Dia de los Muertos
Free & Low-Cost Events for People Ages 50-100+
WINTER

“I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his or her back on life.”

- Eleanor Roosevelt

Winter is upon us, or so the calendar says. Please make sure to join us again this year for the Holiday Party at the Friendship Auditorium. Good food, a wonderful raffle and, of course, good friends and spirits will abound.

As we end 2014 and look towards 2015, if I don’t have an opportunity to connect with you personally, my deepest hope is for you to be well.

Kathleen Sullivan
NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after December 1st. Check the event for an RSVP deadline, when applicable. Events are free of cost, unless price is noted.

You will get a reminder call or 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 only come to The Village to pay for ticketed events if you have received a confirmation call or 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, we will always do our best to accommodate!

Please let us know by calling 323-860-5830.

SENIORS HELPING SENIORS

Established by seniors and intended for seniors, this special fund is available to you 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!

Allegra
Chris
Beverly
Kathy
Ray
Kate
Cassandra
Norman
Edward
David
Jackie
Frank
Tom
Frances
Leslie
Shirley
Guy
Sue
Herb
George
Brooke
Harry
William
Richard
Andy
Errol
Jay
Kenneth
Jim
Larry
Dakota
Richard
Lanny
Marcel
Tibby (Marylin)
John
Vince
Richard
David
Odetta
Ron
Erika
Bonnie
Holland
Bob
Merri
Shirley

Sally
Robin
Margaret
Alan
Vincent
Michael
Michael
Lawrence
Tammy
Bill
Richard
Jim
Constance
Herbie
Jacinto
Richard
Frank
Jerry
Eric
Robin
Anthony
Jon Jon
Bud
Roy
Paula
Dave
John
Chris
Frank
Peter
Marc
Norman
Dunn
Paul
Michael
Al
Dan
John
Sharon
Daniel
Belinda
Audrey
Cheryl
Tamey
Walter
Alberto
Robert
Roger “Butch”
Ken
Dominic
Blanche
Derek
Monica Elizabeth
Marilyn
Joe
Jeffery
Nancy
Annette
Enice
David
Dan
Sandra
M.
Jerry
Kip
Dennis
Kenneth
Steve
Javier
Clarence
Paul
Gerri
Doug
Sergio
Ygnacio
Clarissa
Albert
Stephen
Joyce
Deena
Michael
Rita
David
Mel
Yeung
Evelyn
Steve
Oliver
Alfredo
Robert F.
Ken
Sydney
Barbara
Omar

IN MEMORIAM

Everett Hunt
EVERYONE

Mah Jongg
Mondays 1:30 p.m.
Drop in!

Stretch & Balance
Wednesdays 11 a.m.
Drop in!

Mindfulness Practice
Wednesdays 1:30 p.m.
Drop in!
Reduce stress, manage thoughts and learn how to breath using mindfulness practices. Will NOT meet 12/24 and 12/31. Tell a Friend!

Larry’s Computer Club
Wednesdays 1:30 p.m.
Drop in!

Art Lab
Fridays 1 p.m.
Drop in!
Start a new project or bring your current work to share with the class. We provide the supplies. Tell a friend!

Reading Opens Minds
Mon, Dec 1 11 a.m.
Event 1202
RSVP Required:
323-860-5830

Talk Amongst Yourselves 65+
Thurs, Dec 4 2 p.m. &
Thurs, Dec 18 2 p.m.
Drop in! Join LGBT women & men for treats, beverages and great chat. 65+ only. Tell a friend!

World AIDS Day Open Mic & Dessert Potluck
Together We Will End AIDS
Mon, Dec 1 1 p.m.
Event 1200
Celebrate with friends! Bring a dessert to share and your story of thriving & surviving. Regardless of your HIV/AIDS status, let’s celebrate who we are and how far we’ve come together!
RSVP Required:
323-860-5830

Go Metro Outing
Tues, Dec 2 10 a.m.
Event 1225
Meet at The Village for a Go Metro Outing to the Natural History Museum. Must be a Go Metro Member to attend.
RSVP Required:
323-860-5830

Bingo!
Fri, Dec 5 2 p.m.
Event 1205
RSVP Required:
323-860-5830

Movie for Everyone
Jersey Boys
Tues, Dec 9 1:30 p.m.
134 Minutes
Event 1216
Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons stretches across four decades.
RSVP Required:
323-860-5830

Holiday Party
An Alcohol-Free Event
Mon, Dec 15 1 p.m.
Friendship Auditorium
3201 Riverside Dr
Los Angeles, CA 90027
$5 Suggested Donation,
No One Turned Away Due to Lack of Funds
Plenty of FREE Parking!
RSVP by Noon on 12/10
Event 1221

Master Lakshmi Chair Yoga
Wed, Dec 3 & 17 11 a.m.
Drop in!
Looking for community camaraderie? It’s right here! Join Senior Services for delicious food, fabulous music and great raffle prizes. Let’s eat, drink and be merry!
RSVP Required:
323-860-5830

Storytelling
Tues, Dec 16 & 30  2 p.m.
Event 1231
Explore the world of storytelling with Ms. Willa. Everyone has a story to tell. Come tell your story of who you are, your experiences and loved ones. No experience in storytelling? No problem, Ms. Willa will teach you how!
RSVP Required:
323-860-5830

Lunch for Everyone
Tues, Dec 23  12:30 p.m.
Fabiolus
Event 1207
RSVP by Noon on 12/22
Join us for lunch at The Village. $2 Suggested donation.
RSVP Required:
323-860-5830

Movie for Everyone
She Loves Me
Tues, Dec 23  1:30 p.m.
120 Minutes
Event 1217
Joe Levy wants to treat you to his favorite musical, She Loves Me. Written by Joe Masteroff (Cabaret, 70 Girls 70) with a glorious, melodic score by Jerry Bock and Sheldon Harnick (Fiddler on the Roof, Tenderloin, Fiorello). Charming, romantic, it’s the perfect show to set the mood for whatever holiday you celebrate.
RSVP Required:
323-860-5830

Lunch for Those Living with HIV at The Village
Fabiolus
Tues, Dec 16  12:30 p.m.
Event 1208
We’ll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving. RSVP Required:
323-860-5830

Theater Workshop Planning Session
Wed, Dec 17  10:30 a.m.
Drop in!
Plan, discuss and brainstorm any and all ideas for the structure and content of a theatre workshop for seniors to begin in early 2015.
Tell a friend!

Holiday Movie
Mon, Dec 22  11 a.m.
See Page 9.

Holiday Movie
Wed, Dec 24  11 a.m.
See Page 9.

Holiday Movie
Wed, Dec 31  11 a.m.
See Page 9.

Senior-Youth Photo Project
Now Through Jan 3
The Advocate & Gochis Galleries at The Village
lalgbtcenter.org/art

Tips to Make Your Holiday Season Brighter

Take A Stroll Down Memory Lane
Holidays can bring up many memories and feelings. Take some time to reflect and feel your feelings, rather than fight them. Go through old photos and videos, listen to some old tunes you love and spend some time with those near to you. If you have lost someone, share what it is you loved about him/her with someone or write about it. Remember the good times.

Plan Ahead
The holidays can be a crazy time for everyone. Give yourself more time to do things and to get to where you’re going. Make a schedule for yourself so you know exactly what you need to do. Make a list and prioritize so you do not tire yourself out or forget what you need to accomplish for the day.

Stay Connected and Social
We understand the holidays may be a difficult time for some people. Often feelings of loneliness may arise. Remember, you are not alone. Come spend some time with others at The Village. Drop by and get creative in our Art Lab, share your story with Ms. Willa in Storytelling, join us for lunch and a movie or spend some time in our library.

(continued on page 10)
Woman to Woman Chat Group with Julia
Mondays 1:30 p.m.
Drop in! Drop in for tea, coffee, snacks and lively conversation. Controversial topics! Guest speakers!
Tell a friend!

L50+ Spirituality Salon with Lois
Sat, Dec 13 11 a.m.
Drop in! After the discussion, Lois will screen *In Search of History: Salem Witch Trials.*
Tell a friend!

Women’s Dessert Social
Mon, Dec 22 12:30 p.m.
Event 1213
Commune with us for an afternoon of sweet treats, conversation and socializing!
RSVP Required:
323-860-5830

L50+ Dinner
French Market
7985 Santa Monica Blvd
WeHo, CA 90046
Sun, Dec 21 6 p.m.
Event 1210
Plenty of parking! Please join us for a wonderful evening out with the gals! Look for Alice. Cash highly recommended.
RSVP Required:
323-860-5830

L50+ Chat Group
At this time, the L50+ Sunday chat and movie activity is on hiatus until we find a facilitator. If interested in applying, please contact Allison 323-860-7339 or send an e-mail to asantos@lalgbtcenter.org.

Men’s Drop-In Support Group
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 Dessert Social
Tues, Dec 30 1 p.m.
Event 1215
Come join us for an afternoon of sweet treats, conversation and socializing!
RSVP Required:
323-860-5830

Men’s Dinner
French Market
7985 Santa Monica Blvd
WeHo, CA 90046
Tue, Dec 30 6 p.m.
Event 1211
Dinner out with the guys! Cash recommended!
RSVP Required:
323-860-5830

See Fran’s Senior-Youth Photo Project work in-person now through January 3 in The Advocate & Gochis Galleries at The Village.
¡No estas solo(a)! ¡Celebra que eres!
Ven y participar en este grupo bilingüe (Español/Inglés) para que usted conozca otras/os Latinas/os mayores lesbiana, gay, bisexual, transgénera y transgénero. ¡Aprenda acerca de las próximas actividades! ¡Comparte tus ideas para continuar ayudando a construir este nuevo programa!

Para inscribirse o si usted tiene preguntas póngase en contacto con Yuisa Gimeno al 323-860-7369 o comunidad@lalgbtcenter.org.

SPECIAL PROGRAMMING

Holiday Movie
Last Holiday
Mon, Dec 22  11 a.m.
111 Minutes
Event 1222
Georgia (Queen Latifah) throws caution to the wind and takes a no-holds-barred vacation.
RSVP Required: 323-860-5830

Holiday Movie
A Christmas Story
Wed, Dec 24  11 a.m.
93 Minutes
Event 1223
Set in the 1940s, Ralphie desperately wants a Red Ryder air rifle for Christmas.
RSVP Required: 323-860-5830

Holiday Movie
Noah’s Arc: Jumping the Broom
Wed, Dec 31  11 a.m.
101 Minutes
Event 1224
A seven-year itch, a surprise fling with a college hottie and a closeted rap star factor into this wild and unforgettable vacation.
RSVP Required: 323-860-5830
**TIPS (continued)**

**Be Active, Get Outside**
Get out and get some fresh air. Take a nice stroll at the park. There are also physical activities happening at or around The Village, like Chair Yoga, Stretch and Balance and Men’s Hike. The courtyard is a nice spot to get some air and there is always something to see in our galleries. Don’t forget to soak in some rays!

**Treat Yourself**
Treat yourself to something nice. Watch a movie or maybe re-watch a favorite you haven’t seen in a while. Take in the flavors that the holiday season offers. Enjoy a slice of pumpkin pie, a cup of apple cider or a mug of gingerbread latte. Take the trip to the museum you’ve been wanting to take. Give yourself a nice gift, doesn’t need to be extravagant, but it can be, as long as you enjoy it. In a giving mood? Give something nice to someone else too.

**Give and Volunteer**
Often times, the fastest way to feel better is to focus outward and give to others. There are things you can do that cost very little. Write a letter or note and send it to someone. Share a coffee with a friend. Volunteer some of your time, there are plenty of opportunities here at the Center. You, your time and compassion are valuable.

**HEALTH**

**DROP-IN CASE MANAGEMENT**
Drop-In Every Wed. & Thurs. 11 a.m.-3 p.m.
Senior Services has expanded drop-in case management hours. Come meet with a trained 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, at The Village only!

**CONTACT**
Julia Wallace: 323-860-7395
Yuisa Gimeno: 323-860-7369

**LGBT Bereavement**
Group A Grieving 1 Year Or More
Tues, Dec 2 & 16  1 p.m.  Event 1203
Group B Grieving Less Than 1 Year
Tues, Dec 9 & 23 1 p.m.  Event 1204
If you are experiencing pain from the loss of a loved one, please call to join the group.
RSVP Required: 818-847-3686

**HIV TESTING**
You can get tested on a walk-in basis, for free, at the Center’s McDonald/Wright Building (1625 N Schrader Blvd) on weekdays from 11 a.m.-7 p.m. or at The Spot (745 N San Vicente Blvd.) Mon-Fri from 11 a.m.-7 p.m.

**PROSTATE CANCER SUPPORT GROUP**
Every 1st & 3rd Tuesday, 7-9 p.m.
RSVP Required.
GMSHF@yahoo.com
323-860-7340

**MEN’S SEXUAL DYSFUNCTION SUPPORT GROUP**
Every 2nd & 4th Tuesday, 7-9 p.m.
Every 2nd & 4th Saturday, 10 a.m.-Noon
RSVP required.
GMSHF@yahoo.com
323-860-7340
**Bingo!**

**Thurs, Dec 4 12:30 p.m.**
Drop in!
Play and win!
Tell a friend!

**The Valley Group will NOT meet on Thursday, Dec 25. The Center is closed for Christmas Day.**

**Jersey Boys**

**Thurs, Dec 11 12:30 p.m.**
134 Minutes
Drop in!
Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons stretches across four decades. Tell a friend!

**Holiday Potluck**

**Thurs, Dec 18 12:30 p.m.**
Drop in! Bring a dish to share.
Tell a friend!

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**HIV+**

**HIV+ Men’s Support Group**

Thursdays 1 p.m.
Drop in!
Come meet new friends. Share your stories and experiences with men living with HIV.
Tell a friend!

**World AIDS Day Open Mic & Dessert Potluck**

Together We Will End AIDS

**Mon, Dec 1 1 p.m.**
Event 1200
Celebrate with friends! Bring a dessert to share and your story of thriving & surviving. Regardless of your HIV/AIDS status, let’s celebrate who we are and how far we’ve come together!
RSVP Required: 323-860-5830

**Lunch for Those Living with HIV**

NEW DAY & TIME

**Tues, Dec 16 12:30 p.m.**
Event 1208
See page 5 for description.
RSVP Required: 323-860-5830

**Movie for Those Living with HIV**

**Jersey Boys**

NEW DAY & TIME

**Tues, Dec 16 1 p.m.**
134 Minutes
Drop in!
Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons stretches across four decades. Tell a friend!

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**Valley Activities in WeHo**

**L50+ Dinner**

French Market
7985 Santa Monica Blvd
WeHo, CA 90046
Sun, Dec 21 6 p.m.
Event 1210
Plenty of parking! Please join us for a wonderful evening out with the gals! Look for Alice. Cash highly recommended.
RSVP Required: 323-860-5830

**Men’s Dinner**

French Market
7985 Santa Monica Blvd
WeHo, CA 90046
Tue, Dec 30 6 p.m.
Event 1211
Dinner out with the guys! Cash recommended!
RSVP Required: 323-860-5830
Holiday Party

Celebrate the Holiday Season with us! Enjoy delicious food, raffle prizes and friends! Let’s eat, drink and be merry! $5 suggested donation. No one turned away due to lack of funds! An alcohol-free event.

Monday, December 15  1-5 p.m.
Friendship Auditorium  3201 Riverside Dr  Los Angeles, CA 90027
$5 Suggested Donation
RSVP Required  RSVP by Noon on 12/10
Event 1221

877-688-4833
seniors@lalgbc.org