



LOS ANGELES  
LGBT  
CENTER®

SENIOR  
SERVICES

# 50+

## JAN 2018



*Photo taken at last month's concert with Mahan Esfahani.*

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RSVP/Message Line: 323-860-5830 or Toll-Free: 877-688-4833 • [seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org)



**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!

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**

### 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.”**

## LETTER FROM KIERA

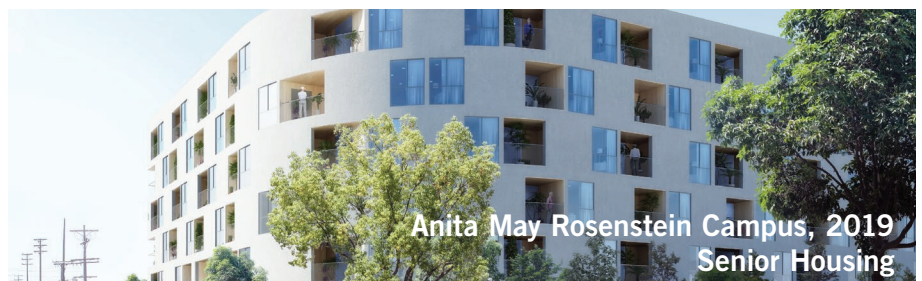
Alarming, 24% of our seniors don't have enough food to eat each month. Your Senior Services staff has been working to expand our food programs for seniors. We now have food pantry space available at The Village and Triangle Square. Beginning in November, we established a partnership with Food Finders, a program which provides fresh produce twice a month from local farmers markets at The Village. We are also expanding our efforts to obtain additional food donations to assist more seniors. If you are interested in donating food to our program please let us know. If you are in need of food, please drop in twice a month on our food pantry days at The Village or connect with a case manager to receive food assistance.

As we move into 2018, I'm thinking about all the new opportunities we are moving toward with the new Anita May Rosenstein Campus. Although the next year will be challenging in terms of parking, we only have one more year until the estimated move in to our new senior center. The staff and I are busily looking at models of intergenerational programs that might meet the needs of our communities. There will be opportunities to discuss your ideas about what this might look like in the coming months. I hope to hear many of your suggestions. We are also collecting names and email addresses of seniors in our program who are interested in hearing more about the senior affordable housing we are building on the campus. Contact our office to get added to our interest list. You can watch the construction of the building live from our webcam at [techcam.net/lgbt/#home](http://techcam.net/lgbt/#home).

I look forward to seeing many of you at our locations in the coming months. Wishing you a happy, healthy 2018.

Sincerely,

**Kiera Pollock, M.S.W.**, Director of Senior Services



Anita May Rosenstein Campus, 2019  
Senior Housing

**SENIORS HELPING SENIORS 323-860-5830 • PARKING INFO LINE: 323-860-7397**

## HOW TO RSVP TO AN EVENT

RSVP request must be made on or after the 1st of the month at at least two (2) business days in advance of an event or by the RSVP deadline where noted. Please provide the full name(s) of your guest(s) when RSVPing, if applicable. Events are free and transportation is not provided, unless otherwise noted.

Space in activities/events can be limited. Once you RSVP, you are confirmed for an event/activity, unless you receive a call or email notifying you that you are on a wait-list. In case of an event cancellation, only those participants who made an RSVP

call or e-mail will be notified. 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**  
**Toll-Free: 877-688-4833**  
**seniors@lalgbtcenter.org**

## SENIORS HELPING SENIORS

This special fund is available on a limited basis for select activities, classes, and 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. 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.

## SPECIAL NEEDS

If you have any special needs, including dietary restrictions, accessible seating requirements, or sign language accommodations, please notify us at least 10 days in advance at **323-860-5830**. We will do our best to accommodate!

## STAFF

**Kiera Pollock, MSW**  
Director  
**323-860-5827**  
kpollock@lalgbtcenter.org

**Tripp Mills**  
Deputy Director  
**323-860-5826**  
tmills@lalgbtcenter.org

**Yelba Carrillo, M.Ed Psy, MSW**  
Manager of Social Services  
**323-860-7307**  
ycarrillo@lalgbtcenter.org

**Michael Wolfson**  
Departmental Assistant  
mwolfson@lalgbtcenter.org

**Veronica Macias**  
Activities Coordinator  
vmacias@lalgbtcenter.org

**Jesse (Jesus) Ortiz-Barreto**  
Activities Coordinator/  
Veterans Affairs  
Coordinator  
jortizbarreto@lalgbtcenter.org

**Julia Wallace**  
Case Manager  
jwallace@lalgbtcenter.org

**Michael Kelly**  
Case Manager  
mkelly@lalgbtcenter.org

**Abraham Preciado, MSW**  
Case Manager  
apreciado@lalgbtcenter.org

**Teresa Garcia**  
Case Manager  
Triangle Square  
tgarcia@lalgbtcenter.org

**Rachel Hernandez**  
Resident Services Coordinator  
Triangle Square  
rahernandez@lalgbtcenter.org

**Keith Lamont**  
Triangle Square  
Resident Services Coordinator  
klamont@lalgbtcenter.org

## LOCATIONS

**T** Triangle Square  
1602 Ivar Ave.

**M** McDonald/Wright  
1625 N. Schrader Blvd.

**H** Highland Annex  
1220 N. Highland Ave.

**V** The Village at Ed Gould Plaza  
1125 N. McCadden Place

**W** Center WeHo  
8745 Santa Monica, Blvd.

**C** MiCentro  
553 S. Clarence St.

**O** Other locations  
Please check listing

**MC** MCC Church  
5730 Cahuenga Blvd., North Hollywood



## EVERYONE

### CHAIR YOGA

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WEDNESDAYS, 11 A.M.

#### DROP-IN

**V** The Village at  
Ed Gould Plaza

Challenge your body and brain with ancient Eastern techniques to improve your memory and health.

### WHAT'S YOUR STORY?

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THURSDAYS STARTING  
JAN 18, 2–4 P.M.

#### EVENT 0136

RSVP required.

**V** The Village at  
Ed Gould Plaza

We all have unique and powerful stories inside of us, just waiting to get out. In this 10-week personal writing workshop, we'll access our most potent personal narratives, take our craft to a new level, and share the results in an inspiring and supportive environment. Workshops begin Jan 18 and culminate on March 22.

### ART LAB

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FRIDAYS, 10:30 A.M.

#### DROP-IN

**V** The Village at  
Ed Gould Plaza

Get creative and bring out your inner-artist with Carolyn!

### GET OUT & BOWL

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TUESDAY, JAN. 9, 10:30 A.M.

#### EVENT 0128

RSVP required.

**O** Pickwick Bowling

Join us for bowling fun at Pickwick Bowling, 921 W. Riverside Dr., Burbank, 91506. Lane and shoe rental is \$5 for both. Seniors Helping Seniors available.

### LIFE CONNECTIONS 21+ MEETS 50+

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TUESDAY, JAN. 9, 3 P.M.

THURSDAY, JAN. 25, 3 P.M.

#### EVENT 0129

RSVP required.

**V** The Village at  
Ed Gould Plaza

Meet with Center volunteers for meaningful conversations across generations.

### TECH SUPPORT WITH MOM'S COMPUTER

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TUESDAY, JAN. 9, 2:30 P.M.

#### DROP IN

**V** The Village at  
Ed Gould Plaza

From computers to cell phones to tablets, bring your tech devices and questions. No broken devices, please.

### FOOD BANK

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TUESDAY, JAN. 9, 2–3 P.M.

TUESDAY, JAN. 23, 2–3 P.M.

#### DROP IN

**V** The Village at  
Ed Gould Plaza

Fresh produce provided as supplies last. Please bring your own bag. First come, first served.

### COUNTRY LINE DANCING WITH MATTHEW

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TUESDAY, JAN. 9, 11 A.M.

TUESDAY, JAN. 30, 11 A.M.

#### EVENT 0111

RSVP required.

**V** The Village at  
Ed Gould Plaza

Come single or with a partner for this toe-tapping class that's great movement experience. Beginners welcome! Wear comfortable shoes; boots not required.

## BRAIN POWER

WEDNESDAY, JAN. 10, 1 P.M.

WEDNESDAY, JAN. 24, 1 P.M.

### EVENT 0101

RSVP required.

o Plummer Park

Art Room 2;

7377 Santa Monica

Blvd., West Hollywood

"Rip it out of her brain." With these words, Edwina Williams gave her permission for the surgeons to perform a lobotomy on her daughter, Rose. It is doubtful that Tennessee Williams ever forgave his mother for that decision. What our celebrated queer playwright did was to create a drama out of this sad kernel of a family reality. *Suddenly Last Summer* was born. Join us for an out loud podium reading of this jolting story of madness, deception, and denial by a mother of her son's sexual identity. The award-winning film with Katherine Hepburn, Elizabeth Taylor, and Montgomery Clift will highlight our readings.



## GO METRO: FIELD TRIP NATURAL HISTORY MUSEUM

TUESDAY, JAN. 2, 10 A.M.

EVENT 0132 • RSVP required.

o Dorothy Chandler Pavilion

Meet at the Village at 10 a.m. Take Red Line to Expo Line. Exit Exposition Park and meet in front of museum at 11 a.m. Free entrance! Tattoo exhibit. If time allows, we will also visit "ONE" LGBT Archives across the street at USC.

## HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM)

THURSDAY, JAN. 11, 10 A.M.

THURSDAY, JAN. 25, 10 A.M.

RSVP required.

v The Village at

Ed Gould Plaza

There's a lot to know about Medicare and now there's help to make sense of it all. Meet with a HICAP counselor to get answers to all your questions.

RSVP with Sandy Risdon at 800-824-0780 ext. 3006.

## REMEMBERING DR. MARTIN LUTHER KING, JR.

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FRIDAY, JAN. 12, 1 P.M.

### EVENT 0118

RSVP required.

**V** The Village at Ed Gould Plaza

Discuss Dr. King's many groundbreaking accomplishments as a Civil Rights leader. Share your stories and memories about Dr. King and his impact on our world.

## RUSTY'S CO-ED GAY SWING & SWAY

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SATURDAY, JAN. 13, 1 P.M.

### EVENT 0123

RSVP required.

**V** The Village at Ed Gould Plaza

FREE Ballroom dance lesson. Learn Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! Please no rubber soled shoes. Partner not necessary. Get ready for our Sock Hop and Prom!

## HEALTHY AGING LECTURE: FALL PREVENTION

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TUESDAY, JAN. 16, 10 A.M.

### EVENT 0135

RSVP required.

**V** The Village at Ed Gould Plaza

Attend a presentation from Independence at Home as we learn more about home safety to prevent falls and injuries.

## FINANCIAL CHAT

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TUESDAY, JAN. 16, 1 P.M.

### EVENT 0122-A

RSVP required.

**V** The Village at Ed Gould Plaza

Learn some tips on how to make your income last through retirement.

WEDNESDAY, JAN 31, 1 P.M.

### EVENT 0122-B

RSVP required.

**V** The Village at Ed Gould Plaza

Get more information on how to make and keep a budget.

## EMPOWERMENT PRACTICES

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FRIDAY, JAN. 19, 1:30 P.M.

### EVENT 0107

RSVP required.

**V** The Village at Ed Gould Plaza

Be your own advocate! Learn how to effectively communicate as a patient, tenant, and consumer.

## QI GONG

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MONDAY, JAN. 22, 9:30 A.M.

MONDAY, JAN. 29, 9:30 A.M.

### DROP IN

**V** The Village at Ed Gould Plaza

Qi Gong is back by popular demand! Learn how to coordinate movement, posture, breathing, and meditation to cultivate your "life energy."

## BINGO!

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FRIDAY, JAN. 22, 1 P.M.

### EVENT 0105

RSVP required.

**V** The Village at Ed Gould Plaza

Join us for fun Bingo games and prizes!

## KIDNEY SMART

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**TUESDAY, JAN. 23, 10 A.M.**

### EVENT 0113

RSVP required.

**V** The Village  
at Ed Gould Plaza

Learn about how to take control of your chronic kidney disease (CKD), including issues related to diabetes and high blood pressure.

## BETTE DAVIS FOR EVERYONE

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**WEDNESDAY, JAN. 24, 1 P.M.**

### EVENT 0117

RSVP required.

**V** The Village  
at Ed Gould Plaza

Join us to watch Bette Davis in the Oscar-nominated spy drama, *Watch on the Rhine* (1935). She plays the wife of an undercover agent who is forced to take drastic measures after being blackmailed. 114 mins.

## BROADWAY TO HOLLYWOOD

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**MONDAY, JAN. 29, 12 P.M.**

### EVENT 0106

RSVP required.

**V** The Village  
at Ed Gould Plaza



*Watch on the Rhine*  
Wednesday, Jan. 24

Join us for the Mel Brooks' classic, *The Producers* (2005)! Starring Broadway favorites Nathan Lane and Matthew Broderick as a has-been producer and a neurotic accountant who scheme to raise money for a movie they expect to flop. 135 mins.

## LARRY'S COMPUTER CLUB

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**WEDNESDAY, JAN 31, 1:30 P.M.**

### EVENT 0114

RSVP required.

**V** The Village at  
Ed Gould Plaza

Learn more about technology in this interactive class!

## THURSDAYS IN NO HO

Valley Thursday's in NoHo meets at the MCC Church located at 5730 Cahuenga Blvd., North Hollywood, 91601.

## GAME DAY

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**THURSDAY, JAN. 4, 12 P.M.**

### DROP IN

**MC** MCC Church in  
North Hollywood

Play fun games with some of the Center's volunteers! At MCC in NoHo.

## TECH SUPPORT WITH MOM'S COMPUTER

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**THURSDAY, JAN. 11, 12 P.M.**

### DROP IN

**MC** MCC Church in  
North Hollywood





## THURSDAYS AT MI CENTRO

Located in Boyle Heights, Mi Centro is a partnership between the Center and Latino Equality Alliance located at 553 S. Clarence St., Los Angeles, 90033. Parking is available between the 4th and 6th street bridges and it's just a 15-minute walk from the Mariachi Plaza and Pico/Aliso Gold Line stations; one block from Metro bus lines at 4th and Boyle streets.

## CASE MANAGEMENT

**THURSDAYS, 10 A.M. – 12 P.M.**

### DROP IN

**C** Mi Centro

Meet with a case manager to learn about valuable programs and services available to you as an LGBT senior, including housing, employment, medical, mental health, legal, social support, and more. First come, first served.

## COFFEE CLUB

**THURSDAY, JAN. 11, 1 P.M.**

**THURSDAY, JAN. 25, 1 P.M.**

### DROP IN

**C** Mi Centro

From computers to cell phones and tablets, bring your tech devices and questions. No broken devices, please. At MCC in NoHo.

## MOVIE SCREENING

**THURSDAY, JAN. 11, 12 P.M.**

### DROP IN

**MC** MCC Church in North Hollywood

Join us for *A Quiet Passion* (2017). Famously reclusive poet Emily Dickinson comes to life in this lush biopic that follows her days as a gifted, insecure student through her introverted adult years whose attachment to her family leads to self-imposed sequestration. 124 mins.

## CHAIR YOGA

**THURSDAY, JAN. 18, 12 P.M.**

### DROP-IN

**MC** MCC Church in North Hollywood

Challenge your body and brain with ancient Eastern techniques to improve your memory and health. At MCC in NoHo.

## POT LUCK

**THURSDAY, JAN. 25, 12 P.M.**

### DROP IN

**MC** MCC Church in North Hollywood

We'll provide the main dish, please bring a side dish to share. At MCC Church, 5730 Cahuenga Blvd., North Hollywood, 91601.



Join us for hot coffee and good conversation about what's on your mind and current events.

## MOVIE CLUB

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**THURSDAY, JAN. 11, 2 P.M.**

### DROP IN

**C** Mi Centro

Join us for *Frida* (2002), a biopic about the beloved bisexual Mexican painter Frida Kahlo, focusing on her relationship with Diego Rivera and her controversial reputation. 122 mins.

## FOCUS ON: MEN

## MEN'S SUPPORT GROUP

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**WEDNESDAYS, 10 A.M.**

### DROP-IN

**V** The Village at  
Ed Gould Plaza

Join us to meet new friends and share stories every week.

## MEN'S HIKE

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**THURSDAYS, 9:30 A.M.**

### DROP-IN

**O** Griffith Park

Meet at the corner of Fern Dell Drive and Black Oak Drive, 200 ft. north of Los Feliz Boulevard. Parking available along Fern Dell Drive. Wear comfortable shoes; bring water and a snack. Hike is co-ed every third Thursday.

## MEN'S DINNER

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**TUESDAY, JAN. 16,  
6:30 P.M.**

### EVENT 0116

RSVP required.  
**O** Kung Pao Bistro

Get together for some traditional Chinese/Taiwanese dishes – for meat eats, vegetarians, and vegans. Meet at Kung Pao Bistro, 7853 Santa Monica Blvd, West Hollywood, CA 90046.

## MEN'S MOVIE

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**WEDNESDAY, JAN. 17, 1 P.M.**

### EVENT 0121

RSVP required.  
**V** The Village at  
Ed Gould Plaza

Join us for some light comedy with *Going in Style* (2017). Cheated out of their pensions, 3 aging friends decide to extract justice from the system by robbing a bank and heading to Las Vegas. What could go wrong? 116 mins.

## MEN'S COURT- YARD CHAT

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**MONDAY, JAN. 22, 1:30 P.M.**

### EVENT 0127

RSVP required.  
**V** The Village at  
Ed Gould Plaza

Meet in the courtyard to share stories and recent events over a cup of coffee.

## FOCUS ON: WOMEN

## PERFORMANCE PRACTICE

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**FRIDAYS, 5:30 P.M.**

### DROP IN

**V** The Village at  
Ed Gould Plaza

Practice becoming more comfortable sharing your performance craft in front of an audience. Everyone will have a set time to deliver a prepared piece. Musicians, poets, teachers, etc. welcome.

## STILL WE RISE

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**SATURDAY, JAN. 6  
SATURDAY, JAN. 13  
SATURDAY, JAN. 20  
BEGINS AT 10:30 A.M.**

### EVENT 0119

RSVP required.  
**V** The Village at  
Ed Gould Plaza

Join this six-session writing workshop series with award-winning author and activist Kelly Grace Thomas! Specially crafted for women, you'll cultivate your voice, build courage, dive into descriptive writing, empower your narrative, share strength, and help foster a creative community. We'll explore issues of social justice, sexual identity, language, and women's experiences. Additional classes will be held in February with a class anthology and a final reading open to the public.

## SILVER SENSUALITY WITH SHE-AH

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**MONDAY, JAN. 8, 11 A.M.**  
**MONDAY, JAN. 22, 11 A.M.**

### EVENT 0109

RSVP required.

**V** The Village at  
Ed Gould Plaza

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

## WOMEN'S MOVIE

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**WEDNESDAY, JAN. 10, 1 P.M.**

### EVENT 0131

RSVP required.

**V** The Village at  
Ed Gould Plaza

Join us for *Freeheld* (2015), a fact-based drama about same-sex partners Laurel and Stacie who face tragedy and discrimination after a terminal diagnosis when a request for pension benefits is denied. 103 mins.

## WOMEN'S CHAT

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**THURSDAY, JAN. 11, 1 P.M.**

### EVENT 0133

RSVP required.

**V** The Village at  
Ed Gould Plaza

Join us to support other women as we discuss current events and trends.

## L50+ POTLUCK

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**SUNDAY, JAN. 21, 12 P.M.**

### EVENT 0115

RSVP required.

**V** The Village at  
Ed Gould Plaza

Join Senior Service staff for an afternoon potluck! Bring a side dish or dessert to share.

## L50+ HIKE

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**SUNDAY, JAN. 28, 9:45 A.M.**

### EVENT 0120

RSVP required.

**O** Fern Dell Drive  
Parking Lot

Hike to the Griffith Observatory starts at 10 a.m. Led by Dora Olea from the Gay and Lesbian Sierrans, L.A. Chapter. An easy, well-pace hike for women featuring beautiful wild flowers. Elevation gain 567 ft; 1.5 miles one-way. Our destination will be the historical Griffith Observatory, the gateway to the cosmos! Come hike with more of our L50+ women and meet new friends. Dress in layers, proper shoes, bring water and snacks to eat at the top. Carpooling is strongly recommended. From the 5 Freeway, take Los Feliz Boulevard exit and turn North on Fern Dell Drive.

## L50+ BOOK CLUB

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**THURSDAY, JAN. 30, 7 P.M.**

### EVENT 0125

RSVP required.

**O** Meeting to be held at  
Private Residence.

Join us for our monthly L50+ Book Club! This month's book selection: *The Blue Place* by Nicola Griffith. Location to be provided upon RSVP. Upcoming book selections will be: *Origin* by Dan Brown and *Eleanor and Hick* by Susan Quinn.

## FOCUS ON: HIV+

### HIV+ MEN'S SUPPORT GROUP

THURSDAYS, 1 P.M.

#### DROP IN

**V** The Village at  
Ed Gould Plaza

Come to the Village to meet new friends. Share your stories and experiences of living with HIV.

### LUNCH FOR THOSE LIVING WITH HIV

MONDAY, JAN. 8 12:30 P.M.

#### EVENT 0108

RSVP required.

**V** The Village at  
Ed Gould Plaza

Share your stories of living, surviving, and thriving. Lunch provided; \$2 donation requested.

### MOVIE FOR THOSE LIVING WITH HIV

MONDAY, JAN. 8, 1 P.M.

#### DROP IN

**V** The Village at  
Ed Gould Plaza

Join us for one of our favorite gay actors, Ian McKellen, in *Mr. Holmes* (2015)! The film follows 93-year-old Sherlock Holmes in his retired farmhouse as he is haunted by an unsolved case. 103 mins.

## FOCUS ON: VETERANS

### VETERANS SUPPORT GROUP

MONDAY, JAN. 8, 1 P.M.

#### DROP IN

**T** Triangle Square

Support for LGBT military veterans in a safe and welcoming space.

### VETERANS POOL TOURNAMENT

MONDAY, JAN. 8, 2 P.M.

MONDAY, JAN. 22, 2 P.M.

#### DROP IN

**T** Triangle Square

Enjoy a competitive pool tournament with your Veteran friends. Non-Veteran allies are also invited. Shoot some pool and have some fun!

### MOVIE FOR VETS

TUESDAY, JAN. 15, 1 P.M.

#### DROP IN

**T** Triangle Square

Join us for this military favorite, *A Few Good Men* (1992). Nominated for Golden Globes and Academy Awards, this powerful drama follows an investigation of a hazing ritual among high-ranking officials. 178 mins. Non-veteran allies welcome to attend.

## FOCUS ON: SOCIAL SERVICES

### CASE MANAGEMENT (FIRST-TIME, NEW CLIENTS)

WEDNESDAYS,  
10 A.M. – 12 P.M.,  
1 P.M. – 3 P.M.

#### DROP IN

**V** The Village at  
Ed Gould Plaza



For new clients only. Meet with a case manager to learn about valuable programs and services available to you as an LGBT senior, including housing, employment, medical, mental health, legal, social support, and more. New clients only. First come, first served.

## BEREAVEMENT GROUP

**TUESDAYS, 1:15 P.M.**

### EVENT 0104

RSVP required.

**V** The Village at Ed Gould Plaza

If you are experiencing pain from the loss of a loved one, partner, family, friend, or pet, please consider joining this weekly group in partnership with Tranquil Care Hospice. For more information or if you are new to the group, please call 323-860-5827.

## PERCEPTIONS

**FRIDAYS, 8 P.M.**

### DROP IN

**H** Highland Annex

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. Join this social group Fridays at the Center's Highland Annex, 1220 N. Highland Ave., 90038. Parking available in lot. \$3 - \$5 suggested donation.

## HIV TESTING

**WEEKDAYS, 11 A.M. – 7 P.M.**

**MW** McDonald/Wright Building

1625 N. Schrader Blvd., Los Angeles, 90028

**WEEKDAYS, 11 A.M. – 2 P.M., 4 P.M. – 7 P.M.**

**W** Center-WeHo  
8745 Santa Monica Blvd., West Hollywood, 90069

Free testing on a walk-in basis.

## HOUSING SUPPORTIVE NETWORK

**THURSDAY, JAN. 11, 11 A.M.**

### DROP IN

**V** The Village at Ed Gould Plaza

Get assistance with searching for housing and additional information about Section 8 and other housing specifically for LGBT seniors.

## ALZHEIMER'S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP

**THURSDAY, JAN. 11, 10:30 A.M.**

**THURSDAY, JAN. 25, 10:30 A.M.**

### EVENT 0124

RSVP required.

**V** The Village at Ed Gould Plaza

A safe place for caregivers, family members, and friends caring for an LGBT loved one. Join this Alzheimer's Association LGBT support group for caregivers, family members, and friends caring for an LGBT loved one. It will help you develop a support system, exchange practical information, talk through challenges, share feelings, and learn about community resources. Before attending, please call 323-486-6632 to confirm meeting date & time.

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

Email: **seniors@lalgbtcenter.org**



LOS  
ANGELES  
LGBT  
CENTER  
**SENIOR  
SERVICES**

L50+

## Saturdays

10:30 a.m. – 12:30 p.m.

Los Angeles LGBT Center  
The Village at Ed Gould Plaza  
1125 N. McCadden Place  
Los Angeles, CA 90038

Event #0119

RSVP required.

323-860-5830

seniors@lgbtcenter.org

### Parking:

Due to construction we no longer have parking available. We encourage participants to carpool, or use public transit to participate in this event.

### Additional classes will be held in 2018:

January 6, 13, 20

February 3, 10

### Final Reading

February 17 at 7:30 p.m.

# Still we Rise

*A Writing Workshop Series*

WITH AWARD-WINNING AUTHOR &  
ACTIVIST KELLY GRACE THOMAS

Join us for this writing workshop for women where you'll:

- Explore identity and urgency
- Read from and respond to powerful women
- Celebrate turmoil and triumphs
- Praise the personal and examine the political
- Share your story
- Help form a creative collective community

This series will explore issues of social justice, sexual identity, language, and the lesbian experience.

### About the Instructor

Kelly Grace Thomas is the winner of the 2017 Neil Postman Award for Metaphor from *Rattle*, a two-time Pushcart Prize nominee and Best of the Next nominee. *BOAT/BURNED*, her first full-length collection, is forthcoming from YesYes Books. Kelly's poems have appeared or are forthcoming in: *DIAGRAM*, *Tinderbox*, *Nashville Review*, *Sixth Finch*, *Muzzle*, *PANK* and more. Kelly was also a 2016 Fellow for the *Kenyon Review* Young Writers Workshop. Kelly currently works to bring poetry to underserved youth as the Manager of Education and Pedagogy for Get Lit-Words Ignite. She is also the coauthor of *Words Ignite: Explore, Write and Perform, Classic and Spoken Word Poetry* (Literary Riot). She lives in Los Angeles. For more please visit [kellygracethomas.com](http://kellygracethomas.com).



# Food Pantry

# 24%

of LGBT seniors don't have enough food to eat each month.

For more information and to arrange a drop off appointment, please contact:  
[seniors@lgbtcenter.org](mailto:seniors@lgbtcenter.org)  
or 323-860-5830.

[lgbtcenter.org/pantry](http://lgbtcenter.org/pantry)



**LOS ANGELES LGBT CENTER®**

**SENIOR SERVICES**

Donate to the Los Angeles LGBT Center's food pantries to help end LGBT hunger.

## Most needed items:

- Canned tuna, chicken, turkey, beef
- Ensure – vanilla and chocolate
- Canned soups
- High protein, instant oatmeal
- Peanut butter
- Dried fruit
- Trail mix
- Rice and Instant rice
- Instant mashed potatoes
- Condiments
- Cooking oil
- Cereal
- Dried and canned beans
- Canned chili
- Quinoa
- Granola and protein bars (low sodium)
- Crackers
- Canned fruit
- Canned vegetables
- Pasta
- Tomato sauce
- Nuts
- Muffin and bread mixes
- Honey
- Coffee
- Non-dairy creamer
- Can openers
- Reusable bags/ food containers
- Senior multi-vitamins
- Bottled water
- Razors
- Toilet paper
- Wash cloths
- Laundry detergent
- Paper towels
- Dish soap
- Trash bags
- Gift cards for groceries, gas stations, Target, CVS, etc.