

**50+**

**MAR 2017**

# THE FUTURE IS FEMALE

**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**  
**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@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."

## A CIVIL RIGHTS LEADER FOR ALL...

Born in Yuma, Arizona on March 31, 1927, César Chávez was the son of migrant farm workers. He dropped out of school in the 8th grade to support his family as a farmer.

After serving in the Navy, César returned to farming and became a grass roots organizer of a Latino Civil Rights group. He formed the National Farm Workers Association, now known as the United Farm Workers of America.

He believed in non-violent tactics to foster union negotiations and led the UFWA to one of the most influential boycotts in U.S. history, the boycott of all California table grapes. He took the fight from the fields to the cities which led to a collective bargaining agreement for farm workers. He is largely responsible for instilling the rights to organize for social justice in the U.S. He died in 1993 and in 1994 was posthumously awarded the Presidential Medal of Freedom by President Bill Clinton. As members of the LGBTQ community, we celebrate his legacy to this day.

**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!

Roberto	John	Roz
Albert	Leonard N	Bill
Richard O	Wade	Felipe
Anita	Joe	Thomas
Joseph	Pascal	Patrick
Ron	Peter	Michael L.
Dale	E. Fernando	Jack
Tony	Roberto R.	Perry
Gregory	Ariane	Guadalupe
Larry	Erik	Raymond
Kimball	Dwayne	Lynn
Ilian	Randy	Marian
Michael	Harry	Sheila
Hank	Keith	Craig
Abby	Ryan	Brian
Ennio	Lamar	Marsha
Sabell	Paul	Elisabeth
Pieter	Zane	Tracy
Louise	Pat	Nilda
Lyle	Lawrence	Marcia
Murray	Jeffery L.	Phyllis
Malcolm	Beverly	Nathaniel
Norine	Gabriel	Amy
Gary	Karen	Penelope
Robert	Deanie	Chris
Ellen	Debra	Frank
Rand	Tom	Peter
Stephen	Alice	Carol
Bert	Daniel	Jan
James A.	Rudy	Edward
Juan	Chuck	Howard
Rose	Carol	Alexandra
David	Katherine	Patrick
Ted	Michelle	Sunle
Victoria	Tricia	Ricky
Richard	Bari	Patrick
Timothy	Nora	Ben
Suzanne	Herbert	Patrick
Mark	Gregory H	Russ
Judy	Barnett	Humberto
Karen	Kevin	Warren
Rosa	Maria	Steve
Dennis	Mario	Damien
Doris	William	Nancy
Bryan	Kathleen	Vikki
Carl	Michaela	Ruben
Hilda	Arthur	Linda
Joel	Anthony	Mary
Alex	Henry	Wendy
Barry	Barbara	Bette
Steven	Steve Alden	June
Pam	Dora	Benjamin
Simone	Carolyn	Dottie

# EVERYONE

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## Master Lakshmi Chair Yoga

The Village

Every Wednesday! 11 a.m.

Challenge your body and brain with ancient Eastern techniques to improve your memory and balance the body along with the brain hemispheres. Gain strength, peace of mind, confidence and higher self-esteem!

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.  
**Drop in!**

## 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!**

## Quilting With Walter

The Village

Sat, Mar 4 & 18 11 a.m.

Event 0300

Learn quilting basics. Must be able to sew. **RSVP required.**

## Reading Opens Minds

The Village

Mon, Mar 6 & 20 11 a.m.

Event 0302

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.**

## Tech Support with Mom's Computer

The Village

Tues, Mar 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, smart-phones, digital books. **Please**

**Note:** Cannot fix broken devices. **Tell a friend!**

## Brain Power

The Village

Wed, Mar 8 & 22 1 p.m.

Event 0301

The acclaimed Vivien Leigh played the complex Mrs. Treadwell in the film version of Katherine Anne Porter's *SHIP OF FOOLS*; she also played Blanche Du Bois in the film of Tennessee Williams' *A STREETCAR NAMED DESIRE*. We will explore these two women in our *OUTLOUD READINGS AT THE PODIUM*. These two characters have much in common. Could Mrs. Treadwell have uttered the same words as Blanche Du Bois: "I was played out. You know what played out is? My youth was suddenly gone up the water-spout, and...I met you. You said you needed somebody. Well, I needed somebody, too." Come meet these provocative players. **RSVP required.**

## Bingo!

The Village

Fri, Mar 10 1 p.m.

Event 0305

Enjoy bingo!

**RSVP required.**

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

The Village

Sat, Mar 11 1 p.m.

Event 0318

Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! No rubber soles please. Partner not necessary. **RSVP required.**

## Lunch for Everyone

The Village

Tues, Mar 14 12:30 p.m.

Event 0314

RSVP by Noon on 03/03

Join us for lunch. \$5 Suggested donation. **RSVP required.**

## Financial Chat

The Village

Tues, Mar 14 1 p.m.

Event 0321

Tues, Mar 21 1 p.m.

Event 0322

Join Carolyn Dunlawy for this continuing informal, open forum group where you can ask questions about any financial topic that concerns you. Topics include income and social security, credit and debt management, investments, owning vs renting, etc. **RSVP required.**

## Movie for Everyone

*Arrival (2016)*

The Village

Tues, Mar 14 2 p.m.

116 Minutes

Event 0312

Confronted by a mass landing of alien vessels around the globe, military leaders seek the help of brilliant linguist.

**RSVP required.**

## Finding Your True Self with Lois

The Village

Wed, Mar 15 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!**

## Talk Amongst Yourselves 65+

The Village

Thurs, Mar 16 2 p.m.

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

## Broadway to Hollywood

*His Girl Friday (1940)*

The Village

Wed, Mar 22 1 p.m.

92 Minutes  
Event 0313

Cary Grant and Rosalind Russell star as fast-talking reporters in this classic screwball comedy. **RSVP required.**

## Healthy Aging by Keck School of Medicine

Thurs, Mar 23 1 p.m.

Event 0307

Learn ways to stay healthy as you age. **RSVP required.**

## Life Connections 21+ Meets 50+

The Village

Fri, Mar 24 1 p.m.

Event 0303

Meet and share with the Center's young adults. **RSVP required.**

## Bette Davis for Everyone

*In This Our Life (1942)*

The Village

Tues, Mar 28 2 p.m.

## 97 Minutes Event 0317

A week before her wedding, Stanley Timberlake (Bette Davis) seduces her sister's husband. **RSVP required.**

## Opera Screening

*Der Rosenkavalier*

The Village

Fri, Mar 24 11 a.m.

197 Minutes  
Event 0315

Strauss' dazzling opera is set in 1740's Vienna and produced by Oscar-®-winning film director John Schlesinger (*Midnight Cowboy*) for The Royal Opera House. **RSVP required.**

## LGBT Veterans' Support Group

The Village

Tues, Mar 28 10 a.m.

Event 0306

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

## Country Line Dancing with Matthew

The Village

Tues, 28 11 a.m.

Event 0311

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.**

## Japanese American National Museum

Senior Admission \$6

Meet at Philippe's

1001 Alameda St.

Los Angeles, CA 90012

Wed, Mar 29 11:30 a.m.

Event 0319

Were there concentration camps here in California? We say, "Never again!" Do we mean it? Our senior explorers saw that words kill by attending the Central Library's *State of Deception: The Power Of Nazi Propaganda* exhibit last year. We then saw the far-reaching implications of racism through the California African American Museum's *Nazi Olympics* exhibit last month. We'll conclude our series with the Japanese American National Museum's *Only the Oaks Remain: The Story of Tuna Canyon Detention Station* exhibit. Experience a dark part of our country's history. Meet at Philippe's. We'll eat a leisurely lunch together to build community and then continue on to the museum (100 N. Central Ave., Los Angeles, CA 90012) at/around 1 p.m. Must be able to walk long distances. SHS Fund available. **RSVP required.**

## Go Metro

Fri, Mar 31 11 a.m.

Event 0316

Meet at The Village. Travel to the Getty Center. General 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. **RSVP required.**

**RSVP/Message Line: 323-860-5830**

**seniors@lalgbtcenter.org**

## 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

Claim Jumper

3500 W. Olive Ave., Suite105  
Burbank, CA 91505

Tues, Mar 28 6:30 p.m.

Event 0320

Dinner with the guys!  
SHS Fund available. Cash preferred. Free parking under building!

**RSVP Required:**

**323-860-5830**

## WOMEN



We saw Lily Tomlin's Kennedy Center Award, on display at the Hollywood Museum (1660 Highland Ave.), on Fri, Feb 10.

### Silver Sensuality for Women with She-Ah

*Women Only*

Mon, Mar 6 11 a.m.

Event 0309

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

**RSVP Required:**

**323-860-5830**

### International Women's Day Lunch

The Village

Wed, Mar 8 Noon

Event 0324

The Future is Female!  
Join other LGBTQ women for International Women's Day Lunch. \$5 suggested donation.

**RSVP Required:**

**323-860-5830**

### L50+ Dinner

Claim Jumper

3500 W. Olive Ave., Suite105  
Burbank, CA 91505

Sun, Mar 19 6 p.m.

Event 0310

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

**RSVP Required:**

**323-860-5830**

### LBTQ Women's 360 Health & Empowerment Fair

The Village

Sat, Apr 29 9 a.m.-5 p.m.

Join us for an empowering day with LBTQ Women to take action and protect our body, mind and politics in challenging times.

**Register for this free event at Eventbrite.com. Tell a friend!**



**LOS ANGELES LGBT CENTER**

YOU SERVED OUR COUNTRY, NOW LET US SERVE YOU

# VETERAN STAND DOWN

Serving all veterans **over the age of 50** including our LGBT veteran community. Access your benefits and resources.

**SATURDAY,  
APRIL 8**

10 a.m. — 3 p.m.

Lunch provided.

**Free services:**

VA enrollment, CalVets benefits, VA benefits, education, housing, legal advice, VBA benefits, employment, medical and mental health, DPSS, PAWSLA, PATHLA, LGBT 50+ Senior Services, Meals on Wheels WLA, social services, Volunteers of America, support groups, Angel Food L.A., IHSS for veterans, Battle Buddies, VASH, plus many giveaways

**Los Angeles LGBT Center**

The Village at Ed Gould Plaza  
1125 N. McCadden Pl.

**For more information and to RSVP:**

**[seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)**

**323-860-5830**

**Event 0400**

**VA**



U.S. Department  
of Veterans Affairs



# 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: An Introduction to Group**

**Tues, Mar 7 & 21 1 p.m. at The Village Event 0325**

**Grieving**

**Tues, Mar 14 & 28 1 p.m. at The Village Event 0304**

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. **If you are interested in participating please contact Manager of Social Services & Housing Valerie Richards by calling 323-860-7307. Those new to bereavement will attend Grieving: An Introduction to Group first.**

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

**2nd & 4th Thurs of Each Month Thurs, Mar 9 & 23 10:30 a.m.-Noon at The Village Event 0323**

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**





David performs a spoken-word version of The Beatles' *All We Need is Love* at the Diversity of Love Dinner at The Village on Tue, Feb 7.

## VALLEY THURSDAYS IN NOHO

### Coffee Chat

MCC Church

Thurs, Mar 2 Noon

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

**Tell a friend!**

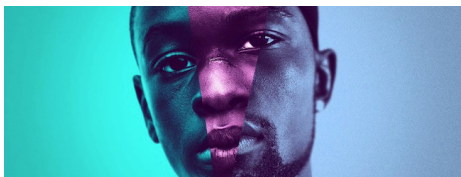
### Game Day

MCC Church

Thurs, Mar 9 Noon

**Drop in!** Play and win!

**Tell a friend!**



### Moonlight (2016)

MCC Church

Thurs, Mar 16 Noon

110 Minutes

**Drop in!** Growing up in the drug-soaked world of 1980s Miami, young Chiron struggles to make his way through a helter-skelter

adolescence while also grappling with confusion and anxiety about his emerging sexuality. **Tell a friend!**

### Potluck

MCC Church

Thurs, Mar 23 Noon

**Drop in!** We'll provide the ham, please bring a side to share. **Tell a friend!**

### Chair Yoga

MCC Church

Thurs, Mar 30 Noon

**Drop in!** Do Yoga adapted to the chair with various levels of flexibility. Leave stress and anxiety behind. **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

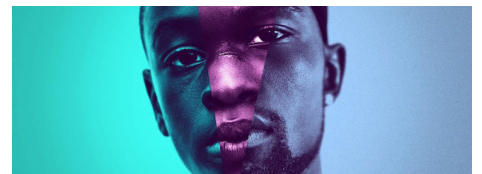
Mon, Mar 20 12:30 p.m.

**Event 0308**

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

*Moonlight (2016)*

The Village

Mon, Mar 20 1 p.m.

110 Minutes

**Drop in!** Growing up in the drug-soaked world of 1980s Miami, young Chiron struggles to make his way through a helter-skelter adolescence while also grappling with confusion and anxiety about his emerging sexuality. **Tell a friend!**



Dear Friends,

As many of you already know, the first phase of construction on our new Anita May Rosenstein Campus has begun and we are facing some parking challenges at The Village. It's incredibly difficult to predict exactly when or how these challenges will occur, but we are doing our best to address them. We also realize many of you do not receive our e-mail updates, so we are looking at ways to communicate these changes to you through a call-in line that will provide updates beginning in April.

For the month of March, parking is available directly across the street from The Village in Lot 3. This parking lot now extends from N. McCadden Pl. to N. Las Palmas Ave., with many spaces available towards the back of the lot. The Center has rented 70 parking spaces in a nearby garage for staff, leaving Lot 3 exclusively available to our guests. Street parking is also an option, when available.

We are set to break ground in early April. Once commenced, we lose all Lot 3 parking. Guest parking will be relocated to our Highland Avenue parking lot, located 1½ blocks north of The Village on N. McCadden Pl. We anticipate spaces will be allocated to guests on a day-to-day basis; therefore, the call-in line will serve as a daily update message for those coming to The Village.

We are also looking for temporary locations for our activities and events at a variety of locations including the City of West Hollywood properties and West Hollywood Community Housing properties. These new locations will be highlighted in our upcoming newsletters.

On behalf of Senior Services, I want to thank you for your patience. We know that at the end of construction, the Center will be home to an amazing LGBT intergenerational property, the first of its kind in the world.

Tripp Mills, Deputy Director



**LOS ANGELES LGBT CENTER**

**SENIOR SERVICES**

## **JOB SEARCH WITH JVS**

The Village

Thursdays 2-4 p.m.

**Event 0327**

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

**RSVP Required:**

**323-860-5830**

## **KIDNEY SMART**

The Village

Thurs, Mar 9 2 p.m.

**Event 0328**

Learn how to manage your kidney health. You will learn what causes kidney disease and how to create an action plan to manage your health.

**RSVP Required:**

**323-860-5830**

## **VETERANS W.R.A.P.**

The Village

Thursdays 11 a.m.-Noon

**Event 0329**

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**



**LOS ANGELES LGBT CENTER**

**SENIOR SERVICES**