

50+

JULY



**Free &
Low-Cost Events
for People Ages
50 & over**



LOS ANGELES LGBT CENTER

SENIOR SERVICES

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
SENIOR SERVICES

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@lgbtcenter.org

lgbtcenter.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@lgbtcenter.org requesting to "Go Green."

INTRODUCTION

Parking Info Line- 323-860-7397

I feel so pleased to be a part of the Senior Services program as the new director. It has been wonderful to meet so many of the 3,700 and growing seniors we serve annually and hear about the activities, events and case management services which have impacted so many. I have appreciated learning about so many of your lives, the barriers you face and continue to face, as well as the strength and resilience which has carried you forward.

Congratulations to our amazing volunteers, Lee Marquardt, Frank Galassi, and Frances Glenn who were given Senior Service Awards by LACCOA in June. Dr. Frank Galassi was given a second award this month by the West Hollywood Senior Advisory Board as their Senior of the Month Awardee. We are so pleased to have so many volunteers dedicated to our program and the seniors we serve in so many different ways.

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Director

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We will be utilizing our Facebook page more than ever. Stay up to date by "Liking" our Facebook Page at: [Facebook.com/50pluslgbt](https://www.facebook.com/50pluslgbt)

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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.**

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. For sign language accommodations, please notify us at least 7-10 days in advance.

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! 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.

**PARKING INFO LINE:
323-860-7397**

BIRTHDAYS!

Allan	Guillermo	Mike
Angela	Hanna	Myra
Ann	Harold	Nancy
Anne	Harry	Neal
Antoinette	Hector	Neil
Arthur	Herbert	Oscar
Barbara	Hermie	Pamela
Barry	In-Sang	Pat
Beau	Henry	Patricia
Beto	Ira	Paul
Bill	Jack	Paula
Blaine	James	Peggy
Bob	Jan	Penny
Brownie	Janet	Phyllis
Bryan	Jeri	Raj
Bryan B.	Jerry	Ralph
Cal	Jesse	Randy
Calvin	Jill	Ray
Cesar	Jim	Rene
Charles	Jimmie	Rhonda
Chuck	Joan	Richard
Cliff	John	Rick
Dale	John Paul	Rico
Danny	Joni	Robert
Darlene	Jorge	Ron
Daryl	Joseph	Rudi
Dave	Karen	Sarah
David	Keith	Shai
Dean	Kenny	Sheryl
Deborah	Kevin	Sigrid
Derrick	Keinya	Sloane
Diane	Lalo	Steve
Domenic	Larry	Steven
Don	Laury	Susanna
Donald	Leonardo	Tanya
Donna	Lili	Tara
Earl	Linda	Ted
Edward	Lisa	Terrell
Emilie	Loretta	Tim
Erma	Lori	Tom
Eugenia	Malcolm	Toni
Frank J	Manuel	Tony
Fred	Mara	Ty
Frida	Marcia	Valerie
Gabor	Margaret	Vernon
Galen	Margie	Veronica
Gary	Marilyn	Victor
George	Mark	Vince
Gigi	Mary	Vivian
Gilbert	Maurice	Warren
Glen	Max	William
Gloria	Michael	Yuriy
Greg	Michele	3

EVERYONE

Chi Gong & Tai Chi

The Village

Every Monday! 11 a.m.

Event 0720

Learn the basic movements and meditations of Chi Gong and Tai Chi! The exercises are easy to do and have a wide range of benefits for body, mind and spirit.

RSVP Required.

Chair Yoga

Master Lakshmi

The Village

Every Wednesday! 11 a.m.

Challenge your body and brain with ancient Eastern techniques to improve your memory and health. **Drop in!**

Art Lab

The Village

Every Friday! 10:30 a.m.

Explore avenues of artistic expressions with Carolyn.

Drop In!



Tech Support with Mom's Computer

The Village

Mon, July 3 2:30 p.m.

Tue, July 18 2:30 p.m.

Computers, phones, tablets and all things technology! Bring your Device and Questions. No broken devices, please. **Drop in!**

Go Metro

California Science Center

Exposition Park Dr,

Los Angeles, CA 90037

Tues, July 4 11 a.m.

Event 0714

Meet Mimi at The Village at **11 a.m.** where we will travel to Exposition Park by Red Line/Expo Line. Meet in front of The Science Center at **Noon.**

L.A. Memorial Coliseum

3911 S. Figueroa

Los Angeles, Ca 90037

July 4 3:30 p.m.

At **3:30 p.m.** We head to L.A Memorial Colliseum for a concert and festival that concludes with a 45 minute fireworks show that evening. **RSVP Required.**

Brain Power

The Village

Wed, July 5 & 19 1 p.m.

Event 0701

Call her A WOMAN OF INDEPENDENCE: Dr. Mary Edwards Walker (1832-1919), was a Civil War field surgeon, passionate believer in the rights of women, champion of "freedom of dress," prisoner in a Confederate jail, and the only woman to receive the Medal of Honor for military service. **RSVP Required.**

Opera Screening

TOSCA (2011)

The Village

Fri, July 7 11 a.m.

Event 0726

131 Minutes



Puccini's melodrama about a volatile diva, a sadistic police chief, and an idealistic artist has offended and thrilled audiences for more than a century. Critics, for their part, have often had problems with Tosca's rather grungy subject matter, the directness and intensity of its score, and the crowd-pleasing dramatic opportunities it provides for its lead roles. But these same aspects have also made Tosca one of a handful of iconic works that seem to represent opera in the public imagination. **RSVP Required.**

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

**FREE BALLROOM
DANCE CLASS!**

The Village
Sat, July 8 1 p.m.
Event 0730



Learn the Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! No rubber soled shoes, please. Bringing a partner isn't necessary. Have more FUN at our dance events. WALK IN --- DANCE OUT !

RSVP required.



Bowling at Pickwick

921 W Riverside Dr,
Burbank, CA 91506

Mon, July 10
10:30 a.m.-12:30 p.m.

Event 0726

Join us for Bowling Fun! Lane Rental & Shoe Rental is \$4.75 for both!. SHS available. **RSVP Required.**

Finding Your True Self with Lois

The Village
Tues, July 11 1p.m.
Event 0732

Explore and find your true self with Lois and learn life practices to better understand and take care of yourself. Open to everyone. **RSVP Required.**

HICAP

The Village

Tue, July 11 & 25 10 a.m.

There's a lot to know about Medicare and now there's help to make sense of it all. Meet the HICAP Volunteer Counselor: Michael Laco. HICAP is funded, in part, by the Los Angeles City and County Area Agencies on Aging, through the Older Californians Act.

**RSVP with Michael Kelly
323-860-7329**

Movie for Everyone

It Happened one Night
(1943) 105 minutes

The Village

Tue, July 11 11 a.m.

Event 0712

In Frank Capra's acclaimed romantic comedy, spoiled heiress Ellie Andrews (**Claudette Colbert**) impetuously marries the scheming King Westley, leading her tycoon father (**Walter Connolly**) to spirit her away on his yacht. After jumping ship, Ellie falls in with cynical newspaper reporter Peter Warne (**Clark Gable**), who offers to help her reunite with her new husband in exchange for an exclusive story. **RSVP Required.**

Financial Chat

The Village

Wed, July 12 1 p.m.

Event 0722

Tue, July 18 11 a.m.

Event 0723

Join Carolyn Dunlavy on topics that include income and social security, credit and debt management, investments, owning vs renting, etc. **RSVP required.**

Bette Davis for

Everyone

Jezebel 1938 104 Minutes

The Village

Fri, July 14 11 a.m.

Event 0717

In one of her most renowned roles, **Bette Davis** portrays Julie Marsden, a spoiled Southern belle who risks losing her suitor with her impetuous behavior. **RSVP Required.**

Living Trust Seminar

The Village

Sat, July 15 10:30 a.m.

Event 0728

The Law Offices of C.R. Abrams, P.C. serves individuals and their families in every aspect of estate planning, probate, estate and trust administration, resolution of trust & more. **RSVP Required.**

RSVP/Message Line: 323-860-5830
seniors@lalgbtcenter.org

Joe Levy's "Broadway to Hollywood"



***Born Yesterday* (1950)**

The Village 103 Minutes

Mon, July 17 1 p.m.

Event 0713

Boorish business tycoon Harry Brock (**Broderick Crawford**) fears that ditsy fiancée Billie Dawn (**Judy Holliday**) will prove an embarrassment in the presence of politicians he wants to influence, so he hires a reporter (**William Holden**) to tutor the ostensibly brainless blonde in the political and social graces. **RSVP Required**

Country Line Dancing with Matthew

The Village

Tue, July 18 & 25 11 a.m.

Event 0711

Wanna feel like Garth with a little Chorus Line? You don't need a partner, easy steps, great movement practice, beginners welcome. Please wear comfortable shoes, boots not required. **RSVP Required.**



Mimi Schneider with Director of Senior Services, Kiera Pollock and Deputy Director, Tripp Mills.

My life is Poetry: Writing Workshop

The Village

Thurs, July 20 & 27

10:30 a.m. Event 0725

Sometimes one's entire life story can be told in a poem. For this autobiographical poetry workshop, all you need to bring is a pen and a willingness to try. In the workshop we will make poems out of our memories, into art. This long-running program is taught by Steven Reigns, WEHO's first Poet Laureate. Attendance at first two classes is strongly preferred. **RSVP Required.**

Kidney Smart

The Village

Tue, July 25 1 p.m.

Event 0731

Kidney Smart will help those with CKD, Diabetic and high blood pressure understand how to take control, make a plan and stay the course. **RSVP Required.**

Bingo!

The Village

Fri, July 21 1:00 p.m.

Event 0705

Play and win prizes!

RSVP Required.

LGBT Veterans' Support Group

The Village

Tue, July 25 1 p.m.

Event 0706

New time! 1 p.m. We served our country now let's support each other in this once-a-month social gathering in a safe space.

RSVP Required.

Larry's Computer Class

The Village

Wed, July 26 1:30 p.m.

Larry will be back once a month to teach us the latest in Technology. **Drop in!**

**Have an idea for a
class? Let us know at
Seniors@lalgbtcenter.
org**

MEN

Men's Drop-In Support Group

The Village

Wednesdays 10 a.m. Come meet new friends. Share your stories & experiences with men each week! **Drop in!**

Men's Hike Griffith Park

Thursdays 9:30 a.m.

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 public transit. Bring water, a snack & comfortable shoes. This group is co-ed every third Thursday. **Drop in!**

Men's Movie

Oceans 11 (1960) 127 Min

The Village

Wed, July 5 1 p.m.

Event 0721

Danny Ocean gathers a group of his World War II compatriots to pull off the ultimate Las Vegas heist.

RSVP Required.

Men's Dinner

Kung Pao Bistro

7853 Santa Monica Blvd

Los Angeles, CA 90046

Wed, July 26 6:30 p.m.

Event 0716

(Cross street is N. Fairfax Ave. Whole Foods Parking Lot) Dinner with the guys!

SHS Fund available.

RSVP Required.

In Loving Memory

It is with great sorrow we say goodbye to Kim Burleson, our Golden voice at Bingo. Kim has been a Volunteer for the Center since 2014. He is deeply missed.

WOMEN

Silver Sensuality for Women with She-Ah

Women Only

The Village

Mon, July 3 11 a.m.

Event 0709

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

RSVP Required.

Our Senior Volunteer Participant, Fran Glenn at The Resist March on June 11



L50+ Dinner

El Caserio-Silverlake

401 Silverlake Blvd

at London Street.

Los Angeles, CA 90026

Sun, July 16 6 p.m.

Event 0710

Yummy South American & Italian Cuisine. Look for Al-ice. Parking: Street/Valet.

RSVP Required.

Women's Movie

The Joy Luck Club (1993)

The Village

Fri, July 28 Noon

139 Minutes

Event 0715

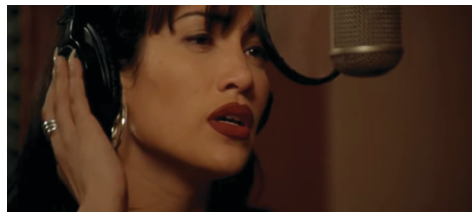
In San Francisco, a group of aging Chinese women (Kieu Chinh, Tsai Chin, France Nuyen, Lisa Lu) meet regularly to trade familial stories while playing Mahjong. In a series of sixteen vignettes that spans generations and continents, this adaptation of Amy Tan's bestselling novel explores cultural conflict and the often-turbulent relationships between four first-generation Chinese-American women (Ming-Na Wen, Tamlyn Tomita, Lauren Tom, Rosalind Chao) and their mothers. **RSVP Required.**

MI CENTRO - BOYLE HEIGHTS

To better serve the LGBT community who live on the eastside of Los Angeles, the Los Angeles LGBT Center has partnered with the Latino Equality Alliance (LEA) to open its first facility on the eastside of Los Angeles. Mi Centro, just east of the Los Angeles River in Boyle Heights.

Mi Centro is located at 553 S Clarence St, Los Angeles, CA 90033. Street Parking is available between the 4th and 6th Street Bridges, just a 15-minute walk from the Mariachi Plaza and Pico/Aliso Gold Line stations and one block from Metro bus lines at 4th and Boyle Streets.

Movie for Two at 2
Selena (1997)
Thurs, July 6 2 p.m.
87 Minutes



In this biographical drama, Selena Quintanilla (**Jennifer Lopez**) is born into a musical Mexican-American family in Texas. Stardom awaits her until her tragic death. **RSVP Required.**

Mi Centro Open House
Thurs, July 20 10 a.m.-1p.m.
Come by and get a tour of Mi Centro.

VALLEY THURSDAYS IN NOHO

Game Day meets Life Connections 21 & over
MCC Church
Thurs, July 6 Noon

Up for a game of Uno, Checkers or Scrabble? The Centers Volunteers will drop by to play some games. **Drop in!**

MCC Church
Thurs, July 13 Noon

Do Yoga adapted to the chair with various levels of flexibility. Leave stress and anxiety behind while you learn easy techniques from Yoga. **Drop in!**

Valley Thursdays in NoHo meets at the MCC Church located at 5730 Cahuenga Blvd., North Hollywood, 91601 (unless otherwise noted in this newsletter.)
Questions? 323-860-5830

Movie
Mermaids (1990) 110 Min
MCC Church
Thurs, July 20 Noon
Fifteen-year-old Charlotte Flax (**Winona Ryder**) is tired of her wacky mom (**Cher**) moving their family to a different town any time she feels like it. The family must learn to accept each other for who they truly are. **Drop In!**

Pot Luck
MCC Church
Thurs, July 27 Noon
We'll provide the main dish, please bring a side dish to share. No one will be turned away if unable to bring a dish. **Drop In!**

HIV+

HIV + Men's Support Group
The Village
Thursdays 1 p.m.

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



Think Better, Live Happy
The Village
Tue, July 11 1:00pm
Event 0733

POSITIVE MINDS - POSITIVE VIBES - POSITIVE LIFE. The art of paying attention. Thoughts become reality. Bilingual instructor. **RSVP Required.**

Lunch for those living with HIV

The Village
Mon, July 31 12:30 p.m.
Event 0708

We'll provide lunch (\$2 donation requested). Share your stories of living, surviving & thriving. **RSVP Required.**

Movie for Those Living with HIV

Mermaids (1990) 110 Minutes
The Village
Mon, July 31 1 p.m.

Fifteen-year-old Charlotte Flax (**Winona Ryder**) is tired of her wacky mom (**Cher**) moving their family to a different town any time she feels like it. The family must learn to accept each other for who they truly are. **RSVP Required.**

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!

HOUSING SUPPORTIVE NETWORK

Every 2nd Thursday, 11 a.m. at The Village

Assistances looking for housing and housing information. Lead by our Senior Services case management staff Julia Wallace- Section 8, and information on housing specific to LGBT Seniors. **Drop in!**

LGBT BEREAVEMENT- Partnership with Tranquil Care Hospice

Every Tuesday except July 4 1 p.m. at The Village Event 0704

If you are experiencing pain from the loss of a loved one from a person, pet, etc, please call Kiera Pollock to join the group. For new participants please contact by calling 323-860-5827.

ALZHEIMER'S and RELATED DEMENTIA LGBT CAREGIVER SUPPORT GROUP

2nd & 4th Thurs of Each Month Thurs, July 13 & 27 10:30 a.m.-Noon at The Village Event 0724

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**

Policy Talk with Tanya Witt

Greetings from Mi Centro -

Part of my job within the Center's policy team is to work closely with senior services on issues that affect older adults in the LGBT community. Each month, I'll use a section of the newsletter to update you on policy-related matters. I will also be hosting an action event once a month, so you can get involved with our newly formed Senior Mobilization Squad and keep the older adult population well represented! Our first action will be held at Triangle Square. See the information below and be sure to RSVP! I'll see you soon.
Tanya Witt

Senior Mobilization Squad Meeting:

Monday July 10th at 5pm

Triangle Square Community Room: 1602 Ivar Ave, Los Angeles, CA

Join me for dinner and a discussion of why the proposed budget will negatively affect LGBT seniors. After we will complete a Senior Mobilization Squad action; writing postcards to our representatives telling them to fight the proposed budget. Everyone is welcome!
Please RSVP by calling Tanya at 323-860-5828.

The 2018 Budget Proposal:

Over the next decade this budget calls for slashing more than \$800 billion from Medicaid. It will also slice \$192 billion from nutritional assistance and \$272 billion from other welfare programs. The plan would cut more than \$72 billion from the disability benefits upon which millions of Americans rely, stripping away critical protections and slashing vital programs that ensure basic living standards for the 1 in 5 Americans with disabilities.

American Health Care Act:

If the American Health Care Act proposed by the House of Representatives becomes law, older adults could end up paying up to 5 times more than younger generations for their health insurance. In addition, older adults who are close to or below the poverty line will lose public-coverage guarantees. They will be forced to choose between paying up to half of their yearly income for coverage or going without coverage.

SB-219:

On May 16th, I traveled with other members of the Center's policy team to Sacramento to lobby for the passing of this bill, which is an LGBT Long Term Care Facility Bill of Rights. The bill continues to move through the Assembly and is awaiting referral to a committee there.

LIFE CONNECTIONS Pageant of the Masters

The Village
1125 N. McCadden Pl
Los Angeles, Ca 90038
Tues, July 11 11 a.m. - 12:30 p.m.
Event 0729

Join The Center Volunteers for a convo about life from past to present. Feel free to bring Pictures you would like to share!

RSVP Required. 323-860-5830

Pageant of the Masters
Tues, Aug 1 1 p.m.-Midnight
Event 0800
Free admission - \$10 suggested donation

Bus departs at 1 p.m. We'll head to the amphitheater at 8:30 p.m. Transportation is provided! Food not included. Bring a warm jacket. **Deadline to RSVP is Friday, July 21 1 p.m..**

The deadline to pick up tickets at The Village is Wed, July 26 at 3p.m.

Reading device for the hearing impaired available upon request. ADA accommodations will be made.

RSVP. Required. 323-860-5830

Parking Update

The Parking lot #3, across from The Village, is permanently closed and is now turned over to the Construction Company. No parking will be available at any of our other properties or lots in the close proximity.

Please plan accordingly or consider using Public Transportation, Carpooling or ride share apps like Lyft and Uber. Metered & Street Parking are limited so please give yourself enough time to find Parking. **Be mindful of any posted signs such as: Permit Only, Street Sweeper Days and 2 hour parking limits.**

Any new updates to parking will be regularly posted on this line:

Parking Info Line: 323-860-7397

We are doing everything we can to accommodate our activities and groups at the Village.



LOS ANGELES LGBT CENTER
SENIOR SERVICES