

50+

NOV 2014

GIVE

THANKS

**Thanksgiving
Dinner!**

See Page 5.



SENIOR SERVICES

Building a diverse community of 50+ LGBT people who are active, empowered and proud.



**LOS ANGELES
LGBT
CENTER**

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

lalgbtcenter.org

[facebook.com/50pluslgbt](https://www.facebook.com/50pluslgbt)

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!

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.

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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!

BIRTHDAYS!

Ray	John	William
John	Joyce	John
Eduardo F.	Kevin	Alex
Elinor	Alex	Leon
Rachel	Bill	Kimberly
Robert	Dustin	Efren
Richard A.	Marlene	Jean
Kelleen	William	Susan
James (Tommi)	Brenda	Leonard
Gene	Mark	Elizabeth
Gloria	Sally	Miriam J.
Clarice	Mary	David
Brian	Alex	Erna
Gary	Bob	David
Roy	Claudia	Lisa
Marie	Christian	Don
George	Leonard	Eugene
Lois	Amanda	Jose
Alicia	Noe	Gonzalo
Fred	Fred	Mark
Pat	Stewart	Mario
Richard	Linus	Betty
Melvin	Megan	Denise
Nora	Mirta	Cynthia
Alice	Michael	Tanya H.
Donna	Lynn	
Joel	Stephen	
Paul	Norm	
Christina	Myles	
Lynn	Vogue	
Donald	Robert	
Barry	David	
Leah	Kaylynn	
Joanne	Joan	
Ray	Lee	
Alexis	Randall	
Ellen Grimes	Delia	
Jose	Jackie	
Rocco	Kelly	

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.**



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



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!**

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



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!**

Women's Dessert Social

Mon, Nov 10 12:30 p.m.
Event 1112

Mon, Nov 24 12:30 p.m.
Event 1113

Commune with us for an afternoon of sweet treats, conversation and socializing!

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 **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 1 p.m.

Event 1114

Tues, Nov 25 1 p.m.

Event 1115

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, Nov 18 6 p.m.

Event 1111

Dinner out with the guys! Cash recommended!

RSVP Required:
323-860-5830

PROGRAMA de COMUNIDAD LATINA 50+

**¡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@lgbtcenter.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@lgbtcenter.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)*

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**

¡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**

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 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

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

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.

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

VALLEY

Art Lab

Thurs, Nov 6 12:30 p.m.

Drop in!

We'll bring the supplies. Let your creativity go wild!

Tell a friend!



Into the Woods

Thurs, Nov 13 12:30 p.m.

153 Minutes

Drop in!

Stephen Sondheim's Tony-winning musical proves that fairy tales don't end at "happily ever after." **Tell a friend!**

Potluck Lunch

Thurs, Nov 20 12:30 p.m.

Drop in! Bring a dish to share.

Tell a friend!

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+

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!**

ACTIVITIES IN WEHO

WeHo LGBT Senior Housing Summit coming soon!



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! Located near Wholefoods. There is parking lot and metered parking nearby. Please look for Alice.

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



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



LOS ANGELES LGBT CENTER

SENIOR SERVICES