Thanksgiving Dinner!
See Page 5.
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**GRATITUDE**

“I express gratitude and thanksgiving every day, in every way. Doing so is an important part of my life.” - Louise Hay

Thanksgiving is my favorite holiday—a day dedicated to expressing gratitude and thanks, what a concept. I am grateful for you who are reading this, whether you are a resident of Triangle Square or a participant at The Village. I am grateful to work with a wonderful staff, for my family and the amazing opportunity to serve each and every day.

I want to express my thanks to you. Each day you are teaching us how to live with dignity and grace. Take time this month to reflect on what you are thankful for and remember to thank yourself for all the good you have done in your life.

This month includes our wonderful Thanksgiving Dinner and the L50+ Thanksgiving Potluck Social, we hope to see you.

Kathleen Sullivan
NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after November 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 requests left on staff voice mail will be deleted.

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!
**EVERYONE**

**Mah Jongg**  
**Mondays 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.**

**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. **Not Meeting Wed, Nov 26. Tell a Friend!**

**Mindfulness Practice**  
**Wednesdays 1:30 p.m.**  
**Drop in!**  
Reduce stress, manage thoughts, and learn how to breath using mindfulness practices. **Not Meeting Wed, Nov 26. Tell a Friend!**

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

**Tech Talk**  
**Thursdays 3 p.m.**  
**Event 1101**  
Allison teaches all things tech, she’ll answer your questions and help you explore new technology. **Class limited to ten (10).**  
**RSVP Required:**  
323-860-5830

**Reading Opens Minds**  
**Mon, Nov 3 & 17  11 a.m.**  
**Event 1102**  
**RSVP Required:**  
323-860-5830

**Mask Making Party!**  
**Tues, Nov 4**  
See page 10.

**Lunch for Everyone**  
**Tues, Nov 4  12:30 p.m.**  
**Hi Pizza**  
**Event 1106**  
**RSVP by Noon on 11/3**  
**Tues, Nov 18  12:30 p.m.**  
**Fabiolus**  
**Event 1107**  
**RSVP by Noon on 11/17**  
Join us for lunch at The Village. $2 Suggested donation.  
**RSVP Required:**  
323-860-5830

**Movie for Everyone**  
**Saving Face**  
**Tues, Nov 4  1:30 p.m.**  
97 Minutes  
**Event 1116**  
At 28, Wil’s the old maid of her traditional Chinese family, so there’s no way she can tell them about her budding lesbian romance with Vivian.  
**RSVP Required:**  
323-860-5830

**Talk Amongst Yourselves 65+**  
**Thurs, Nov 6  2 p.m. & Thurs, Nov 20  2 p.m.**  
**Drop in!** Join LGBT women & men for treats, beverages and great chat. 65+ only.  
**Tell a friend!**

**Bingo!**  
**Fri, Nov 7  2 p.m.**  
**Event 1105**  
**RSVP Required:**  
323-860-5830

**Rusty’s Gay Swing & Sway**  
**Sat, Nov 8  1 p.m.**  
**Event 1127**  
Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! No rubber soles please. Partner not necessary.  
**RSVP Required:**  
323-860-5830
Wills & Trust Workshop
Mon, Nov 10  11 a.m.
Event 1124
Attorney Joel L. Loquvam returns with great information.
RSVP Required:
323-860-5830

Veterans Day
Tues, Nov 11
See page 9.

Storytelling
Tues, Nov 11 & 25  2 p.m.
Event 1131
Explore the world of storytelling with Ms. Willa. Everyone has a story to tell. Come tell your story of who you are, what you’ve experienced and those that you’ve loved. No experience in storytelling? No problem, Ms. Willa will teach you how!
RSVP Required:
323-860-5830

Master Lakshmi Chair Yoga
Wed, Nov 12 & 19  11 a.m.
Drop in!

Theater Workshop Planning Session
Wed, Nov 12  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!

Financial Workshop
Wed, Nov 12  Noon
Event 1125
Attend this FREE Wells Fargo workshop: Controlling Long-Term Care Costs and Retirement Planning. It is NEVER too late to plan ahead!
RSVP Required:
323-860-5830

Lunch for Those Living with HIV at The Village
Hi Pizza
Wed, Nov 12  Noon
Event 1108
We’ll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving. RSVP Required:
323-860-5830

Opera Screening
Manon
Fri, Nov 14  Noon
164 Minutes
Event 1121
Arthaus presents an exceptional Manon from the Opera Paris. American soprano Renée Fleming stars in the many-faceted title role.
RSVP Required:
323-860-5830

Movie for Everyone
Ella Fitzgerald: Live at Montreaux 1969
Tues, Nov 18  1:30 p.m.
66 Minutes
Event 1117
Jazz legend Ella Fitzgerald performs at Montreux (1969).
RSVP Required:
323-860-5830

Fred Astaire Changes Partners
Funny Face
Fri, Nov 21  Noon
104 Minutes
Event 1118
Paris and Gershwin tunes make this extravaganza the most sophisticated of the Astaire films.
RSVP Required:
323-860-5830

Thanksgiving Dinner
Rockwell Table & Stage
1714 N Vermont Ave
Los Angeles, CA 90027
Tues, Nov 25  5 p.m.
$20 Cash Only at the Door
Event #1123
Start with a mixed green salad with cranberry raisins, cucumbers, pine nuts, blue cheese & blood orange vinaigrette. Choose from two entrées: Roast turkey breast, mashed potatoes, stuffing, broccoli & carrots, cranberry sauce or pumpkin seed crusted baramundi (sea bass) over white beans, tomatoes, butternut squash. Pumpkin pie for dessert. Soft drink or coffee/tea, plus tax and tip included! Please tell us your entrée order when you call to RSVP. (Price is $25 per person, but Seniors Services is taking care of $5, you pay only $20. Seniors Helping Seniors Fund is available for those requiring assistance.) We want everyone to enjoy Thanksgiving!
RSVP Required:
323-860-5830
**WOMEN**

**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+ Thanksgiving Social**
Sun, Nov 9 Noon-4 p.m.
Event 1122
It’s time to gather together again and give thanks! Join other fabulous women for this annual Thanksgiving Potluck. We provide the drinks and turkey, you provide your favorite side dish or dessert to share. Our wonderful Activities Coordinator, Tanya Witt, will sing a few songs! This will be a very special day for Women Only.
**RSVP Required:**
323-860-5830

**L50+ Spirituality Salon with Lois**
Sat, Nov 8 11 a.m.
Drop in! After the discussion, Lois will screen *My Reincarnation*. **Tell a friend!**

**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 Arlene 323-860-7359 or send an e-mail to arodriguez@lalgbtcenter.org.

**L50+ Dinner**
Kung Pao Bistro
7853 Santa Monica Blvd
WeHo, CA 90046
Sun, Nov 23 6 p.m.
Event 1110
This month we’re having Chinese! Join us at Kung Pao Bistro located in a mini mall near Wholefoods. There is parking lot and metered parking nearby. Please look for Alice.
**RSVP Required:**
323-860-5830

**MEN**

**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**
Mon, Nov 10 12:30 p.m.
Event 1112
**RSVP Required:**
323-860-5830

**Men’s Dinner**
French Market
7985 Santa Monica Blvd
WeHo, CA 90046
Tue, Nov 18 6 p.m.
Event 1111
Dinner out with the guys! Cash recommended!
**RSVP Required:**
323-860-5830
¡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.

Comunidad Latina 50+ Program
You’re not alone! Celebrate who you are! Come and participate in Comunidad Latina 50+, a unique bilingual (English/Spanish) group that’s just for you to meet and connect with other 50+ Latina/o lesbian, gay, bisexual and transgender folks. Learn about upcoming activities! Share your ideas to continue to help build this new program.

To sign up or if you have questions please contact Yuisa Gimeno at 323-860-7369 or comunidad@lalgbtcenter.org.

(continued on page 10)

SPECIAL PROGRAMMING

WWI: 100 Years Later
Tue, Nov 11  11 a.m.
Event 1126
Join a local historian for an overview of “The Great War” and its geopolitical ramifications.
RSVP Required:
323-860-5830

Veterans Day Lunch
Tue, Nov 11  Noon
Event 1128
Share your experiences with other participants as we honor Veterans Day. Space is limited.
RSVP Required:
323-860-5830

The Great War Screening
1914: Call to Arms
Tue, Nov 11  1 p.m.
Event 1129
WWI raged across Europe, resulting in historically unprecedented carnage.
RSVP Required:
323-860-5830
**COMUNIDAD (continued)**

**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 managers 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

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**LGBT Bereavement**

**Group A Grieving 1 Year Or More**  
Tues, Nov 4 & 18 1 p.m.  
**Event 1103**

**Group B Grieving Less Than 1 Year**  
Tues, Nov 11 & 25 1 p.m.  
**Event 1104**

If you are experiencing pain from the loss of a loved one, please call to join the group.  
**RSVP Required:** 818-847-3686

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**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.) Monday-Friday from 11 a.m.-7 p.m.

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**PROSTATE CANCER SUPPORT GROUP**

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

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**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

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**HEALTH**

**Mask Making Party!**  
**Dia de los Muertos/Day of Dead Celebration**  
**Tues, Nov 4  10 a.m.**  
**The Village**  
**Event 1100**

Honor and celebrate your departed loved ones through the art of making traditional Dia de los Muertos masks. Arts and crafts teacher, Jesse Ortiz-Barreto, will share his expertise on how to create this beautiful art form. Enjoy some Mexican hot chocolate and sweet bread while Jesse talks about this traditional holiday that pays tribute to the dead and its historical roots that date back to the pre-Hispanic cultures of Meso-America.  
**RSVP Required:** 323-860-5830

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**¡Fiesta de Hacer Máscaras!**  
**Celebración del Dia de los Muertos**  
**Martes, 4 de Noviembre 10 a.m.**  
**El Village**  
**Evento 1100**

Honrar y celebrar sus seres queridos fallecidos a través del arte de hacer máscaras tradicionales del Día de los Muertos. Maestro de arte, Jesse Ortiz-Barreto, compartirá su conocimiento sobre cómo crear esta hermosa forma de arte. Disfrute de pan dulce y champurrado Mexicano mientras Jesse habla de esta tradicional fiesta que rinde homenaje a los muertos y sus raíces históricas que se remontan a las culturas pre-hispánicas de Meso-América.  
**RSVP es Requerido:** 323-860-5830
The Valley Group will NOT meet on Thursday, Nov 27.
The Center is closed for Thanksgiving.

This group meets at the MCC Church located at 5730 Cahuenga, Blvd, North Hollywood, 91601 (unless otherwise noted in the newsletter).

ACTIVITIES IN WEHO

WeHo LGBT Senior Housing Summit coming soon!

The Valley Group will NOT meet on Thursday, Nov 27.
The Center is closed for Thanksgiving.

This group meets at the MCC Church located at 5730 Cahuenga, Blvd, North Hollywood, 91601 (unless otherwise noted in the newsletter).

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!

Lunch for Those Living with HIV
Wed, Nov 12 Noon
Event 1108
See page 5 for description.
RSVP Required:
323-860-5830

Movie for Those Living with HIV
Jeffrey
Wed, Nov 12 12:30 p.m.
94 minutes
Drop in!
Based on a play by Paul Rudnick, Jeffrey (Steven Weber) has sworn off sex all-together. Tell a friend!

HIV+

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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!

Save the Date: Monday, December 15  1-5 p.m.
More information, including location, in December’s newsletter!
$5 Suggested Donation
RSVP Required
Event 1221

877-688-4833
seniors@lalgbtcenter.org