

50+

JULY 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."

GREETINGS

I did not anticipate I would be writing our monthly newsletter memo on anything but the upcoming events in July, but in light of the tragedy in Orlando, I felt it was important to recognize the victims of this most recent tragedy.

So how do we do that? We do what we have always done in our community; march, protest, rally, grieve, mourn, console and keep moving forward fighting for our rights and the rights of all our LGBT brothers and sisters.

The massacre in Orlando transcends all communities in the wake of bigotry and hate. Once again we look for words and meaning. The only word I can offer is "love" and that's why we are here; to love one another.

Please keep the victims of Orlando in your hearts as we dedicate our July newsletter to that community.

Tripp Mills, Deputy Director

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NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after the 1st of the month. 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!

Arthur	Dawn	Richard
Oswald (Ozzie)	Harold	Ron
Dante	Karen	Victor Ian
Tom	Evelyn A.	Stewart
Bradford	Scott	David
Ale	Pat	Peter
Lorraine	Terri N.	Joseph
Eugene	Hak	George
Edwin	Gene	Gregor
Simone	Jim	Mia Teri
Eddy	Eric	Jaime
John	Luke	Agatha
Stephen	Larry	Lea
David	Webster	Nina
Gladys	Ken	Mike
Jon	Dan	Chester
Donna	Ed	Tony
Lorraine	Walter	Albert
Joann	Jerri	Walter
Fabian	Tyrone	Mark
Peter	Joseph	Ronni
Stephen	Harley	Alan
Brenda	Raymond	George
Paula	Gene	Sue
Robert	Philip	Devorah
Christopher	Joni	Gwen
Ron	Hope	Wendy
Goreti	Bob	Sab
Javier	Timothy	Dwright
Gil	Jimmy	Frank
Tristina	Lionel Rivers	Gail
Daryl	Javier	Johnny
Jeri	Kelly	Bob
Clara	Bronwen	Leslie
Steve	Kevin	Irene
Gloria	Jeff	Margo
Alex	Zenaida	Martin
Harry	Beth	Lois
Victor	Fern	Allen
Arthur	Patrick	William
Richard	Christopher	Ronald
Jay	Mark	Ed
Art	Jim	Larry
Max	Emma	Cheryl
Sylvia	Marc	Angeles
Alina	Mark	Robarie
Robert	Kip	Richard Wesley
James	Dave	Orli
Kent	Louise	Dee
Ken	Neil	Debra
Everard	Diane	Neil
Ron	Paul	Jerome
Lois	Job	Ellie
Gary	Terry	Peggy
Greg	Dan	Winona
Susan	Coni	Tom
Rich	Stephen	

EVERYONE

Reading Opens Minds
will return later this summer.

Larry's Computer Club The Village

Wednesdays 1:30-2:30 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.

Explore different avenues of artistic expression including canvas, sculpture, mixed media. **Will not meet Fri, July 15.**

RSVP Required:
323-860-5830

Bingo!

The Village

Fri, July 1 1 p.m.

Event 0605

Enjoy bingo!

RSVP Required:
323-860-5830

Tech Support with Mom's Computer

The Village

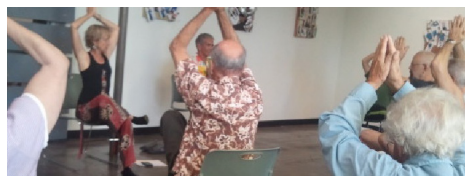
Tues, July 5 & 19 2:30 p.m.

Drop in!

Computers, phones, tablets

and all things technology! Bring in your devices and questions. 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

The Village

Wed, July 6 & 20 11 a.m.

Relieve minor aches and pains with this low-impact yoga session.

Drop in!

Talk Amongst Yourselves 65+

The Village

Wed, July 6 2 p.m.

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

Tell a friend!

Brain Power

The Village

Mon, July 11 & 25 1 p.m.

Event 0701

Out-loud Podium readings continue from Renee Fleming's THE INNER VOICE: The Making of a Singer. Our American diva writes: "Caring for a

voice includes paying attention to aspects of physical health, the environment, mental fortitude, and, above all, a solid technique. As a Juilliard student, I was constantly ill, and even had back problems, until I happened to notice that they occurred only before major auditions—a case of self-sabotage, caught red-handed." We will also view "The Human Parade," a one-on-one interview held in Madame Fleming's New York apartment. Let's enjoy watching the creative process unfold.

RSVP Required:
323-860-5830

Go Metro

Sun, July 10 10 a.m.

Event 0716

Meet at The Village. Visit the 36th Annual Lotus Festival. Must be able to walk long distances. Bring your Tap Card!

RSVP Required:
323-860-5830

A Matter of Balance

The Village

6 Weeks Starting

Tues, July 12 10:30 a.m.

Event 0717

Participants learn to change their environment to reduce fall risk factors, to view falls and the fear of falling as controllable, set realistic goals to increase activity and exercise

to increase strength and balance.

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



**INTO THE STREETS:
Stories of Lesbian Pride
In the Gallery at The Village
Tues, July 12 1-3 p.m.
Event 0724**

Young defiance. Leaving home. Radical feminism. War. Peace. The Flame. A first crush, a stolen kiss. The Women's Movement. Coming out. Coming home. Coming full circle. The Transformational Writing Workshop for Women presents stories of lesbian pride: life, love and liberation. Please join us!

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

**Arthritis Foundation
Exercise Program**

The Village

**6 Weeks: Tuesdays & Thursdays
Starting Tues, July 12 3 p.m.
Event 0721**

Enjoy low-impact exercises and gentle activities to help increase joint flexibility and range of motion, and to help maintain muscle strength. The program is also beneficial to those without arthritis. Exercise while sitting, standing or on the floor.

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

**Finding Your True Self
with Lois**

The Village

Wed, July 13 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!

Heartbeat Dance Hour

The Village

Thursdays Starting

Thurs, July 14 10:30 a.m.

Event 0706

Join DJ Bee for a mix of simple dance combos...everything from Swing to current hip hop moves. For EVERY fitness level, NO prior dance experience needed. This class is purely for the joy of movement and the love of music. It's meant not to be taken too seriously and encourages independent outbursts of silliness and laughter!

RSVP Required:

323-860-5830

**Golden Summer
Concert**

The Village

Thurs, July 14 6 p.m.

Event 0714

Enjoy live entertainment and refreshments in the courtyard! Check facebook.com/50pluslgbt for up-to-date performer information.

RSVP Required:

323-860-5830



**LGBT Veterans: Now
Let Us Stand With You**

Fri, July 15 10 a.m.-3 p.m.

Veterans drop in!

Free benefit screening and services. See insert for more info. **Tell a veteran!**



**Rusty's Co-Ed Gay
Swing & Sway**

The Village

Sat, July 16 1 p.m.

Event 0718

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



Movie for Everyone

***Hello, My Name is Doris* (2016)**

Tues, July 19 1:30 p.m.

90 Minutes

Event 0712

Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller

(continued on page 9)

MEN

Men's Drop-In Support Group

The Village

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

Sizzler

1323 Highland Ave.

Los Angeles, CA 90028

Wed, July 20 6 p.m.

Event 0723

Dinner with the guys! Cash preferable.

RSVP Required:

323-860-5830

“Sex is part of nature. I go along with nature.”

- Marilyn Monroe

WOMEN

Women's Chat

will return later this summer!



Silver Sensuality for Women

Women Only

Mondays 11 a.m.

Event 0709

Share fun, friendly and meaningful experiences concerning the various feelings mature women experience as their bodies change.

Will not meet Mon, July 4.

RSVP Required:

323-860-5830

The Transformational Writing Workshop for Women *Into the Streets*

The Village

Tues, July 5

11 a.m.-1 p.m.

Event 0720

Seeking true stories of Lesbian Pride! Dive deep into personal stories from your own past and turn them into powerful, entertaining works of art in this warm, fun writing workshop for women only. Led by Ovation award winning playwright, Pamela Forrest. We will present our stories at The Village in July.

RSVP Required:

323-860-5830

L50+ Dinner

Claim Jumper

3500 W. Olive Ave. Suite 105

Burbank, CA 91505

Sun, July 17 6 p.m.

Event 0710

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

Look for Alice. Free parking in underground lot.

RSVP Required:

323-860-5830

“Take criticism seriously, but not personally. If there is truth or merit in the criticism, try to learn from it. Otherwise, let it roll right off you.”

-Hillary Clinton

(continued from page 5)

(Sally Field) brazenly steps forward to pursue the affections of a much younger co-worker and inadvertently becomes a hit with his hipster cohorts.

323-860-5830



This-A & That-A Screening

Nothing Sacred (1937)

The Village

Wed, July 20 1 p.m.

103 Minutes

Event 0713

In this screwball comedy, directed by William Wellman, demoted newspaper reporter (Frederic March) writes a common-interest column about small-town girl (Carole Lombard), when she is diagnosed as dying from radium poison.

RSVP Required:

323-860-5830



Opera Screening Double Feature

Carmen Jones & Carmen

The Village

Thurs, July 21

Carmen Jones 11 a.m.

105 Minutes

Carmen 1:15 p.m.

152 Minutes

Event 0715

Compare the screen version of the musical "Carmen Jones," with Bizet's opera, Carmen. **RSVP Required:**
323-860-5830

Country Line Dancing with Matthew

The Village

Fri, July 22 12:30-1:30 p.m.

Event 0711

Wanna feel like you are up there with Reba or Garth with a little Chorus Line? You don't need a partner, easy steps, great movement practice, beginners welcome. Boot Scootin' Boogie with Matthew. Yee Haw!!! Please wear comfortable shoes, boots not required.

RSVP Required:

323-860-5830

LGBT Veterans' Support Group

The Village

Tues, July 26 11 a.m.

Event 0703

We served our country now let's support each other in this once-a-month social gathering.

RSVP Required:

323-860-5830

Peace of Mind

Presented by Forest Lawn

The Village

Wed, July 27 6 p.m.

Event 0700

See back cover for more information.

RSVP Required:

323-860-5830

Golden Summer Concert

The Village

Thurs, July 28 6 p.m.

Event 0728

Enjoy live entertainment and refreshments in the courtyard! Check facebook.com/50pluslgbt for up-to-date performer information.

RSVP Required:

323-860-5830

Bingo!

The Village

Fri, July 29 1 p.m.

Event 0705

Enjoy bingo!

RSVP Required:

323-860-5830

Congratulations to Kay Cole, Mark Salyer, Debbie Lawrence and the entire cast of Newstages' Working OUT for two wonderful performances in the Renberg Theatre!

HEALTH

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

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

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

Grieving Less Than 1 Year

Tues, July 12 & 26 1 p.m. at The Village Event 0704

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**



Scott rehearses with his dog, Dave, for Newstages' Working OUT. The cast gave two amazing performances on June 4 & 5.

VALLEY THURSDAYS IN NOHO

Coffee Chat

MCC Church

Thurs, July 7 Noon

Drop in! Bring a current event or project you are working on to share with the group!

Tell a friend!

Game Day!

MCC Church

Thurs, July 14 Noon

Drop in! Play and win!

Tell a friend!



Hello, My Name is Doris (2016)

MCC Church

Thurs, July 21 Noon

90 Minutes

Drop in! Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller (Sally Field) brazenly

steps forward to pursue the affections of a much younger co-worker and inadvertently becomes a hit with his hipster cohorts.

Tell a friend!

Potluck

MCC Church

Thurs, July 28 Noon

Drop in! Bring a dish to share.

We'll cover the main dish.

Tell a friend!

Valley Thursdays in NoHo

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

The Village

Thursdays 1 p.m.

Drop in! Come meet new friends. Share your stories and experiences with men living with HIV.

Lunch for Those Living with HIV

The Village

Wed, July 27 12:30 p.m.

Event 0708

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

Hello, My Name is Doris (2016)

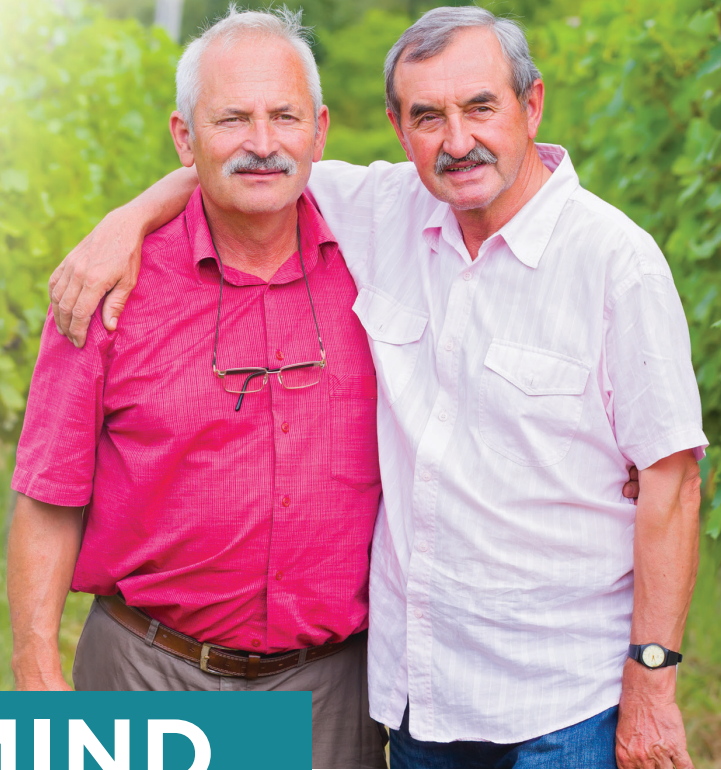
The Village

Wed, July 27 1 p.m.

90 Minutes

Drop in! Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller (Sally Field) brazenly steps forward to pursue the affections of a much younger co-worker and inadvertently becomes a hit with his hipster cohorts. **Tell a friend!**

Wondering about
cremation or
burial options?



Join us for a

PEACE OF MIND

seminar on the benefits of
preplanning your final wishes.

JULY 27 at 6:00pm
LOS ANGELES LGBT CENTER

The Village at Ed Gould Plaza
1125 N McCadden Place, Los Angeles

Learn how planning your final wishes will shield
your loved ones from unnecessary emotional and
financial burden.

Event 0700 RSVP Required: 323-860-5830

**Enjoy refreshments
while we discuss:**

- Cremation & Burial
- Traditional Funerals
- Payment Plans
- Prearrangements
- Veteran Benefits
- Cemetery Options

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FUNERALS • CREMATIONS • CEMETERIES

RESERVE YOUR SEAT at 323-516-3634

YOU SERVED US. NOW LET US STAND WITH YOU.

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

Friday, July 15
10 a.m. to 3 p.m.

Free benefit screening and services include:

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

Lunch served to all veterans.

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



LOS ANGELES LGBT CENTER

For more information, call: 323-860-7368
RSVP to Jesse Ortiz-Barreto • jortizbarreto@lgbtcenter.org