

# 50+

OCT 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](mailto:seniors@lalgbtcenter.org)

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

## FALL INTO THE VILLAGE SPIRIT

October is upon us. It's so hard to believe we are coming into the holiday season and the final months of 2016. Where did it go? As always we offer a number of events throughout the holiday season and this month we will kick-off the holidays with our Halloween luncheon-party. Please come and join us for the festivities. Also, new activities in October! Check the monthly calendar for new events including Knitting and Acupressure at The Village on Saturdays.

I want to formally welcome new staff to Senior Services including our new Manager of Social Services & Housing, Valerie Richards, Activities Coordinator, Alexis Armijo, and our new Case Manager, Michael Kelly. We are excited to have them join us. If you are at The Village please feel free to search them out and introduce yourself. All the best.

**Tripp Mills, Deputy Director**

## STAFF

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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. Transportation is not provided, unless noted.

Our events are limited in the number of open spots or tickets. **You are confirmed for an event, unless you receive a call or e-mail notifying you of placement on a wait-list.** 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 and we have your e-mail address on file, you will receive a reminder 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 reminder calls and/or e-mails 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 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!

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

## IN MEMORIAM

Mary Jane Stearns

# EVERYONE



## Art Lab

The Village

Fridays 10 a.m.

Explore different avenues of artistic expression including canvas, sculpture, mixed media. **Will not meet Fri, Oct 7.**

**RSVP Required:**

**323-860-5830**

## Acting Out

The Village

Mondays and Fridays

Starting Oct 3 through Nov 11  
1-3 p.m.

**Event 1022**

New Stages and Senior Services present a six week acting workshop with Mark Salyer. Students of all levels and backgrounds are welcome. The class will work with monologues and scenes from theatre and film and will focus on bringing an LGBTQ perspective to the art of acting. This workshop is sponsored in part by the Grace Helen Spearman Foundation. **Will not meet Fri, Oct 7.**

**RSVP Required:**

**323-860-5830**

## Senior Transportation Expo

Tues, Oct 4 9:30 a.m.

**Event 1021**

Meet at The Village. Travel to Union Station to learn more about our Metro system and

what it has to offer seniors.

Bring your Tap Card! Must be able to walk long distances. If you make a RSVP and cannot make it, please call or send an e-mail to cancel.

**RSVP Required:**

**323-860-5830**

## LACMA

Meet at The Village

Tues, Oct 4 10 a.m.

**\$25, due 10/4**

**Event 1023**

Travel to LACMA by Metro. Or, meet us at the Box Office at 11:20 a.m. We'll split up into 3 groups for the Rain Room (11:30 a.m., noon & 12:15 p.m.). We'll tour Guillermo del Toro: At Home with Monsters together at 1 p.m. Bring your Tap Card! Must be able to walk long distances. Limited to thirteen (13). Please make checks payable to "Friends of the Center." Seniors Helping Seniors Fund (SHS) available.

**RSVP Required:**

**323-860-5830**

## Tech Support with Mom's Computer

The Village

Tues, Oct 4 & 18 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!**

## Go Metro

Wed, Oct 5 9 a.m.

**Event 1016**

Meet at The Village. Travel to the Aquarium of the Pacific in Long Beach for free Senior's Day. Bring your Tap Card! Must be able to walk long distances. If you make a RSVP and cannot make it, please call or send an e-mail to cancel.

**RSVP Required:**

**323-860-5830**

## Reading Opens Minds The Village

Mon, Oct 10 & 24 11 a.m.

**Event 1002**

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

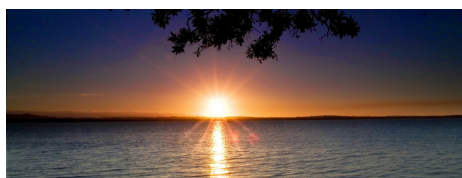
Mon, Oct 10 & 24 1 p.m.

**Event 1001**

In 1968, James Baldwin wrote: "It is because I know what Sister Margaret goes through, and what her male child is menaced by, that I become so unmanageable when people ask me to confirm their hope that there has been progress- WHAT A WORD- in white/black relations." Work-

ing in Outloud groups of twos, threes and fours, we will do a Table Reading of Baldwin's "The Amen Corner." Early on, Baldwin had fled the U.S. where he says "his queerness and his color" had become a terror. In "The Amen Corner," we have a startling rendition of the Harlem child-preacher's attempt to "shake up the world and change it."

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



## Finding Your True Self with Lois

The Village  
Wed, Oct 12 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!**

## Awesome Aging with Grandma Boom

The Village  
Fri, Oct 14 1 p.m.

**Event 1006**

See back cover.

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

## Putting All Your Ducks in a Row

The Village  
Sat, Oct 15 11 a.m.

**Event 1007**

Explore advance directives, Power of Attorney and the Five

Wishes document with Barbara Lane.

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

## Saturday Matinée

*The Lady in the Van (2015)*  
Renberg Theatre at The Village  
Sat, Oct 15 12:30 p.m.

**104 Minutes**  
**Event 1025**

Join Social Services & Housing Manager Valerie for the first of a new women-focused matinée series. All 50+ LGBT welcome! Adapted from writer Alan Bennett's bestselling memoir, he befriends the elderly Miss Shepherd (Maggie Smith), who's been living in his driveway for 15 years.

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



## Country Line Dancing with Matthew

The Village  
Tues, Oct 18 & 25 11 a.m.  
**Event 1011**

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**

## Lunch for Everyone

The Village  
Tues, Oct 18 12:30 p.m.  
**Event 1014**

**RSVP by Noon on 10/13**  
Join us for lunch at The Village. \$2 Suggested donation.

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



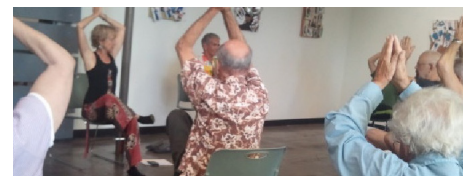
## Movie for Everyone

*A League of Their Own (1992)*  
The Village

Tues, Oct 18 2 p.m.  
**128 Minutes**  
**Event 1012**

Two small-town sisters join an all-female baseball league formed when World War II brings professional baseball to a standstill.

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



## Master Lakshmi Chair Yoga

The Village  
Wed, Oct 19 11 a.m.

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

**Drop in!**

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# WOMEN



## Silver Sensuality for Women

*Women Only*

**Mondays 11 a.m.**

**Event 1009**

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

**RSVP Required:**

**323-860-5830**

## Women's Chat

**The Village**

**Mondays Oct 10 & 24**

**1-2:30 p.m.**

**Drop in!**

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

**Tell a friend!**

## L50+ Dinner

**Mimi's Cafe**

**2925 Los Feliz Blvd.**

**Los Angeles, CA 90039 Sun,**

**Oct 30 6 p.m.**

**Event 1010**

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

**RSVP Required:**

**323-860-5830**

# MEN



The guys enjoyed lunch in the Gallery on Friday, September 9th. Join us for this month's Men's Dinner.

## 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 Movie

**54 (1998)**

**The Village**

**Wed, Oct 12 2:30 p.m.**

**93 minutes**

**Event 1015**

Recapture the glitzy élan of New York City's most famous 1970s nightclub. Lives intertwine in owner Steve Rubell's (Mike Myers) chic nightspot.

**RSVP Required:**

**323-860-5830**

## Men's Dinner

**Sizzler**

**400 S. Vermont Ave.**

**Los Angeles, CA 90005**

**Tues, Oct 25 6:30 p.m.**

**Event 1020**

Dinner with the guys! Sizzler's menu offers USDA choice tri tip steaks cut fresh daily, seafood (including fresh Salmon) and fresh ground beef burgers, complemented by Sizzler's famous 50+ item salad bar. SHS Fund available. Cash preferred.

**RSVP Required:**

**323-860-5830**

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## **Bingo!**

**The Village**

**Fri, Oct 21 1 p.m.**

**Event 1005**

Enjoy bingo!

**RSVP Required:**

**323-860-5830**

## **Acupressure for Chronic Pains**

**The Village**

**Sat, Oct 22 11 a.m.**

**Event 1018**

Learn the basics of Acupressure, an alternative medicine technique derived from acupuncture, to reduce chronic pain with California Licensed Acupuncturist Sang Hyun Lee.

**RSVP Required:**

**323-860-5830**

## **LGBT Veterans' Support Group**

**The Village**

**Tues, Oct 25 11 a.m.**

**Event 1003**

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

**RSVP Required:**

**323-860-5830**



## **This-A & That-A Screening**

***Compulsion (1959)***

**The Village**

**Wed, Oct 26 1 p.m.**

**103 Minutes**

**Event 1013**

Orson Welles stars as Clarence

Darrow in this fascinating character study based on Meyer Levin's bestseller about the notorious 1924 Leopold/Loeb murder case.

**RSVP Required:**

**323-860-5830**

## **Talk Amongst Yourselves 65+**

**The Village**

**Thurs, Oct 27 2 p.m.**

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

**Tell a friend!**

## **Intro to Knitting**

**The Village**

**Sat, Oct 29 1:30 p.m.**

**Event 1024**

Rosalind "Roz" Grushkin would love to introduce you to the world of knitting. It is an amazingly engaging hobby and remarkably easy to learn. I would describe myself as an "obsessive, gourmet knitter." The fibers of the yarns I have hoarded over the years and the tools I've collected will bring an especially sensual quality to

the process of learning this craft. I can't wait to share this passion with you. No experience required. Beginners welcome!

**RSVP Required:**

**323-860-5830**

## **Halloween**

**The Village**

**Mon, Oct 31 12:30 p.m.**

**Event 1031**

We'll serve lunch. Please bring your favorite fall-themed dessert to share with friends. Be ready to "Monster Mash." Prizes for Best Costume!

**RSVP Required:**

**323-860-5830**



## **Los Angeles LGBT Center Veteran Stand Down**

**The Village**

**Sat, Nov 5 10 a.m.-3 p.m.**

**Veterans drop in!**

Free benefit screening and services. **Tell a veteran!**

**SAVE THE DATE**  
**THANKSGIVING DINNER**  
**ROCKWELL TABLE & STAGE**  
**TUESDAY, NOVEMBER 22**

# HEALTH

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## **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, Oct 11 & 25 1 p.m. at The Village 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 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**





The Black & White Dance for LBT 50+ Women was a huge hit at Pickwick Banquet Center on Saturday, August 27th.

## VALLEY THURSDAYS IN NOHO

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.

### Coffee Chat

MCC Church

Thurs, Oct 6 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, Oct 13 Noon

**Drop in!** Play and win!

**Tell a friend!**

### Potluck

MCC Church

Thurs, Oct 20 Noon

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

**Tell a friend!**



### Young Frankenstein (1974)

MCC Church

Thurs, Oct 27 Noon

106 Minutes

**Drop in!** Frederick Frankenstein (Gene Wilder) detests his family history, but can't resist the temptation to follow in his infamous grandfather's footsteps.

**Tell a friend!**

## 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

Tues, Oct 11 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

*Young Frankenstein (1974)*

The Village

Tues, Oct 11 1 p.m.

106 Minutes

**Drop in!** A laugh riot from beginning to end, this classic parody from director Mel Brooks stars Gene Wilder as Frederick Frankenstein, who detests his family history but ultimately can't resist the temptation to follow in his infamous grandfather's footsteps. **Tell a friend!**



# Essential Keys for Awesome Aging with Grandma Boom

**Fri, Oct 14 1 p.m.**

**The Village**

**Event 1006 Free!**

Mark your calendar. Enjoy an enlightening experience that is a fun, inspirational, motivating evening connecting with Essential Keys for Awesome Aging. Janai Mestrovich (aka Grandma Boom) will share extraordinary transformational stories from her memoir, *THE GRANDMA BOOM CHRONICLES....More Alive at 65!*, (endorsed by Doris Day and Danny Lockwood, producer of award winning music videos for Katy Perry, Jennifer Lopez). An array of informative experiences and techniques, including a sound healing concert, will be shared as well as a communal creation designed to uplift those present.

Janai's entertaining style reaches into souls with a delightful array of sharing, interaction, and facilitation of energizing approaches to create an awesome aging attitude. Stir up some inspiration that will uplift, entertain, inspire and create a memory worthwhile.

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