Los Angeles LGBT Center’s Newsletter for Senior Services

50+

Feb 2015

Free & Low-Cost Events for People Ages 50-100+
HAPPY FEBRUARY

The days are getting longer, and while I am hopeful for more rain, I am also hopeful to be rid of the cold nights. Much has changed in the past twelve months. It was in February 2014 that we started to help GLEH and just a month or so after that, the Center agreed to provide services to the residents of Triangle Square. We moved three staff to the building permanently—including myself.

This has been a learning year for the staff and myself. We have doubled in size as a department and have expanded our programming dramatically.

I must admit that I miss going to the Valley group and being at The Village. So, I will now be at The Village every Thursday. Please stop by to say hello, I would really like to connect or reconnect with many of my Village friends.

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NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after February 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!
**EVERYONE**

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

**Healthy Living Group**
Tuesdays 10:30 a.m.
Drop in!
The Healthy Living Group will assist us in keeping those New Year’s resolutions that we made. We invite you to attend the group meetings to get ideas about healthy living and staying on track. And there is a surprise for those who complete the group! **Tell a friend!**

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

**Mindfulness Practice**
Wednesdays 2:30 p.m.
Drop in!
Reduce stress, manage thoughts and learn how to breathe using mindfulness practices. **Will not meet Wed, Feb 11. Tell a Friend!**

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

**Winter Craft-Making with Jesse**
Fridays 10 a.m.
Event 0200
Brought to you in partnership with Comunidad Latina, come join us in making creative crafts with family and friends. Please bring any blank cards and small vases or boxes that you would like to decorate.
**RSVP Required:**
323-860-5830

**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!**

**Write Your Autobiography**
Tues, Feb 3-24 10 a.m.-Noon
Event 0201
Join us every Tuesday in February as we begin writing our own autobiography.
**RSVP Required:**
323-860-5830

**Lunch for Everyone**
Tues, Feb 3 12:30 p.m.
Event 0207
RSVP by Noon on 02/02
Tues, Feb 17 12:30 p.m.
Event 0209
RSVP by Noon on 02/13
Join us for lunch at The Village. $2 Suggested donation.
**RSVP Required:**
323-860-5830

**Movie for Everyone**
Black Is...Black Ain’t
Tues, Feb 3 1:30 p.m.
88 Minutes
Event 0212
Before losing his battle with AIDS, acclaimed director Marlon Riggs challenges the traditional definition of blackness while issuing a ringing call to African-Americans to celebrate diversity within the community so that the dream of unity can be achieved.
**RSVP Required:**
323-860-5830

**Master Lakshmi Chair Yoga**
Wed, Feb 4 & 18 11 a.m.
Drop in!

**Julie Goldman**
Sat, Feb 7 8 p.m.
Renberg Theatre
$15 with Discount Code: SENIOR
The self-described “worst lesbian in the world” will bring her brash mix of humor, observations and music to the Center.
**Box Office:**
323-860-7318
Housing Supportive Network  
Thurs, Feb 5 & 19  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!

Reading Opens Minds  
Mon, Feb 9 & 23  11 a.m.  
Event 0202  
RSVP Required: 323-860-5830

Storytelling  
Tues, Feb 10 & 24  2 p.m.  
Event 0213  
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

Finding Your True Self with Lois  
Wed, Feb 11  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!

Go Metro  
FIDM Museum & Galleries  
23rd Annual Art of Motion Picture Costume Design  
Thurs, Feb 12  10 a.m.  
Event 0216  
RSVP Required: 323-860-5830

Talk Amongst Yourselves 65+  
Thurs, Feb 12  2 p.m.  
Drop in! Join LGBT women & men for treats, beverages and great chat. 65+ only.  
Tell a friend!

Diversity of Love  
Fri, Feb 13  6 p.m.  
Event 0205  
RSVP Required: 323-860-5830

Movie for Everyone  
Cat on a Hot Tin Roof  
Tues, Feb 17  1:30 p.m.  
108 Minutes  
Event 0215  
In conjunction with “The Brain Power Project,” our own Pam Jones and Frank Galassi will host “The Women of Tennessee Williams,” the award-winning, Cat on a Hot Tin Roof. A brief intro will be given by Pam and Frank and following the screening, a brief Q and A.  
RSVP Required: 323-860-5830

California African American Museum  
Fri, Feb 20  11 a.m.  
600 State Dr  
Los Angeles, CA 90037  
Event 0214  
Join us as we explore the rich history of African American art and artists. Admission is FREE. Transportation is provided (accommodates wheelchairs). We will leave The Village at 11 a.m. If you are planning on driving to The Village, parking is limited. Street parking may be available in the nearby neighborhood. Carpooling and/or public transportation is recommended.  
RSVP Required: 323-860-5830

Lunch for Those Living with HIV at The Village  
Hong Kong Express  
Wed, Feb 25  12:30 p.m.  
Event 0208  
We’ll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving.  
RSVP Required: 323-860-5830

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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 Dinner  
French Market  
7985 Santa Monica Blvd  
WeHo, CA 90046  
Tue, Feb 24  6 p.m.  
Event 0211  
Dinner out with the guys! Cash recommended!  
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+ Spirituality Salon with Lois  
Sat, Feb 21 11 a.m.  
Drop in! After the discussion, Lois will screen Life of Buddha. Tell a friend!

L50+ Dinner  
Callender’s Grill Wilshire  
5773 Wilshire Blvd  
Los Angeles, CA 90036  
Sun, Feb 22  6 p.m.  
Event 0210  
For validated parking, enter the lot on Curson! Please join us for a wonderful evening out with the gals! 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.
¡No estás 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 Jesse (Jesus) Ortiz-Barreto al 323-860-5840 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 Jesse (Jesus) Ortiz-Barreto at 323-860-5840 or comunidad@lalgbtcenter.org.

EVERYONE CONTINUED

Song and Dance Series with Joe Levy
Monthly, starting in February, eleven glorious productions, selected, hosted and introduced by Joe Levy, to tickle your fancies. These works have been created by some of the most talented artists of film, stage, vaudeville and television.

Thurs, Feb 26 11 a.m.
Event 0220

Nominated for five Academy Awards. Won the Oscar for Best Song.
RSVP Required: 323-860-5830

Bingo!
Fri, Feb 27 2 p.m.
Event 0205
RSVP Required: 323-860-5830

Dame Edna’s Glorious Goodbye
Sat, Mar 14 2 p.m.
Ahmanson Theatre
135 N Grand Ave
Los Angeles, CA 90012
$36, due 3/11
Event 0317
Global star and legendary entertainer Barry Humphries, and his alter ego, Dame Edna, continue their triumphant world tour and take their final bow in the US with an award winning, critically acclaimed spectacular. ASL performance. Limited amount of ADA tickets available by request. SHS Fund available.
RSVP Required: 323-860-5830
Senior Center Photo Project

Artist Daniela Berzuini is looking for seniors to photograph!

Details from the artist:
“Hi there, my name is Daniela L. Berzuini. I’m working on a portfolio in order to get my degree in photography at Santa Monica College. I specialize in portraits, studio and location photography. My work always comes from empathy and love. Interaction with others is very important to me. Currently, I’m developing a personal project with seniors portraying them in humorous ways, seeking to create a complex body of work that provokes questions concerning their exclusion in society. The idea is to use photography to raise awareness of how the elderly are treated, and to demonstrate their importance in the community.

In Exchange: This project has no cost. It is a personal project for my class and portfolio. I will provide a print of the portrait.”

www.danielaberzuini.com for more info on Daniela. If you are interested in participating and would like to sign up for this project please contact Allison Santos: 323-860-7339 or send an e-mail to asantos@lalgbtcenter.org

HEALTH

DROP-IN CASE MANAGEMENT
Drop-In Every Wed. & Thurs. 10 a.m.-Noon, 1-3 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
Felixia Barias: 323-860-7368
Jesse Ortiz-Barreto: 323-860-5840
Julia Wallace: 323-860-7395

LGBT BEREAVEMENT
Group A Grieving 1 Year Or More
Tues, Feb 3 & 17 1 p.m. Event 0203
Group B Grieving Less Than 1 Year
Tues, Feb 10 & 24 1 p.m. Event 0204
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
**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, Feb 25  12:30 p.m.
Event 0208
See page 5 for description.
RSVP Required:
323-860-5830

**Valley**

**Game Day**
Thurs, Feb 5  12:30 p.m.
Drop in!
Play and win!
Tell a friend!

**Pride**
Thurs, Feb 12  12:30 p.m.
120 Minutes
Drop in!
Striking British mineworkers draw support from a coalition of gay and lesbian activists who solicit donations to help tide over the miners’ families during the 1984 standoff with Prime Minister Margaret Thatcher’s government.
Tell a friend!

**Potluck**
Thurs, Feb 19  12:30 p.m.
Drop in!
Bring a dish to share. We’ll cover the main dish.
Tell a friend!

**Art Lab**
Thurs, Feb 26  12:30 p.m.
Drop in!
We’ll bring basic supplies like pencils, markers and paper. Bring a project you are currently working on or start a new project.
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.

**Activities in WeHo**

**Men’s Dinner**
French Market
7985 Santa Monica Blvd
WeHo, CA 90046
Tue, Feb 24  6 p.m.
Event 0211
Dinner out with the guys! Cash recommended!
RSVP Required:
323-860-5830

We went to the Aquarium of the Pacific on Fri, Jan 16.
BLACK HISTORY IS OUR HISTORY

The tapestry of faces on our cover this month reminds me of the rainbow that’s become the welcoming symbol for LGBTQ communities across the globe. I am reminded that there are many colors, aspects, ethnicities and histories that define our village. And they are all intertwined. Photos on the cover are of Africans, African-Caribbean, African-Americans, activists, celebrities, politicians, entrepreneurs, expatriates, artists, athletes, transpeople, females and males. Their collective impact is local, national and international. Trust, there wasn’t enough room to accommodate all the individuals.

In recognition of Black History Month, Senior Services has carefully created activities to highlight aspects of the Black diaspora. We’d especially like you to join us on our “outing” (pun intended) to view the latest exhibit at the California African American Museum (RSVP is required). We’ll also screen topical and fanciful films, discuss timely issues and become familiar with movers and shakers in our community.

By the way, can you locate Barbara Jordan’s picture on the front cover? She was a politician, educator and civil rights leader during the 70s and 80s and was successful in expanding the Voting Rights Act to include non-English speakers. At the Democratic National Convention in 1976 Barbara Jordan became the first African-American woman to deliver a keynote address at a political convention in the U.S. According to Kathy Belge (lesbian history expert) congressperson Jordan “met her partner Nancy Earl on a camping trip in the 1960s. The two were together for more than 20 years. Jordan never came out publicly, but her obituary in the Houston Chronicle called Earl her long-time companion.” I would have loved to hear this dynamic woman weigh-in on marriage equality? Sadly, she died in 1996.

February is also the month of expressing love: love of self; love of community; love of others or simply a love for life. Our Diversity of Love night promises to titillate and entertain. See you in fabulous February!

Chi Hughes, Manager, Housing and Social Services