

# 50+

FEB 2017



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."

## OUR LOVE IS HERE TO STAY! NO MATTER WHAT THEY SAY.

We all need love. We all deserve love. To love and be loved. Love is a human need...and right. Love knows every color, gender, age or identity—it has no boundaries.

By our very identities as LGBTQ men and women, we are in a unique position to define our love and defy those who would deny us our rights.

Love is a civil rights issue that affords us nothing more than equal rights. As we celebrate Black History Month, let us elevate these truths more so and remember our love is diverse.

Our fight to love freely continues — love expression for sexual orientation, gender, race, creed and all the other colors of the rainbow!

At Senior Services, our mission is to improve the lives of our LGBTQ older adults and to show the world our love is here to stay. Happy Valentine's to you all.

**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. Please provide the full name(s) of your guest(s), if applicable.

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 events requiring an RSVP.**

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!

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



# EVERYONE

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## **Veterans W.R.A.P.®**

**The Village**

**Thursdays 11 a.m.-Noon  
Event 0203**

The Wellness Recovery Action Plan® or W.R.A.P.®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. W.R.A.P.® participants create a personalized recovery system of wellness tools and action plans to achieve a self-directed wellness vision despite life's daily challenges. Questions, call Heather at 424-208-9179.

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

## **Mindfulness**

**The Village**

**Thursdays Noon-1 p.m.  
Event 0222**

Experience the peace, stillness and power of mindfulness meditation in a community setting. Each week will start with a brief introduction to the basics of mindfulness practice followed by a 20-30 minute sitting meditation. This will be followed by a short talk and discussion. No registration is necessary and all are welcome. Robert Lurye teaches mindful meditation classes at InsightLA.

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

## **Job Search with JVS**

**The Village**

**Thursdays 2-4 p.m.  
Event 0220**

Jewish Vocational Services will help you update your résumé and teach skills used to ace interviews!

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

## **Art Lab**

**The Village**

**Fridays 10 a.m.**

Explore avenues of artistic expression including canvas, sculpture & mixed media with our instructor, Carolyn.

**Tell a friend!**

## **Master Lakshmi Chair Yoga**

**The Village**

**Every Wednesday! 11 a.m.**

See back cover.

**Drop in!**

## **Tech Support with Mom's Computer**

**The Village**

**Tues, Feb 7 & 21 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.

**Tell a friend!**

## **Diversity of Love Dinner**

**The Village**

**Tue, Feb 7 6 p.m.**

**Event 0200**

Join us for dinner and en-

tertainment 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**

## **Brain Power**

**The Village**

**Wed, Feb 8 & 22 1 p.m.  
Event 0201**

The Classic film, SHIP OF FOOLS, received eight Oscar nominations. In conjunction with our continued OUTLOUD READINGS from the works of Katherine Anne Porter, on Wed, Feb 8th, we will screen this 1965 "Best Picture" production. Vivien Leigh, Simone Signoret and Jose Ferrer, are among the celebrated cast depicting Porter's curious community of voyagers. On Feb 22nd, Brain Power participants will present Roundtable Outloud Readings based on their own "reviews" of the film. Reflexions on Porter's depiction will be shared and evaluated. WELCOME ABOARD.

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

## **Finding Your True Self with Lois**

**The Village**

**Wed, Feb 8 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!**

## Healthy Aging by Keck School of Medicine

The Village

Fri, Feb 10 2-4 p.m.

Event 0207

Did you know having sex is not only fun, it will help you stay young? Learn ways to stay healthy as you age.

RSVP Required:

323-860-5830

## Reading Opens Minds

The Village

Mon, Feb 13 & 27 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

## Movie for Everyone

*Sully (2016)*

The Village

Tues, Feb 14 2 p.m.

96 Minutes

Event 0212

Illuminates Sullenberger's life and heroic achievement.

RSVP Required:

323-860-5830

## Broadway to Hollywood

*Cabin in the Sky (1943)*

The Village

Wed, Feb 15 1 p.m.

98 Minutes

Event 0213

Ethel Waters, Eddie "Rochester" Anderson, Lena Horne and a stellar cast in an all-black musical, with a score by Harold Arlen and E.Y. Harburg. The first film directed by Vincent Minnelli.

RSVP Required:

323-860-5830

## Talk Amongst Yourselves 65+

The Village

Thurs, Feb 16 2 p.m.

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

Tell a friend!

## Bingo!

The Village

Fri, Feb 17 1 p.m.

Event 0205

Enjoy bingo!

RSVP Required:

323-860-5830

## Country Line Dancing with Matthew

The Village

Tues, Feb 21 & 28 11 a.m.

Event 0211

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

## Movie for Everyone

*Dangerous (1935)*

The Village

Tues, Feb 28 2 p.m.

79 Minutes

Event 0214

Bette Davis portrays Joyce Heath, a boozy and broke former Broadway star who gets an opportunity to re-suscitate her career thanks to the efforts of well-to-do architect Don Bellows (Franchot Tone).

RSVP Required:

323-860-5830

## 2017 Social Security Updates/Online Services

The Village

Fri, Feb 24 11 a.m.-1 p.m.

Event 0215

Learn what is new in Social Security benefits, important changes and how to access them online.

RSVP Required:

323-860-5830

## LGBT Veterans' Support Group

The Village

Tues, Feb 28 10 a.m.

Event 0206

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

RSVP Required:

323-860-5830

## ON THE COVER

Josephine Baker,  
James Baldwin,  
Alice Walker,  
Darlene Garner,  
Bayard Rustin,  
Jackie "Moms" Mabley,  
Mandy Carter,  
Ma Rainey,  
Miss Major Griffin-Gracy,  
Robin Roberts,  
Alvin Ailey,  
Octavia Butler,  
RuPaul Charles,  
Sharon Farmer,  
Angela Davis,  
Marsha P. Johnson,  
Tracy Chapman,  
Wanda Sykes,  
Johnny Mathis,  
Billie Holiday,  
Lee Daniels,  
Langston Hughes,  
Jacqueline Woodson,  
Ruth Ellis,  
Nikki Giovanni,  
Bessie Smith,  
Gladys Bentley,  
Stormé DeLarverie

## MEN

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### 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

400 S. Vermont Ave.

Los Angeles, CA 90005

Tues, Feb 28 6:30 p.m.

Event 0218

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**

## WOMEN

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**Black History Month:** Jewel Thais-Williams opened Jewel's Catch One nightclub, a safe-haven for LA's black LGBT community, in 1973.

### Silver Sensuality for Women

*Women Only*

Mon, Feb 6 11 a.m.

Event 0209

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

**RSVP Required:**

**323-860-5830**

### L50+ Dinner

Kung Pao Bistro

7853 Santa Monica Blvd.

West Hollywood, CA 90046

Sun, Feb 19 6 p.m.

Event 0210

Please join us for a wonderful evening out with the gals! Look for Alice. In same lot with Whole Foods at SMB & Fairfax.

**RSVP Required:**

**323-860-5830**

### Women's Health Presentation and Q&A

The Village

Tue, Feb 21 4:30-6 p.m.

Event 0217

The Los Angeles LGBT Center's very own Nurse Practitioner will be speaking about Women's Health as they age and will answer your questions.

**RSVP Required:**

**323-860-5830**

“I am deliberate and afraid of nothing.”

- Audre Lorde





# Art Lab

**Art Lab with Instructor Carolyn Dunlavy  
Fridays 10 a.m. at The Village Free!**



**Art Lab Instructor  
Carolyn Dunlavy**

Art Lab is accepting new participants! Kick 2017 off with this fantastic creative outlet!

Explore avenues of artistic expression including canvas, sculpture & mixed media with our knowledgeable instructor, Carolyn.

No prior experience is necessary. Use our supplies or bring your own.

**Tell a friend!**



**LOS ANGELES LGBT CENTER**  
**SENIOR SERVICES**

# 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, Feb 7 & 21 1 p.m. at The Village Event 0221**

**Grieving a Year or More**

**Tues, Feb 14 & 28 1 p.m. at The Village 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. **If you are interested in participating in the group for those Grieving Less Than 1 Year, please contact Manager of Social Services & Housing Valerie Richards by calling 323-860-7307.**

## **ALZHEIMER'S and RELATED DEMENTIA LGBT CAREGIVER SUPPORT GROUP**

**2nd & 4th Thurs of Each Month Thurs, Feb 9 & 23 10:30 a.m.-Noon at The Village Event 0219**

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to develop a support system, exchange practical information, talk through challenges, share feelings and learn about community resources. **Before attending this meeting, please call Yael Wyte, MSW at 323-486-6632 to confirm meeting date and time.**

## **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., Los Angeles, CA 90028) on weekdays from 11 a.m.-7 p.m. or at **Center WeHo** (8745 Santa Monica Blvd., West Hollywood, CA 90069) Mon-Fri from 11 a.m.-2 p.m. and 4-7 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 said goodbye to Kubi on Friday, Jan 13th at The Village. Kubi attended more activities than any other participant. He will be missed.

## VALLEY THURSDAYS IN NOHO

### Coffee Chat

MCC Church

Thurs, Feb 2 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, Feb 9 Noon

**Drop in!** Play and win!

**Tell a friend!**



### Sully (2016)

MCC Church

Thurs, Feb 16 Noon

96 Minutes

**Drop in!** Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on

the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement.

**Tell a friend!**

### Potluck

MCC Church

Thurs, Feb 23 Noon

**Drop in!** We'll provide the main dish, please bring a side to share. **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

Mon, Feb 27 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**



### Movie for Those Living with HIV

*Deadpool (2016)*

The Village

Mon, Feb 27 1 p.m.

108 Minutes

**Drop in!** Prone to ruthless violence, ex-mercenary Wade Wilson acquires superhuman healing powers in the wake of a failed research experiment that also leaves him disfigured. Taking on the alter ego Deadpool, he's determined to hunt down the man responsible. **Tell a friend!**



# Get Fit Where You Sit

## Chair Yoga with Lakshmi Voelker Wednesdays 11 a.m. at The Village Free!



**Lakshmi  
Voelker,  
Chair Yoga  
Instructor**

Challenge your body and brain with ancient Eastern techniques to improve your memory, balance the body along with the brain hemispheres. Gain strength, peace of mind, confidence and higher self-esteem! Practice various breathing techniques and Hand Mudras along with Kirtan Kriya - SaTaNaMa meditation, and the Brain Dance while sitting on a chair or two!

Do Yoga adapted to the chair with various levels of flexibility—no matter your health situation, you can do this yoga. Come one, come all!

Leave stress and anxiety behind.

**Tell a friend!**



**LOS ANGELES LGBT CENTER**  
**SENIOR SERVICES**



# GO METRO

Sat, Feb 4 11 a.m.

**Event 0223**

Meet at The Village. Travel to the 118th Annual Golden Dragon parade. Admission is free. 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. Visit [chinatownla.com](http://chinatownla.com) for more info.

**RSVP Required:**

**323-860-5830**

# JOIN BRAIN POWER

The Village

Wed, Feb 8 & 22 1 p.m.

**Event 0201**

Jump into Brain Power with the classic film, SHIP OF FOOLS, which will be viewed on Wednesday, Feb 8th in conjunction with the Brain Power Project.

**RSVP Required:**

**323-860-5830**

# HOLLYWOOD MUSEUM

Fri, Feb 10 10:30 a.m.

**Event 0224 \$10**

Meet at the northeast corner of Hollywood and Highland to see a part of our history. Then continue on to the Hollywood Museum.

Wow! It is Valentine's Day! Get ready for "makeup" time! It is never too late to learn to be beautiful!

Come with us to visit the glamor of our younger years with a grand tour of our neighborhood "Max Factor Building." Let's have a look at the epicenter of beauty and elegance in the golden years of the world of cinema.

**RSVP Required:**

**323-860-5830**



**LOS ANGELES LGBT CENTER**

**SENIOR SERVICES**