

50+

MAY 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

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."

BLAZE A TRAIL!

Some interesting facts: Did you know Cinco De Mayo is not Mexico's Independence day, but the day when the Mexican army overthrew French forces? Please join us for lunch at our Cinco De Mayo celebration on May 5. And, did you know that May is Older Americans Month? This year the Administration on Aging has coined the phrase—*Blaze A Trail!*

As members of the LGBT community, we are quite familiar with blazing trails. Many of you witnessed the birth of our movement 50 years ago. Our community has been paving the way for decades. From Stonewall to the Supreme Court's decision on marriage equality, be proud of all that we have done. How far we have come! As older LGBT Americans, we continue to blaze trails for our community in ways we never imagined. We have a great responsibility as older LGBT Americans to impart our history to future generations. Be extremely proud of the legacy you contributed to the movement—we promote generations of pride, wellness and inclusion to all communities.

On behalf of the staff and volunteers of Senior Services, thank you.



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!

Ruth	Alan G.	Samuel
Franklin	Carmine	Lauren
Pat	Frank	Truong
Peter	Cherisse E.	Blanca
Michael	Shirley	Carol
Harry	Curt	Marilyn
David	Kirk	Joan
George	Cheryl	Rafael
Anthony	Glenn	Marc
James	Bob	Gabriel
Theresa	Robert	Bill
Gordon	Alvin	Elsa
Kip	Jimmie	Carol
Don	Donald	Sonia
Nancy	Larry	Ron
Jerry	Sharon	Pam
Richard	Rita	John
Louis	Darnell	Andrew
Rob	Steve	Ken
Jim	Kirk	Anthony
Stanton	Herbert	Mario
Nancy	Wendy	Donald
Larry	Dot	Steven
Victor	Gloria	Michael
Robert	Tom	Jeffery
Jesse	Jack	John
Mahesh	David	Anthony
Norma	Audrey	Virgil
Bill	Richard	Edward
Tim	Rita	Rodger
Rolando	Michael	Anna
Darryl	Rosa	Jack
Phillip	David	Harold
Dorsay	Karen	George
Neil	Jim	Tony
Pete	Daniel	Jordan
Darlene	Gene	Jordon
Vivian	Carmine	Michael
Craig	Chuck	Michele
Drew	Amir	Shawn
Jeffery B.	Andre	Janis
Michael	Oree	Alexander
Sam	Louise	P.A.
Don	Christopher	Douglas
Valerie	Gordon S.	Dwight
Bernadette	Stuart	Craig
Gayle	Koetsu (Jeff)	Jonas
Renee	Jose Luis	Lisa
David	Vernon	Michael
Stephen	Mary	Irv
Carol	Francine	Angela
Jeff	Kjell	
Phil	Bill	
Carmen	John	
Lisa	Sylvia	

EVERYONE



Art Lab

Fridays 10 a.m.

Explore different avenues of artistic expression including canvas, sculpture, mixed media.

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

Tech Support with Mom's Computer

The Village

Tues, May 3 & 17 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

The Village

Wed, May 4 & 18 11 a.m.

Drop in!

Cinco de Mayo

The Village

Thurs, May 5 12:30 p.m.

Event 0500

RSVP by Noon on 05/03

Enjoy an afternoon of delicious Mexican food and traditional festive music.

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

Reading Opens Minds

The Village

Mon, May 9 & 23 11 a.m.

Event 0502

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**

Brain Power

The Village

Mon, May 9 & 23 1 p.m.

Event 0501

Composer Morton Lauridsen writes: "There are too many things out there that are away from goodness. We need to focus on those things that ennoble us, that enrich us." Come view the award winning documentary *Shining Night*,

a portrait of the composer, his life on a small island off the coast of Washington and what Lauridsen believes about the creative process. We will also do OUTLOUD readings by Lauridsen, and about him, by critics and fellow musicians. Lauridsen received the National Medal of Arts, after which the Wall Street Journal wrote of him: "The Best Composer You've Never Heard Of." Lauridsen is still teaching at seventy-two at USC and continues to compose choral masterpieces.

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

Older Americans Month Lunch

The Village

Tues, May 10 12:30 p.m.

Event 0507

RSVP by Noon on 05/06

Join us for lunch at The Village. \$2 Suggested donation.

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



Movie for Everyone

The Danish Girl (2015)

The Village

Tues, May 10 1:30 p.m.

120 Minutes

Event 0512

Lili (Eddie Redmayne) and Gerda's (Alicia Vikander) marriage and work evolve as they navigate Lili's journey as a transgender woman.

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

Talk Amongst Yourselves 65+

The Village

Thurs, May 12 2 p.m.

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

Tell a friend!

Bingo!

The Village

Fri, May 13 1 p.m.

Event 0505

Enjoy bingo at this earlier time to accommodate traffic.

RSVP Required:

323-860-5830



Rusty's Co-Ed Gay Swing & Sway

The Village

Sat, May 14 1 p.m.

Event 0518

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

Go Metro

Sun, May 15 10 a.m.

Event 0516

Meet at The Village. Visit The Autry and the Los Angeles Police Museum at no cost. Eat lunch with the group. Cash preferable. Must be able to walk long distances. Bring your Tap Card!

RSVP Required:

323-860-5830

Finding Your True Self with Lois

The Village

Wed, May 18 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!

LA Opera

La Bohème

Thurs, May 19

LA Opera

135 N. Grand Ave.

Los Angeles, CA 90012

Park & Ride from The Village

Bus Departs at 5 p.m.

Performance 7:30 p.m.

Return Immediately After the Performance.

Event 0519

A timeless classic reveling in the cinematic romance of Paris, this show concludes the LA Opera's mainstage season of masterpieces. Fall in love with *La Bohème's* unforgettable blend of riveting theater and achingly beautiful music as we follow the tale of six impoverished young bohemians, surviving only on laughter and the promise of love. If meeting us there, please discuss with Michael Wolfson.

RSVP Required:

323-860-5830



Opera Screening

La Traviata

The Village

Fri, May 20 11 a.m.

139 Minutes

Event 0515

Experience one of the world's best-loved romantic operas.

RSVP Required:

323-860-5830

Country Line Dancing with Matthew

The Village

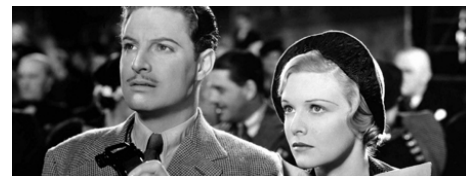
Fri, May 20 12:30-1:30 p.m.

Event 0511

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



This-A & That-A Screening

The 39 Steps (1935)

The Village

Wed, May 25 1 p.m.

87 Minutes

Event 0513

This Alfred Hitchcock classic, starring Robert Donat and Madeline Carroll, is about a man in London who tries to help a counter-espionage agent and is accused of murder when the agent is killed.

RSVP Required:

323-860-5830

LGBT Veterans' Support Group

The Village

Tues, May 31 11 a.m.

Event 0503

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

RSVP Required:

323-860-5830

(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

will return this summer.

“The man who has done his level best, and who is conscious that he has done his best, is a success, even though the world may write him down as a failure.”

-B.C. Forbes

WOMEN

Women's Chat

The Village

Mondays 1:30-3 p.m.

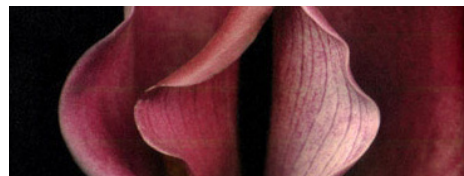
Drop in!

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, May 30.

Tell a friend!



Silver Sensuality for Women

Women Only

12 weeks starting

Mon, May 16 11 a.m.

Event 0509

SheAh offers a fun, friendly, yet professional approach to the various feelings mature women experience as their bodies change. **Will not meet Mon, May 30.**

RSVP Required:

323-860-5830

The Transformational Writing Workshop for Women *Into the Streets*

The Village

Tuesdays, May 10-June 14

11 a.m.-1 p.m.

Event 0520

Seeking true stories of Lesbian Pride! Dive deep into person-

al 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 in June at The Village, in honor of Pride month.

RSVP Required:

323-860-5830

L50+ Dinner

Callender's Grill

5773 Wilshire Blvd.

Los Angeles, CA 90036

Sun, May 22 6 p.m.

Event 0510

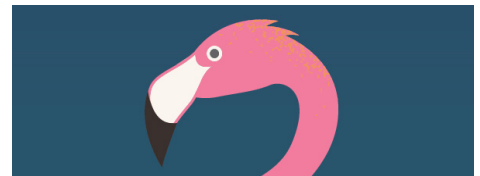
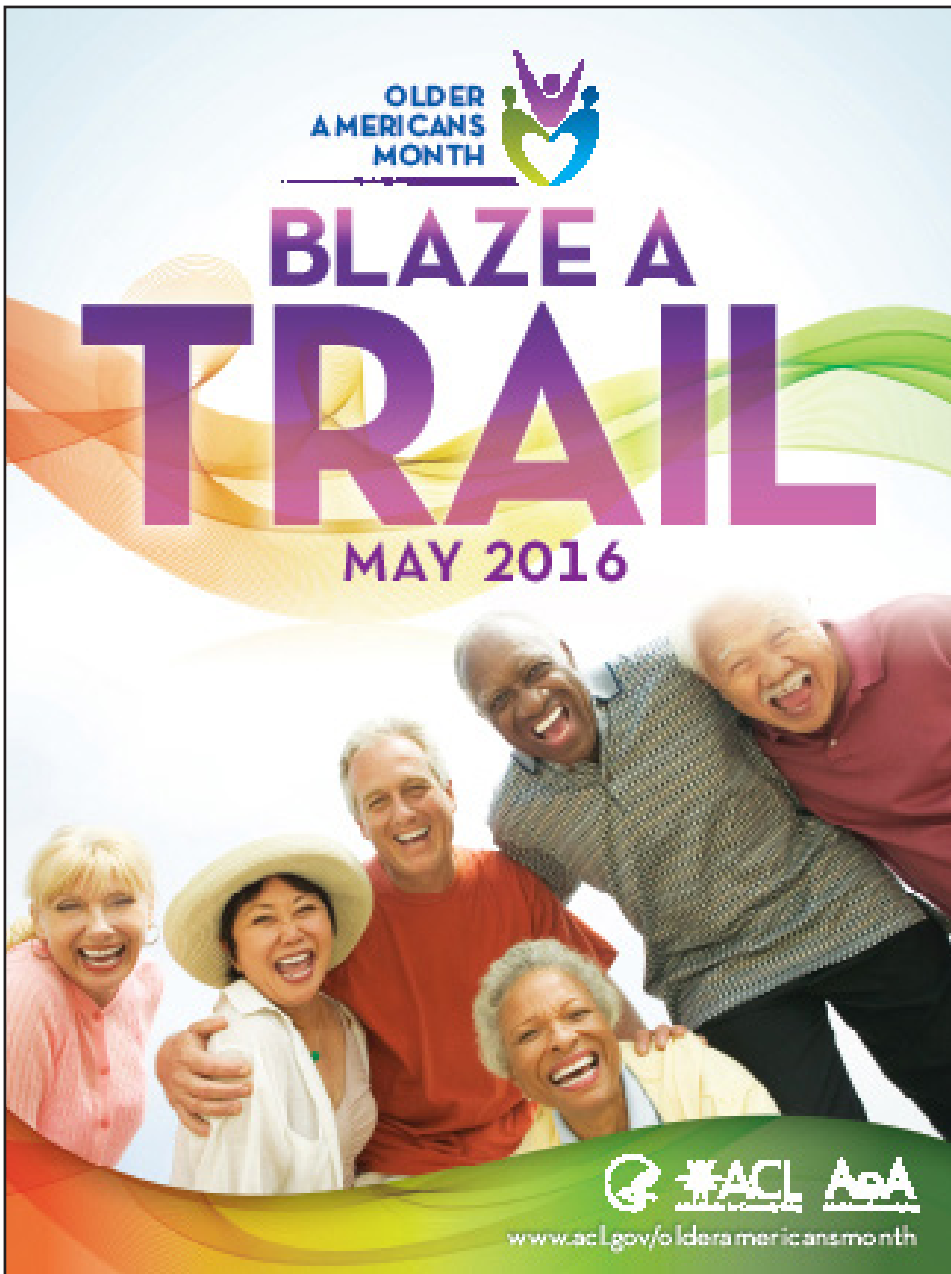
Please join us for a wonderful evening out with the gals! Validated parking. Look for Alice.

RSVP Required:

323-860-5830

“A woman with a voice is, by definition a strong woman.”

-Melinda Gates



2016 Senior Prom: Tropical Nights

Sat, Jun 25 5-9 p.m.

Pickwick Gardens

Royal Crest Room

1001 Riverside Dr.

Burbank, CA 91506

\$5-10 Suggested Donation

Free parking!

Event 0625

RSVP NOW!

Maybe you skipped your high school prom or you couldn't go with the person you wanted to take. At the Los Angeles LGBT Center, you'll find the safety to be who you are meant to be. Enjoy dinner, live entertainment & dancing. Please tell us your entree selection when registering online or by calling: 1) Herb Crusted Chicken Marsala; 2) Fried Vegetable Ravioli with Sauce Marinara; or 3) Grilled Salmon with Roasted Pineapple and Apricot Sauce. **RSVP deadline is Wed, Jun 15.** One adult guest per registered participant. *The Senior Prom is a drug and alcohol-free event.*

RSVP Required:

lgbtcenter.org/seniorprom
or call, **323-860-5830**



The residents of Triangle Square enjoyed a day of shopping at their Boutique Day on Thursday, April 14.

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, May 10 & 24 1 p.m. at The Village Event 0504

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**



We went to the Hop! Our participants danced the night away at our Sock Hop at The Village on Friday, April 15.

VALLEY THURSDAYS IN NOHO

Not meeting on Thurs, May 5. Please Join us at The Village for Cinco de Mayo (0500). See page 2.

Game Day!
MCC Church
Thurs, May 12 Noon
Drop in! Play and win!
Tell a friend!



The Danish Girl
MCC Church
Thurs, May 19 Noon
120 Minutes
Drop in! Lili (Eddie Redmayne) and Gerda's (Alicia Vikander) marriage and work evolve as they navigate Lili's journey as a transgender woman.
Tell a friend!

Potluck
MCC Church
Thurs, May 26 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
Tue, May 24 12:30 p.m.
Event 0508
 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
The Danish Girl (2015)
The Village
Tue May 24 1 p.m.
120 Minutes
Drop in! Lili (Eddie Redmayne) and Gerda's (Alicia Vikander) marriage and work evolve as they navigate Lili's journey as a transgender woman. **Tell a friend!**

The City of West Hollywood
Senior Advisory Board presents



The 15th Annual
HEALTHY
Seniors
FAIR

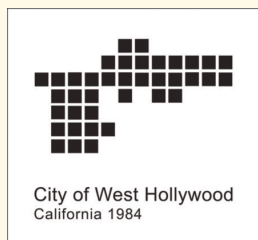
Wednesday, May 11, 2016

9:00am - 12:00pm

at the Community Center at Plummer Park
7377 Santa Monica Blvd.
West Hollywood

Sponsored by

Cedars-Sinai Medical Center
The City of West Hollywood
Jewish Family Service of Los Angeles
The Saban Community Clinic
SCAN Health Plan



City of West Hollywood
California 1984

*Celebrate May,
it's Senior Month!*

Free Health Screenings

Blood Glucose for Diabetes

Blood Pressure

Dental

Hearing

Podiatry

Pulmonary Lung Function

Stroke

Thyroid

Total Cholesterol

Complimentary Lunch

Please RSVP

and reserve your lunch

323/ 848-6820

(TTY for hearing impaired

323/848-6496)

healthy



West Hollywood

