

50+

JAN 2016



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."

HAPPY NEW YEAR!

With the New Year already upon us, I wanted to take a moment to wish you all the best in 2016. Change is in the air! We know this year will bring new leadership to the Senior Services department and while the Center searches to fill the director position we will continue to provide you the same services we have provided to you over the last few years.

We are also looking for your suggestions on what you would like to see at Senior Services for 2016.

This year we will also see the much anticipated ground breaking for the Center's new McCadden Campus located across the street from The Village. This will present a new set of challenges for us as we move into the construction phase of this multi-use property which will include affordable housing for seniors and a dedicated space for Senior Services.

I look forward to seeing you all in 2016!

Tripp Mills, Deputy Director

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NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after January 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!

Pam	Edward	Steven
Gary	Daniel	Myka
Don	Douglas	Roe
Alan	Steve	Christina
Stephen	Ronn	AJ
Mary	Bob	Mark
Michael	Andy	Bruce
Debbie	Michael	Chuck
Gail	Mary	Ron
Herb	Tadd	Steve
Martha	Fermin	Robert
Alvin	James	Bernie
Michael	John	Doris
Jorge	Donna	Judy
Robert	B.J.	Mark
Richard	Eva	Fred Willie
Ivan	Jim	Tommi
Ronna	Jerry	Jeannie
Tony	Denise	James P
Teri	Larry	Jeff
Soleman	Roger	Gerald
Carl	Bruce	Byran
Jean	Joel	Martin
Vicki	Jim	Brad
George	John	Bryan
Harry	Ted	Curt
Jim	Juan	Russ
Gloria	Sandy	William
Edward	Jeffery	Vickie
Rosidey	Jane	Christina
Mary	Edward	Gregg
Mary Jane	Juanita	Dorothy
Ray	Virginia	Phyllis
Louis	Stephen	Roger
Raymond	Louis	Michael
Frank	Arlene	Marian
Chuck	Allan	Kirk
Matt	George	Eric
Buzz	Ed	Steven
Jon	Joe N.	Thomas
Steve	Michael	Ernest
Bob	Judy	William
Mark	Joey	Lin
Frank	Larry	Ted
Charles	Francesca	Johnnie
Sharon	Rose	Carole Lee
Steve	Steven	Judy
Robert	Pat	Ana Maria
Honor	Charles	Charles
Michael	Arnie	Gloria
Ed	Dolores	Paul
Pam	Vincent Delano	Juan Carlos
Bill	Robin	Janice

EVERYONE

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 through Jan 22 10 a.m.

Drop in!

See the back cover for Art Lab's new direction starting at the end of January. **Will not meet Fri, Jan 1. Tell a friend!**

Brain Power

Mon, Jan 4 & 25 1 p.m.

Event 0101

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.

RSVP Required:

323-860-5830



Go Metro: Natural History Museum

Tues, Jan 5 10 a.m.

Event 0116

Enjoy free admission to the Natural History Museum

on the first Tuesday of the month (Does not special exhibits). Eat lunch with the group. Must be able to walk long distances. Bring your Tap Card!

RSVP Required:

323-860-5830

Tech Support with Mom's Computer

Tues, Jan 5 & 19 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!



Master Lakshmi Chair Yoga

Wed, Jan 6 & 20 11 a.m.

Drop in!

Finding Your True Self with Lois

Wed, Jan 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!

Talk Amongst Yourselves 65+

Thurs, Jan 07 2 p.m.

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

Tell a friend!



Rusty's Gay Swing & Sway

Sat, Jan 09 1 p.m.

Event 0118

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

Reading Opens Minds Back at The Village!

Mon, Jan 11 & 25 11 a.m.

Event 0102

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



Opera Screening
Lucia di Lammermoor
Fri, Jan 15 11 a.m.
145 Minutes
Event 0115

Lucia di Lammermoor is a dramma tragico in three acts by Gaetano Donizetti. Salvatore Cammarano wrote the Italian language libretto loosely based upon Sir Walter Scott's historical novel The Bride of Lammermoor.

RSVP Required:
323-860-5830

Lunch for Everyone
Tues, Jan 19 12:30 p.m.
Event 0107

RSVP by Noon on 01/13
 Join us for lunch at The Village. \$2 Suggested donation.

RSVP Required:
323-860-5830



Movie for Everyone
***Tangerine* (2015)**
Tues, Jan 19 1:30 p.m.
88 Minutes
Event 0112

It's Christmas Eve in Tinseltown and Sin-Dee (Kitana Kiki Rodriguez) is back on the block. Upon hearing that her pimp boyfriend hasn't been faithful during the 28 days she was locked up, the sex worker and her best friend, embark

on a mission to get to the bottom of the scandalous rumor.

RSVP Required:
323-860-5830

Bingo!
Fri, Jan 22 1 p.m.
Event 1205

Enjoy bingo at this earlier time to accommodate traffic.

RSVP Required:
323-860-5830

Silver Sensuality for Women

Women Only
8 weeks starting
Mon, Jan 25 11 a.m.
Event 0109

See back cover for more information.

RSVP Required:
323-860-5830

Mudwalking
8 weeks starting
Mon, Jan 25 3 p.m.
Event 0114

Mudwalking is a complete physical, mental and neurological training. It will 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.

RSVP Required:
323-860-5830

Creative Writing
8 weeks starting
Tue, Jan 26 Noon
Event 0100

See back cover for more information.

RSVP Required:
323-860-5830

Human Sexuality for Men

8 weeks starting
Thur, Jan 28 11 a.m.
Event 0113

See back cover for more information.

RSVP Required:
323-860-5830

Employment Resources

8 weeks starting
Thur, Jan 28 12:30 p.m.
Event 0117

See back cover for more information.

RSVP Required:
323-860-5830

Hypnotherapy with Dianne Walker

Hypnotherapist & NLP Practitioner
8 weeks starting
Fri, Jan 29 11 a.m.
Event 0120

See back cover for more information.

RSVP Required:
323-860-5830

Food for Life: Nutrition & Cooking Classes

6 weeks starting
Fri, Jan 29 12:30 p.m.
Event 0119

See back cover for more information.

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

Callender's Grill Wilshire

5773 Wilshire Blvd

Los Angeles, CA 90036

Tue, Jan 12 6 p.m.

Event #0111

Dinner out with the guys! For validated parking, enter the lot off Curson! Cash recommended!

RSVP Required:

323-860-5830

Human Sexuality for Men

8 weeks starting

Thur, Jan 28 11 a.m.

Event 0113

See back cover for more information.

RSVP Required:

323-860-5830

WOMEN

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, Jan 18.

Tell a friend!

L50+ Spirituality Salon with Lois

Sat, Jan 23 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

Claim Jumper

3500 W Olive Ave Suite 105

Burbank, CA 91505

Sun, Jan 24 6 p.m.

Event 0110

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

RSVP Required:

323-860-5830

Silver Sensuality for Women *Women Only*

8 weeks starting

Mon, Jan 25 11 a.m.

Event 0109

SheAh offers a fun, friendly, yet professional approach to the various feelings mature women experience as their bodies change.

RSVP Required:

323-860-5830

Start Your Year off Right! Friday Night Writes!

TRANSFORMATIONAL WRITING WORKSHOP *for WOMEN*

8 week writing intensive designed specifically for women ready to explore and transform personal stories from their own past.

Ideal launching pad for memoirs, one woman shows, TedTalks & more.

Jan. 15-March 4, 7-10 p.m.

The Village at Ed Gould Plaza

\$349 for eight amazing weeks.

This is boot camp for the soul.

Space is limited!

Call 818-395-0609 for more information

or visit www.pamelaforrest.com



Led by Ovation award winning playwright Pamela Forrest

Join Pam Forrest for an 8 week writing intensive designed specifically for women ready to explore and transform personal stories from their own past. For women only. Space is limited. **Not a Senior Services Sponsored Event.**



THEN and NOW

It was nearly five years ago that Alan Acosta called me to tell me about the exciting Senior Services Department at the Los Angeles LGBT Center and the job as Director. I was incredibly excited, partly because the Center has an incredible reputation as a leader, innovator and change maker for our community. I was also thrilled to work with Lorri Jean and Darrel Cummings, who I had met while working as a political organizer. We have all accomplished a lot in these past years—and when I say we I mean you, the staff, volunteers, supporters, facilitators and myself. It has been a team effort and I am grateful to have had the opportunity to serve.

So what did we do? In May 2011, there were just over 1,000 LGBT adults who were part of the Senior Services Department, now there are over 3,400. Back in 2011, we offered just 30 programs each month now we offer close to 90 every month and, when you include Triangle Square, it is over 150 a month. Speaking of Triangle Square, we took over the services at the building almost two years ago and have four full-time staff members on-site.

The staff has also grown, from four and a half to 13 and we have a bevy of regular volunteers. We have also been able to train over 3,000 providers of care and services to older adults in L.A. In fact, our training has been used to train providers statewide.

We have also started in earnest to plan the next affordable housing development, McCadden Place. Part of that development will include a stand-alone Senior Center. This will give the department and you an opportunity to have your own place to meet, participate in programming and see case managers.

It has been a total honor to work with all of you and learn from you all. I look forward to keeping in touch and learning about the new programs and services at the Center! Take care my friends and be kind to yourselves.

Kathleen Sullivan, PhD
Director of Senior Services

SENIOR SERVICES • 877-688-4833 • seniors@lalgbtcenter.org



LOS ANGELES LGBT CENTER
SENIOR SERVICES

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, Jan 8 and Fri, Jan 22 1:30-3 p.m. Event 0106

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, Jan 12 & 26 1 p.m. Event 0104

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**



Thank you to the YPC (Young Professionals Council) for taking photographs of the guests at our Holiday Party on Dec 14th.

VALLEY THURSDAYS IN NOHO

Game Day

Thurs, Jan 7 12:30 p.m.

Drop in! Play and win!

Tell a friend!



Tangerine

Thurs, Jan 14 12:30 p.m.

88 Minutes

Drop in! It's Christmas Eve in Tinseltown and Sin-Dee (Kitana Kiki Rodriguez) is back on the block. Upon hearing that her pimp boyfriend hasn't been faithful during the 28 days she was locked up, the sex worker and her best friend, embark on a mission to get to the bottom of the scandalous rumor.

Tell a friend!

Coffee Chat

Thurs, Jan 21 12:30 p.m.

Drop in! Enjoy special treats and discuss current events.

Tell a friend!

Potluck

Thurs, Jan 28 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.

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, Jan 20 12:30 p.m.

Event 0108

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

Tangerine (2015)

Wed, Jan 20 1 p.m.

88 Minutes

Drop in! It's Christmas Eve in Tinseltown and Sin-Dee (Kitana Kiki Rodriguez) is back on the block. Upon hearing that her pimp boyfriend hasn't been faithful during the 28 days she was locked up, the sex worker and her best friend, embark on a mission to get to the bottom of the scandalous rumor. **Tell a friend!**

NEW YEAR, NEW OPPORTUNITIES!



Silver Sensuality for Women

Women Only

**8 weeks starting
Mon, Jan 25 11 a.m.
Event 0109**

SheAh offers a fun, friendly, yet professional approach to the various feelings mature women experience as their bodies change.

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



Creative Writing

**8 weeks starting
Tue, Jan 26 Noon
Event 0100**

Participants will 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**



Human Sexuality for Men

**8 weeks starting
Thur, Jan 28 11 a.m.
Event 0113**

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

**8 weeks starting
Thur, Jan 28 12:30 p.m.
Event 0117**

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

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



Hypnotherapy with Dianne Walker

Hypnotherapist & NLP Practitioner

**8 weeks starting
Fri, Jan 29 11 a.m.
Event 0120**

Specializing in anxiety

reduction and guided imagery.

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



Food for Life: Nutrition & Cooking Classes

**6 weeks starting
Fri, Jan 29 12:30 p.m.
Event 0119**

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.

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



Art Lab with Instructor

**8 weeks starting
Fri, Jan 29 10 a.m.
Event 0122**

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**