

50+

APR 2015



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**

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

SPRING

Welcome to Spring and a wide variety of new programming and some old favorites that are back again. If you are a veteran please join us for the LGBT Veterans Benefit Day happening on Wed, Apr 22. You will be surprised of all the benefits for which you may be entitled.


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NEWSLETTER RSVP INSTRUCTIONS

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

Unless noted, our events are limited in number of open spots or tickets. 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, you will receive 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, to pick up ticket(s) or to attend a ticketed event 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!

Marie	Peter	Michael
Robert	Norma Angelia	Ron
Bud	Michele	Mark
Jane	Mark	Blanca
George	Chris	Willie
Richard	James	L. Sue
John	Philip	Juliet
Katherine	Nicholas	Christen
Art	Peter	John
Sharon	Beverly	Elsa
Kevin	Doreen	David
Shellely	Robert Anson	Kyle
John	Thomas	Jaime
George	Dominick	Julian
Rod	Laurie	Cliff
Fred	Lisa	J Michael
Sheridan	Beverly	Bob
Karen	Steve	Jorge Luis
Joan	Shel	Kirk
Arthur	Violet	Alan
Hanna	Mariette	Michael
Fred	Kerry	Warren
Leo	Larry	Rod
Edmund	Justin	Paul
Bob	Thomas	Ronald
Miles	Michelle	Ronald F.
Stephen	Barry	Roland
Stephen	Judy	Harvey
Gloria	Bruce A.	Charles
Arturo	Julie	Jerry
Walter	Ricardo	Carlos
Byford	Kevin	Victor
Kathleen	Rich	Lorenzo
Diethard	Rex	Peter
John	Dante	Frank
Gabriel	James	Mylin
Bob	Bill	Ron
Charles	Josh	Louis
Robin	Robert J.	Debbie
Jack	Art	Bobbi
Rick	Stuart	Judi
Russell	Billy	Joey
Richard A.	Donna-Maria	Frank
Stephen	Ronald E.	David
Diane	Barton	Antonio
Ben	Joe	Sandra
Happi	Michael	Astrid
Olivia	Tom	Mimi
Richard	Bill	Michelle
Kerry	Lanceton	

EVERYONE



Meditation

Mon, Wed & Fri 12:30 p.m.

Beginners welcome. Quiet the mind with a 20-25 min guided meditation. If it is difficult to meditate for entire time, sit quietly in peace. **Will not meet Fri, Apr 17 or Wed, Apr 22. Drop in!**



Stretch & Balance

Wednesdays 11 a.m.

Will not meet Wed, Apr 22. 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 Wed, Apr 1 or Wed, Apr 22. Tell a Friend!**

Larry's Computer Club

Wednesdays 1:30 p.m.

Will not meet Wed, Apr 22. Drop in!

Art Lab with Jesse

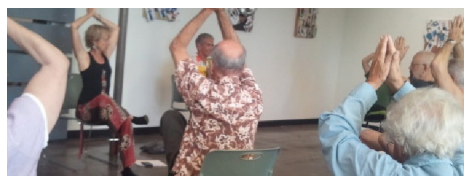
Fridays 10 a.m.

Event 0400

Brought to you in partnership with Comunidad Latina, come join us in making creative crafts with family and friends.

RSVP Required:

323-860-5830



Master Lakshmi Chair Yoga

Wed, Apr 1 & 15 11 a.m.

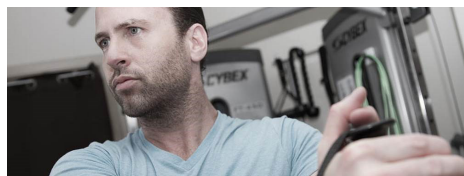
Drop in!

Housing Supportive Network

Thurs, Apr 2 & 16 11 a.m.

Drop in! This peer-led network of LGBT seniors' (and allies) primary purpose is finding, securing and advocating for safe, affordable housing which meet the needs of the LGBT senior community.

Tell a friend!



Integrative Stretch & Tone with David

Fridays, Apr 3, 10 & 17 11 a.m.

Drop in! This class is designed to help correct poor posture by lengthening the overly-tight muscles and strengthening the weak, over-stretched ones. The result is a well-toned, less fatigued body, which will in turn lead to a more active and energetic day! The ultimate goal is to integrate everything

into an improved functional movement.

Tell a friend!



Reading Opens Minds

Mon, Apr 6 & 20 11 a.m.

Event 0402

RSVP Required:

323-860-5830

Lunch for Everyone

Tues, Apr 7 12:30 p.m.

Event 0407

RSVP by Noon on 04/06

Tues, Apr 21 12:30 p.m.

Event 0409

RSVP by Noon on 04/20

Join us for lunch at The Village. \$2 Suggested donation.

RSVP Required:

323-860-5830



Movie for Everyone

The Imitation Game

Tues, Apr 7 1:30 p.m.

114 Minutes

Event 0412

Chronicles mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code during World War II.

RSVP Required:

323-860-5830

Finding Your True Self with Lois

Wed, Apr 8 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+

Thurs, Apr 9 2 p.m.

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

Online Banking

Thurs, Apr 9 2:30 p.m. &

Mon, Apr 27 2:30 p.m.

Drop in! Tired of mailing out your bills every month? Want to save on stamps and save valuable time? Haven't got a clue where to start?

Come learn how to do online banking and manage your finances! Bring your checkbooks and cards and we'll show you how.

Tell a friend!

Storytelling

Tues, Apr 14 & 28 2 p.m.

Event 0413

Explore the world of storytelling with Ms. Willa. Everyone has a story to tell. Tell the story of who you are, your experiences and loved ones. Ms. Willa will teach you how!

RSVP Required:

323-860-5830

The Getty Center

J. M. W. Turner:

Painting Set Free

1200 Getty Center Dr Los Angeles, CA 90049

Fri, Apr 17 11 a.m.

Park & Ride from The Village

Event 0406 Free

Please bring money or pack a lunch. SHS is not available for lunch. After lunch we'll explore the J.M.W. Turner exhibit and then take a docent lead tour of the architecture and gardens at 2 p.m. This is an outdoor tour, please plan accordingly. We'll be leaving The Getty at 4:30 p.m. Ride with us and you are instantly entered to win a \$25 American Express gift card on the bus. Winner must be present. Transportation accommodates wheel chairs.

RSVP Required:

323-860-5830



Movie for Everyone

Foxcatcher

Tues, Apr 21 1:30 p.m.

134 Minutes

Event 0414

Preparing for the 1988 Olympics, two sibling wrestlers cross paths with a paranoid schizophrenic millionaire in this drama based on a true story. The competitive Schultz brothers soon learn their new acquaintance is a dangerous distraction.

RSVP Required:

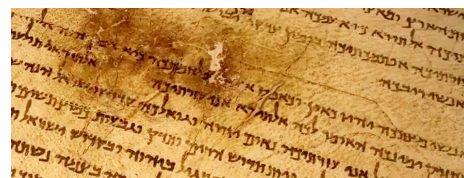
323-860-5830

LGBT Veterans

Benefit Day

Wed, Apr 22 10 a.m.-4 p.m.

Drop in! LGBT Veterans Benefit Day will help you access the benefits and resources you are entitled to as a veteran of the U.S. Armed Forces. Join us and meet with counselors from the Veterans Administration. **Tell a friend!**



Dead Sea Scrolls

California Science Center

700 Exposition Park Dr

Los Angeles, CA 90037

Thurs, Apr 23 11:15 a.m.

Park & Ride from The Village

Event 0415 Free

This special exhibition explores the science and significance of the Dead Sea Scrolls, manuscripts written and hidden in caves 2,000 years ago and not discovered until 1947. Transportation included. Transportation accommodates wheel chairs. We will leave The Village at 11:15 a.m. Lunch not included. *Limited to twenty (20).*

RSVP Required:

323-860-5830



Song and Dance Series with Joe Levy

Singin' In the Rain (1952)

Thurs, Apr 23 11 a.m.

Event 0417

Arguably, the best musical ever made. Gene Kelly, Donald O'Connor, Debbie Reynolds, Jean Hagen. Story & screenplay by Betty Comden & Adolph Green. Score by Arthur Freed & Nacio Herb Brown. Directed by Gene Kelly & Stanley Donen.

RSVP Required:

323-860-5830

(continued on page 9)

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! **Will not meet Wed, Apr 22. 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

Casita Del Campo

1920 Hyperion Ave

Los Angeles, CA 90027

Tue, Apr 28 6 p.m.

Event 0411

Dinner out with the guys!
Cash recommended!

RSVP Required:

323-860-5830

WOMEN



Jewel Thais-Williams led our International Women's Day Discussion on Monday, Mar 9.

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, Apr 21 11 a.m.

Drop in! After the discussion, Lois will screen a related film. **Tell a friend!**

L50+ Dinner

Kung Pao Bistro

7853 Santa Monica Blvd

WeHo, CA 90046

Sun, Apr 26 6 p.m.

Event 0410

This month we're having Chinese! Join us at Kung Pao

Bistro located in a mini mall near Whole Foods on the corner of Fairfax and Santa Monica. Free parking. Please look for Alice.

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**.

EVERYONE CONTINUED

Bingo!

Fri, Apr 24 2 p.m.

Event 0405

RSVP Required:

323-860-5830

Lunch for Those Living with HIV at The Village

Wed, Apr 29 12:30 p.m.

Event 0408

We'll provide lunch (\$2 donation requested). Share your stories of living, surviving & thriving.

RSVP Required:

323-860-5830



A community health and wellness fair for LBT women

As a transgender woman, you have a:

one in 3

chance of being refused health care
because of your gender expression

As a lesbian or bisexual woman, you are

60%

more likely to delay health care visits because
you fear mistreatment by your health care provider

Join us for a life-changing day of information and education, community and connection.
Featuring interactive workshops, panel discussions, guest speakers, and a community wellness fair.
Free event. RSVP and up-to-date information at lalgbtcenter.org/360.

10 a.m. to 5 p.m. Saturday, April 11

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

Sponsors

CITY NATIONAL BANK
The way up.

LOS ANGELES LGBT CENTER
LOS ANGELES WOMEN'S NETWORK

ADIBELLEN



LOS ANGELES LGBT CENTER

lalgbtcenter.org/360

CYBER CENTER

Business Days (Mon-Fri) 9 a.m.-5 p.m.

You're welcome to use the computers in our David Bohnett CyberCenter, with high-speed Internet access, to check your e-mail, create a resume, do online research or even brush up on your software skills using our full range of office software.

seniors@lalgbtcenter.org
877-688-4833

SENIOR SERVICES • 1125 N McCadden Pl • Los Angeles, CA 90038



LOS ANGELES LGBT CENTER
SENIOR SERVICES

lalgbtcenter.org/seniors

HEALTH

DROP-IN CASE MANAGEMENT (FIRST-TIME NEW CLIENT)

Drop-In Every Wed. & Thurs. 10 a.m.-Noon, 1-3 p.m.

Senior Services has expanded drop-in case management hours for first-time new clients. 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! **No drop-in hours on Wed, Apr 22.**

CASE MANAGERS CONTACT INFORMATION

Jesse Ortiz-Barreto: 323-860-5840

Julia Wallace: 323-860-7395

Yuisa Gimeno 323-860-7369

LGBT BEREAVEMENT

Group A Grieving 1 Year Or More

Tues, Apr 7 & 21 1 p.m. Event 0403

Group B Grieving Less Than 1 Year

Tues, Apr 14 & 28 1 p.m. Event 0404

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 appropriate group or to individual counseling. A referral from one of our case managers is required for participation in the bereavement 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.

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



A participant poses during Daniela Berzuini's photoshoot on Tue, Mar 10.

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, Apr 29 12:30 p.m.

Event 0408

See page 9 for description.

RSVP Required:

323-860-5830

VALLEY

Game Day

Thurs, Apr 2 12:30 p.m.

Drop in! Play and win!

Tell a friend!



The Imitation Game

Thurs, Apr 9 12:30 p.m.

114 Minutes

Drop in! Chronicles mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code during World War II.

Tell a friend!

Potluck

Thurs, Apr 16 12:30 p.m.

Drop in! Bring a dish to share.

We'll cover the main dish.

Tell a friend!

Art Lab

Thurs, Apr 23 12:30 p.m.

Drop in! We'll bring art supplies. Start a new project or bring a work in progress. Share your work with the group. **Tell a friend!**

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

Questions?

Call 323-860-5830.



Movie for Those Living with HIV

The Imitation Game

Wed, Apr 29 1 p.m.

Drop in! Chronicles mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code during World War II.

Tell a friend!

YOU Served Us Now let us stand with you.

Are you an LGBT veteran age 50 or older? The Los Angeles LGBT Center's LGBT Veterans Benefit Day will help you access the benefits and resources you are entitled to as a veteran of the U.S. Armed Forces. Join us and meet with counselors from the Veterans Administration.

Supported By



In Partnership With



LGBT Veterans Benefits Day

April 22, 2015
10am - 4pm

Free benefit screening
& services include:

Health Care • Mental Health
Housing • Disability Compensation
Financial Compensation • Life Insurance

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Los Angeles, CA 90038

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SENIOR SERVICES

lalgbtcenter.org/seniors