

# 50+

OCT 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@lgbtcenter.org](mailto:seniors@lgbtcenter.org)

[lgbtcenter.org](http://lgbtcenter.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@lgbtcenter.org](mailto:seniors@lgbtcenter.org) requesting to "Go Green."

## HAVE YOU GONE GREEN?

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." —Jane Goodall

As part of our department's effort to reduce our consumption of natural resources, we started a "Go Green" Campaign to encourage folks to opt into receiving the newsletter online as opposed to in the mail. Some of you will need to get it in the mail due to a variety of factors, but we also know that over 80% of our participants have access to and use the internet.

If you haven't gone green yet, please consider it. You will receive the newsletter in a very easy to read format. To opt into the "Go Green" send an email to [seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org) requesting to "Go Green."

Thank you and here's to cooler temperatures in October!

**Kathleen Sullivan**

## STAFF

### Michael Wolfson

Assistant  
323-860-7322  
[mwolfson@lgbtcenter.org](mailto:mwolfson@lgbtcenter.org)

### Alfred Mendiola

Case Manager (Triangle Square)  
323-860-5824  
[amendiola@lgbtcenter.org](mailto:amendiola@lgbtcenter.org)

### Allison Santos

Activities Coordinator  
323-860-7339  
[asantos@lgbtcenter.org](mailto:asantos@lgbtcenter.org)

### Anthony Bright

Program & Admin. Manager  
323-860-7359  
[abright@lgbtcenter.org](mailto:abright@lgbtcenter.org)

### Chanena Barrios

Activities Coordinator,  
Triangle Square  
323-860-7335  
[cbarrios@lgbtcenter.org](mailto:cbarrios@lgbtcenter.org)

### Chi Hughes

Housing & Social Services  
Manager  
323-860-5867  
[chughes@lgbtcenter.org](mailto:chughes@lgbtcenter.org)

### Jean Knowles

Case Manager  
[jknowles@lgbtcenter.org](mailto:jknowles@lgbtcenter.org)

### Jesse (Jesus) Ortiz-Barreto

Case Manager  
323-860-7368  
[jortiz@lgbtcenter.org](mailto:jortiz@lgbtcenter.org)

### Joe Kuhlmann

Activities Coordinator  
323-860-7367  
[jkuhlmann@lgbtcenter.org](mailto:jkuhlmann@lgbtcenter.org)

### Kathleen Sullivan

Director  
323-860-7397  
[ksullivan@lgbtcenter.org](mailto:ksullivan@lgbtcenter.org)

### Tanya Witt

Activities Coordinator,  
Triangle Square  
323-860-5828  
[twitt@lgbtcenter.org](mailto:twitt@lgbtcenter.org)

### Tripp Mills

Deputy Director  
323-860-5826  
[tmills@lgbtcenter.org](mailto:tmills@lgbtcenter.org)

## NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after October 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!

Robert	Floyd	Holly
Hermína	David	Jean
Peter	Raul	Marnie
David	Hiro	Brandy
Linda	Martin	Francisco
Gerald	Frank	Willie
Mike	Charley	Donald
Stephen	Heidi	Bob
Larry	James D.	Nanette
Peter	William	Josephine
William	Nelson	Kesava
Carl	Arnold	Larry
Gene	Steve	Roz
Peter	Caroline	William
Greg	Greg	Michael
Ralph	Carol	Richard
Bob	Marilyn	Marcella
Brian	Daniel	Sue
Bill	Jean	Elaine
Tomio	Aurelia	Surama
John	Olu	James
Audrey	Mary	Mark
Elmo	Zoila	Douglas
Llyod	Victor	Fran
Amnon	Ariel	Blanca
Danielle	Jon	William
Henry	Ron	Fernando
Robert David	Renee	Dan
Don	Douglas	Pat
Michael	Pat	Diane
Andi	Marlene	Robert
Angel	Eliot	Peter
Louis	Dave	Luther
Michael	Richard	Ann
John	Kitt	Neil
Mark	Margo	Peter
David	Mark	Danny
Akira	Gina	Arcelia
Lillian	Joanni	Don
James	Mary	David
Irene	Martin	Viviane
Larry	Ariana	Carl
Cris	Owen	Paul
Bruce	Tim	Reid
Joe	Terri	Cornelia
Paige	Carl	Kais
Roberta	Rabbi Barbara	Francisco
Carol	William S.	Victor

# EVERYONE



## 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!

## 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, Oct 16.** Tell a friend!

## Storytelling

Will return soon!

## Tech Support with Mom's Computer

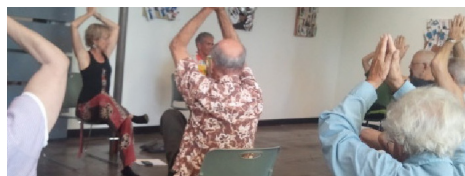
Tues, Oct 6 1 p.m.

Tues, Oct 20 11 a.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!**



## Master Lakshmi Chair Yoga

Wed, Oct 7 & 21 11 a.m.

Drop in!

## Finding Your True Self with Lois

Wed, Oct 7 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!

## Comedy Improv

Mon, Oct 12 & 19 11 a.m.

Event 1020

Learn comedic improv technique from the Center's own, Dave Fleischer.

**RSVP Required:**

**323-860-5828**

## Brain Power

Mon, Oct 12 & 26 1 p.m.

Event 1001

Brain Power continues with an Outloud Reading of May Sarton's "Journal of a Solitude." During these meetings, we will compare Sarton's daily reflections with Emily Dickinson's

statements found in her letters. Both embraced nature as a pathway to self-development and creativity. Both writers struggled with the anxiety surrounding the problem of publication. It is fun and interesting to see the links between these two women who span more than a century."

**RSVP Required:**

**323-860-5830**

## Coming Out Day Lunch

Tues, Oct 13 12:30 p.m.

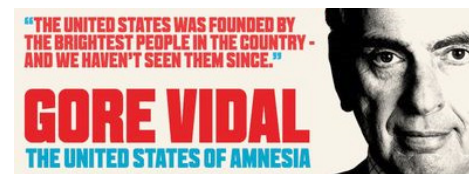
Event 1007

**RSVP by Noon on 10/12**

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

**RSVP Required:**

**323-860-5830**



## Movie for Everyone

*Gore Vidal: The United States of Amnesia*

Tues, Oct 13 1:30 p.m.

89 Minutes

Event 1012

With interviews and footage from his television appearances, this documentary chronicles the life of outspoken writer Gore Vidal, a liberal icon who never shied away from sharing his views on American politics and culture.

**RSVP Required:**

**323-860-5830**

## My Life is Poetry Reading

Tues, Oct 13 7 p.m.

### Event 1015

Join us for the culmination of My Life is Poetry: An Autobiographical Writing Class for Gay, Lesbian, and Bisexual Senior Citizens. Workshop lead by poet Steven Reigns, [www.stevenreigns.com](http://www.stevenreigns.com). Hear poems written in this workshop that share the vulnerable and bold stories of a specific community living through an interesting and challenging time emotionally, culturally, and politically. Reception with light refreshments to follow program. [www.mylifeispoetry.com](http://www.mylifeispoetry.com) Workshop and reception made possible by: The Los Angeles LGBT Center's Senior Services Department & Los Angeles County Department of Cultural Affairs

**RSVP Required:**

**323-860-5830**



## Go Metro: Grand Central Market

Thurs, Oct 15 10 a.m.

### Event 1016

Visit the Bradbury Building and the Wells Fargo Museum. Eat lunch at the Grand Central Market. Must be able to walk long distances. Bring your Tap Card!

**RSVP Required:**

**323-860-5830**

## Talk Amongst Yourselves 65+

Thurs, Oct 15 2 p.m.

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

**Tell a friend!**

## Bingo!

Fri, Oct 16 1 p.m.

### Event 1005

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

**RSVP Required:**

**323-860-5830**

## Veterans: Now Let Us Stand With You

Sat, Oct 17 10 a.m.-3 p.m.

**Veterans drop in!**

Free benefit screening and services. See back cover.

**Tell a veteran!**

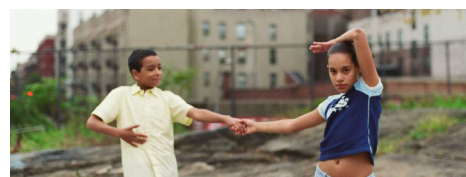
## Mudwalking Info Session

Mon, Oct 19 3 p.m.

**Drop in!**

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. Come learn about the Westernized version, mudwalking. Class starts in November.

**Tell a friend!**



## Song and Dance Series with Joe Levy

*Mad Hot Ballroom (2005)*

Thurs, Oct 22 12:30 p.m.

**122 Minutes**

### Event 1017

Ballroom dancing goes from lame to cool for a group of New York City students in this insightful documentary, which follows a group of 11-year-olds as they learn to dance old-school styles including the merengue, rumba, tango, foxtrot and swing.

**RSVP Required:**

**323-860-5830**

## Lunch for Everyone

Mon, Oct 26 Noon

### Event 1000

**RSVP by Noon on 10/23**

\$2 Suggested donation.

**RSVP Required:**

**323-860-5830**

## 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. Also, the annual enrollment period starts October 15. This is the time to make changes if you want to your health insurance. Bring your questions and come ready to learn from a counselor from the Center for Health Care Rights. **RSVP now!**

**RSVP Required:**

**323-860-5830**

## MEN

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### 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

**Casita del Campo**  
1920 Hyperion Ave  
Los Angeles, CA 90027  
Wed, Oct 21 6 p.m.  
Event 1011

Dinner out with the guys!  
Cash recommended!

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

## WOMEN

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L50+ Black & White Dance participants enjoyed a fun and beautiful evening at The Village on Sat, Aug 22.

### L50+ Spirituality Salon with Lois

Sat, Oct 24 11 a.m.

**Drop in!** Lois will screen *Keys to Freedom*. Best-selling spiritual author Esther Hicks presents this lecture and seminar.

**Tell a friend!**

### L50+ Dinner

**Kung Pao Bistro**  
7853 Santa Monica Blvd  
West Hollywood, CA 90046  
Sun, Oct 25 6 p.m.  
Event 1010

At SMB and Fairfax Ave. Free parking! Please join us for a wonderful evening out with the gals! Look for Alice.

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

**“She stood  
in the storm  
& when the  
wind did  
not blow  
her way, she  
adjusted  
her sails.”**

**-Elizabeth Edwards**

# POPULAR EVENTS

## Coming Out Day Lunch

Tues, Oct 13 12:30 p.m.

Event 1007

RSVP by Noon on 10/12

We will have a special presentation during lunch at The Village. Invite your 50+ friends to join us for this special lunch.

\$2 Suggested donation.

RSVP Required:

323-860-5830

## Lunch for Everyone

Mon, Oct 26 Noon

Event 1000

RSVP by Noon on 10/23

Enjoy lunch at The Village with great people and good food!

Invite your 50+ friends to join us for this special lunch.

\$2 Suggested donation.

RSVP Required:

323-860-5830

## Dia de los Muertos/Day of Dead Celebration

Mon, Nov 2 12:30 p.m.


The Village RSVP Now!

Event 1121


Honor and celebrate your departed loved ones. This traditional holiday dates back to the pre-Hispanic cultures of Meso-America.

RSVP Required:

323-860-5830



THE LOS ANGELES LGBT CENTER  
AND CHRISTOPHER STREET WEST PRESENT



Big  
Queer  
Convo

# THE AGING OF METH





THE EPIDEMIC DESTROYING GAY/BISEXUAL MEN OVER 50

TUESDAY  
OCTOBER 6, 2015  
7:30 P.M.

RENBURG THEATRE  
LOS ANGELES LGBT CENTER  
The Village at Ed Gould Plaza  
1125 N. McCadden Place  
Los Angeles, CA 90038

RSVP: [learningcurvela.org/bigqueerconvo](http://learningcurvela.org/bigqueerconvo)

COLLABORATING SPONSORS:



# HEALTH

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

**Drop-In Every Wed. & Thurs. 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!

## **LGBT BEREAVEMENT**

**Group A Grieving 1 Year Or More**  
**Tues, Oct 6 & 20 1 p.m. Event 1003**

**Group B Grieving Less Than 1 Year**  
**Tues, Oct 13 & 27 1 p.m. Event 1004**

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.

## **CAREGIVERS SUPPORT GROUP**



**Fridays, Oct 9 & 23 1:30-3 p.m. Event 1006**

Share the challenges and the joys of caregiving for our loved ones in a LGBT supportive setting. Get free hugs, literally or figuratively. This group meets every 2nd and 4th Friday.

## **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**





Alex Clare and Carl Cliver perform at the Golden Summer Concert Series. Summer may be over, but more fun is on the way!

## VALLEY THURSDAYS IN NOHO

### Game Day

Thurs, Oct 1 12:30 p.m.

**Drop in!** Play and win!

**Tell a friend!**



### The Second Best Exotic Marigold Hotel

Thurs, Oct 8 12:30 p.m.

**123 Minutes**

**Drop in!** Hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents with his upcoming wedding plans.

**Tell a friend!**

### Potluck

Thurs, Oct 15 12:30 p.m.

**Drop in!** Bring a dish to share.

We'll cover the main dish.

**Tell a friend!**

### Coffee Chat

Thurs, Oct 22 12:30 p.m.

**Drop in!** Discuss current events with the group or bring an item to share. **Tell a friend!**

### Halloween

Thurs, Oct 29 12:30 p.m.

**Drop in!** Enjoy spooky treats and horrific tales! **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, Oct 28 12:30 p.m.

**Event 1008**

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

*Cabaret*

Wed, Oct 28 1 p.m.

**128 Minutes**

**Drop in!** Director Bob Fosse's big-screen adaptation of the classic musical chronicles the debauchery and turbulence of prewar Berlin. **Tell a friend!**



YOU SERVED US.  
**NOW LET US STAND WITH YOU.**

As an LGBT Veteran of the U.S. Armed Forces, join us for help accessing your benefits and resources.

**Free benefit screening and services include:**

- ★ VA Enrollment
- ★ VA Mental Health Counseling
- ★ Housing Assistance
- ★ Financial Screenings
- ★ VA Benefits
- ★ Employment
- ★ Entertainment
- ★ VA Medical

★ **Lunch served to all veterans**

**Saturday, October 17**  
10 a.m. to 3 p.m.

Los Angeles LGBT Center  
The Village at Ed Gould Plaza  
1125 N. McCadden Place  
Los Angeles, CA 90038



**LOS ANGELES LGBT CENTER**

For more information, call: **323-860-5830**  
RSVP at [lalgbtcenter.org/standdown](http://lalgbtcenter.org/standdown)