell Table & Stage

1714 N Vermont Ave

Los Angeles, CA 90027

Tues, Nov 24 5 p.m.

\$20 Cash Only at the Door

Event #1120

Join us for Thanksgiving Dinner. See page 9.

RSVP Required:

323-860-5830

WOMEN

L50+ Dinner

Mimi's Cafe

2925 Los Feliz Blvd

Los Angeles, CA 90039

Sun, Nov 8 6 p.m.

Event 1110

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

RSVP Required:

323-860-5830

Women's Chat

2nd & 4th Mon 2 p.m.

Drop in!

Women's Chat is Back!!! Join the Conversation Every 2nd and 4th Mon 2-3 p.m. Join us for some lively discussion, good conversation and repartee. The group will be facilitated by our new experienced facilitator and case manager, Jean.

Tell a friend!

Every Woman Counts

Fri, Nov 20 11 a.m.

Event 1109

The California Health Collaborative & Every Woman Counts present free breast and cervical health programs. In this preventative class, learn how to reduce risk by detecting breast and cervical cancer early. Those who are uninsured or who are at or below the 200% Federal Poverty Level and reside in the state of CA maybe be

eligible for a referral to free preventative screenings: Pap Tests, Pelvic Exam, HPV, Clinical Breast Examination and/or Mammograms.

RSVP Required:

323-860-5830

L50+ Spirituality Salon with Lois

Sat, Nov 21 11 a.m.

Drop in! Lois will screen

The Flowering of Human

Consciousness. Eckhart Tolle

shares his New Age philosophy in this insightful video.

Tell a friend!



L65+ Thanksgiving Social

Sun, Nov 22 Noon-3 p.m.

Event 1119

It's time to gather together again and give thanks! Join other fabulous women for this annual Thanksgiving Potluck. We provide the drinks and turkey, you provide your favorite side dish or dessert to share. This will be a very special day for Women 50 Years and Older Only.

RSVP Required:

323-860-5830

EVERYONE CONT'D



Thanksgiving Dinner
Rockwell Table & Stage
1714 N Vermont Ave
Los Angeles, CA 90027
Tues, Nov 24 5 p.m.
\$20 Cash Only at the Door
Event #1120

Start with a mixed green salad with cranberry raisins, cucumbers, pine nuts, blue cheese & blood orange vinaigrette. Choose from two entrées: **Roast turkey breast**, mashed potatoes, stuffing, broccoli & carrots, cranberry sauce **or pumpkin seed crusted bar-mundi** (sea bass) over white beans, tomatoes, butternut squash. Pumpkin pie for dessert. Soft drink or coffee/tea, plus **tax and tip included!** Please tell us your entrée order when you call to RSVP. (Price is \$25 per person, but Seniors Services is taking care of \$5, you pay only \$20. Seniors Helping Seniors Fund is available for those requiring assistance.) We want everyone to enjoy Thanksgiving!

RSVP Required:
323-860-5830



Our Michael Wolfson presented a donation to the Center during the Coming Out Day Lunch on Tue, Oct 13. (top) Steven Reigns' My Life is Poetry class performed in the gallery that night.

**“Just believe in yourself.
Even if you don’t,
pretend that you do
and, at some point,
you will.”**
-Venus Williams

HEALTH

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

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

Meet with a case manager and learn about valuable resources and services that may be available to you: Referrals for housing, employment, medical, mental health, legal, social support and more! First come, first served basis! No appointment required on Wednesdays.

LGBT BEREAVEMENT

Group A Grieving 1 Year Or More
Tues, Nov 3 & 17 1 p.m. Event 1103

Group B Grieving Less Than 1 Year
Tues, Nov 10 & 24 1 p.m. Event 1104

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 appropriate 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.

HEALING HEARTS and CARING HANDS

Fri, Nov 13 1:30-3 p.m. Event 1106

An invitation to friends, family members and anyone assisting someone in improving the quality of their life. Share the challenges and joys of caregiving in an LGBT supportive setting. The group meets every 2nd and 4th Friday of the month. **We will not meet Nov. 27. Have a good Thanksgiving!**

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.

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**



Go Metro's Mimi scouted The Broad Museum, newly opened in Downtown LA, for future Go Metro trips.

VALLEY THURSDAYS IN NOHO

Game Day

Thurs, Nov 5 12:30 p.m.

Drop in! Play and win!

Tell a friend!



Bessie (2015)

Thurs, Nov 12 12:30 p.m.

135 Minutes

Drop in! Achieving a level of popularity previously unknown to blues musicians, Bessie Smith was not only an imposing performer, she was a major influence on generations of artists to come.

Tell a friend!

Thanksgiving Potluck

Thurs, Nov 19 12:30 p.m.

Drop in! Bring a dish to share.

We'll cover the main dish.

Tell a friend!

The Valley Group will NOT meet on Thursday, Nov 26. The Center is closed for Thanksgiving.

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, Nov 18 12:30 p.m.

Event 1108

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

What Ever Happened to Baby Jane? (1962)

Wed, Nov 18 1 p.m.

134 Minutes

Drop in! In this chiller, Hudson sisters Jane (Bette Davis) and Blanche (Joan Crawford), both aging actresses, share a rotting Los Angeles mansion, where Jane, once a vaudeville headliner, remains lost in her deranged childhood fantasies. Tell a friend!

Holiday Party

Monday, December 14 1-5 p.m.
at Friendship Auditorium
More information in December's newsletter!
\$5 Suggested Donation

No one turned away due to lack of funds!

RSVP Required
Event 1221 RSVP Now!

323-860-5830
seniors@lgbtcenter.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