

50+

FEB 2016



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."

LOVE IS DIVERSE!

Oscar Wilde said, "To love oneself is the beginning of a life-long romance."

As I write this, I'm reminded that "love" comes in many shapes and colors. Embracing ourselves as LGBT persons, we learn that love of self – not self-centeredness or narcissistic love – but the self-love we worked so hard to find and cultivate through the years, comes from an innermost compass which guides us to other forms of love. Surely romantic love is what we seek and possibly found, but also the other forms of love that are lasting and enduring; friendships, created families, pets, places, our LGBT community and our community at the Center, are all forms of love we can celebrate.

Senior Services also recognizes Black History month and those who forged a path towards equality not only for communities of color, but for the LGBT community as well. Please join us in February as we celebrate diversity, history, our LGBT community and most importantly, ourselves.

Happy Valentine's Day to you!

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NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after February 1st. Check the event for an RSVP deadline, when applicable. **RSVP at least two (2) business days in advance of an event.** Events are free of cost, unless price is noted.

Unless noted, our events are limited in the 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.

Please let us know by calling 323-860-5830. We will always do our best to accommodate!

SENIORS HELPING SENIORS

Established by seniors and intended for seniors, this special fund is available 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!

Renee	Cami	Lisa
Alice	Bonnie	Larry
Gene A.	Pamala	Diane
Candi	Corrie	Carlos
Gregory	Miki	Valria
Christopher	Victor	Moreen
Don	Charles	Leonard
Beatrice	Wendy	Pamela
Charley	Janet	Nicole
Harry	MJ	Barbara
James	Joe	Billy
Neil	Jimmy	Steven
Frank	Joyce	Jill
Marvin	Debra	Roger
Richard	John	Channing
Eileen	Glen	George
Alice	Helena	Larry
Bob	Jeanene	Karen
Betty	Douglas	Barry
James	Edward	John
Spyros	Peter	Blair
Penny	Esther	Michael
James	Andrew	R, Douglas
Scott	Keith	Blanca
Tony	Paul	Jen
David	Cesar A	Tracy
Tom	Eric	Maryland
Helen	Robert	Rodney
Barry	Alonso	Thomas
Herluf	Crystal	Gail
Brad	Ronald	Cheryl
Fred	Jose	Willa
Tani	Stephen	Thomas
Phyllis	Sheryl	Cifford
Bonnilee	Michael	Juan
Allan D.	Nick	
Steve	Donna	
Eleanor	Ed	
Lynn	Julie	
Jim	Rob	
Michael	David	
Pam	Jim	
Robin	Marsha	
Bill	Dimas	
Don	Roz	
Johnny	Colin	
Beverly	Ron	

EVERYONE

Mudwalking

**Mondays through March 21
3 p.m.**

Event 0214

Transform your daily walking routine into a powerful mind-body workout. For those with a cancer diagnosis or affected by a loved one's cancer diagnosis only. **Will not meet Mon, Feb 15.**

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

Creative Writing

**Tuesdays through March 15
Noon**

Event 0200

Learn the basic elements of creative writing including theme, setting, plot, characterization and language through weekly writing samples and targeted reading. These lessons will culminate in the creation of individual short stories.

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

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!

Human Sexuality for Men

**Thursdays through March 17
11 a.m.**

Event 0213

This series explores sexuality

and behavior including topics like Core Erotic Conflict, Exercise & Nutrition, Sex & Aging and more!

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

Employment Resources

**Thursdays through March 17
12:30 p.m.**

Event 0217

Join this weekly job club and employment search training. Participants will share their interview experiences.

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



Art Lab with Instructor

Fridays through March 11

10 a.m.

Event 0222

Explore different avenues of artistic expression including canvas, sculpture, mixed media. Participants will produce a master project by the end of the series.

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

Hypnotherapy with Dianne Walker

**Hypnotherapist & NLP
Practitioner**

**Fridays through March 18
11 a.m.**

Event 0220

Specializing in anxiety

reduction and guided imagery.

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

Food for Life: Nutrition & Cooking Classes

**Fridays through March 4
12:30 p.m.**

Event 0219

Join Food for Life instructor Kathy Bingham in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals. For those with a cancer diagnosis or affected by a loved one's cancer diagnosis only.

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

Reading Opens Minds Back at The Village!

Mon, Feb 8 & 22 11 a.m.

Event 0202

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**



Master Lakshmi Chair Yoga

Wed, Feb 3 & 17 11 a.m.
Drop in!

Finding Your True Self with Lois

Wed, Feb 6 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!

Brain Power

Mon, Feb 8 & 22 1 p.m.
Event 0201

Brain Power will begin the New Year with an Out-loud Reading of Patricia Highsmith's *Carol (The Price of Salt)*, currently a successful feature film. Let us share the story of a woman from another turning point in LGBT history—her personal struggle with awareness, yearning, and dreams. A real Valentine's story.

RSVP Required:
323-860-5830

In Home Supportive Services (IHSS)

IHSS 101
Tue, Feb 9 11 a.m.-12:15 p.m.
Event 0203

Presented by Layla Gonzalez-Delgado of Personal Assistance Services Council. Learn about what In Home Supportive Services (IHSS) is,

if you qualify and how to benefit from this program.

RSVP Required:
323-860-5830

Tech Support with Mom's Computer

Tues, Feb 9 & 23 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!

LGBT Senior Veterans 50+ Focus Group

Tue, Feb 9 2-3 p.m.
Event 0211

Come meet other veterans and discuss what type of activities and events you would like to have and be part of. We will have goodie bags for all participants.

RSVP Required:
323-860-7368

Diversity of Love Dinner

Thurs, Feb 11 6 p.m.
Event 0215

Join us for dinner and entertainment as we celebrate love in many forms. Love for friends, family, romantic partners, pets, food, art, words and so much more! There will also be an open mic. Come and share your stories of love.

RSVP Required:
323-860-5830

Go Metro: Golden Dragon Parade

Sat, Feb 13 11 a.m.
Event 0216

Meet at The Village. Travel to Chinatown to enjoy the parade with beautifully decorated cultural floats and dancers. After, visit the LGBTQ Proud Love festival in Grand Park. Eat lunch with the group. Cash preferable. Must be able to walk long distances. Bring your Tap Card!

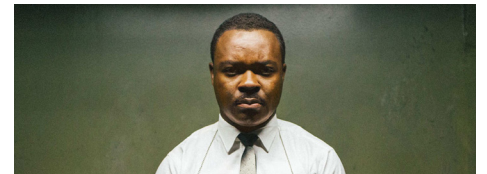
RSVP Required:
323-860-5830

Black History Month Lunch

Tues, Feb 16 12:30 p.m.
Event 0207

RSVP by Noon on 02/11 Join us for lunch at The Village. \$2 Suggested donation.

RSVP Required:
323-860-5830



Black History Month Movie

Selma (2014)
Tues, Feb 16 1:30 p.m.
128 Minutes
Event 0212

Commemorating the 50th anniversary of the 1965 civil rights march from Selma to Montgomery, Alabama, this stirring historical drama highlights the courage of the marchers as they withstand racist and violent attacks by the police.

RSVP Required:
323-860-5830

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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 March.

Join us for the Diversity of Love Dinner

Thurs, Feb 11 6 p.m.

Event 0215

RSVP Required:

323-860-5830

Human Sexuality for Men

Thursdays through March 17 11 a.m.

Event 0213

See back cover for more information.

RSVP Required:

323-860-5830

WOMEN



Many of our events are intergenerational. Two fabulous Los Angeles Women's Network (LAWN) members visited with a participant during an event in the courtyard.

Silver Sensuality for Women

Women Only

Mondays through March 21 11 a.m.

Event 0209

SheAh offers a fun, friendly, yet professional approach to the various feelings mature women experience as their bodies change. **Will not meet Mon, Feb 15.**

RSVP Required:

323-860-5830

Women's Chat

Mondays 1:30-3 p.m.

Drop in!

Women's Chat now meets weekly!

An ongoing group for women in which they can gather to discuss various topics ranging from personal experiences to current events.

Will not meet Mon, Feb 15.

Tell a friend!

L50+ Dinner

Home Restaurant

2500 Riverside Dr

Los Angeles, CA 90039

Sun, Feb 21 6 p.m.

Event 0210

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

RSVP Required:

323-860-5830

L50+ Spirituality Salon with Lois

Sat, Feb 27 11 a.m.

Drop in! Lois will screen

Spirit of the Animals. Stay after the screening for a lively discussion.

Tell a friend!

THE GIFT: CAREGIVING IN OUR COMMUNITY

Living longer has its benefits! More time together with friends and more time to experience the world. However it can also be accompanied by limited mobility, ailments or isolation. In our golden years we may have to rely on the kindness of others to help with housekeeping, keeping medical appointments or preparing a healthy meal. Whether it's a spouse, family member, friend or kind soul willing to lend a hand for compensation, we call these supporters "caregivers."

Caregiving in our community comes in different colors partially because **LGBT folks are twice as likely, as our heterosexual counterparts, to age as a single person.** And our community is also three to four times less likely to have children available to assist with caregiving. If you're wondering if you need a caregiver or how to select a caregiver or even

how to become a caregiver, we can assist you. **Join us as we explore the important issue of caregiving.** Senior Services has planned several events in February to highlight the issue of caregiving in our community:

- 1) Learn about the guidelines for the CA Dept. of Social Services' caregiving program **In-home Support Services (IHSS) on February 9th;**
- 2) Learn how to select a caregiver and how to **become a paid caregiver on February 23rd;** and
- 3) Attend our caregiver's support group **Healing Hearts and Caring Hands every 2nd and 4th Friday** of the month.

We're here to help you figure out your caregiving needs. Caregiving may be the missing piece to improving your quality of life. And being a caregiver can add purpose and meaning. Caregiving, a win-win proposition!

EVERYONE CONTINUED

Talk Amongst Yourselves 65+

Wed, Feb 17 2 p.m.

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

Tell a friend!

In Home Supportive Services (IHSS)

How to Select or Become a Caregiver

Tue, Feb 23 11 a.m.-12:15 p.m.

Event 0205

Presented by Oletta Igar and Jeffrey Gamble of the Personal Assistance Services Council as well as Seniors Helping Seniors President/CEO Peter Lancelloti. Organizations will

present tips on selecting an IHSS caregiver and how to become a caregiver.

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

Mi Centro Open House

Fri, Feb 26 9 a.m.-Noon

Mi Centro

LGBTQ IN Boyle Heights

553 S. Clarence St

Los Angeles, CA 90033

Drop in! Mi Centro is a new community-based LGBT service center for LGBTQ individuals and families in Boyle heights and neighboring communities. Mi Centro is located on South Clarence Street (between 4th Street and 6th Street), minutes from Downtown Los Angeles, in the

Community Lab Office building. 50+ Senior Services are offered in both Spanish and English on Fridays from 9 a.m.-Noon.

**For More Information Call
Abraham: 323-860-7339**

Bingo!

Will return in March!

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

Fri, Feb 12 and Fri, Feb 26 1:30-3 p.m. Event 0206

Caregiving 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, Feb 9 & 23 1 p.m. Event 0204

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.

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**



A participant poses with Senior Services Deputy Director Tripp Mills during an event in the Advocate and Gochis Galleries at The Village.

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, Feb 24 12:30 p.m.
Event 0208

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

RSVP Required:
323-860-5830

VALLEY THURSDAYS IN NOHO

Game Day

Thurs, Feb 4 12:30 p.m.

Drop in! Play and win!
Tell a friend!

Be My Valentine

Thurs, Feb 11 12:30 p.m.

Drop in! Celebrate love in many forms: Love for friends, family, romantic partners, pets, food, art, words & more. Enjoy special treats.

Tell a friend!



The Martian

Thurs, Feb 18 12:30 p.m.

134 Minutes

Drop in! During a manned mission to Mars, Astronaut Mark Watney (Matt Damon) is presumed dead after a fierce

storm. He's left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet.

Tell a friend!

Potluck

Thurs, Feb 25 12:30 p.m.

Drop in! Bring a dish to share. We'll cover the main dish.

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.



Movie for Those Living with HIV

The Martian (2015)

Wed, Feb 24 1 p.m.

134 Minutes

Drop in! During a manned mission to Mars, Astronaut Mark Watney (Matt Damon) is presumed dead after a fierce storm. He's left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. **Tell a friend!**



Diversity of Love Dinner
Thurs, Feb 11 6 p.m.
The Village at Ed Gould Plaza
For Those Who Are 50+
Free! Event 0215

RSVP Required: 323-860-5830
seniors@lalgbtcenter.org

YOU ARE CORDIALLY INVITED...

...to join us for dinner and entertainment
as we celebrate the **Diversity of Love.**

Love for friends, family, romantic partners,
pets, food, art, words and so much more!

There will also be an open mic. Come and
share your stories of love.



LOS ANGELES LGBT CENTER
SENIOR SERVICES