

**50+**

**JAN 2015**

**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](mailto:seniors@lalgbtcenter.org)

[lalgbtcenter.org](http://lalgbtcenter.org)

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

## HAPPY NEW YEAR!

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

-Helen Keller

The last year was thrilling, exciting and for some of us, exhausting. We partnered with GLEH at Triangle Square, expanded our staff and programming and started the plans for the McCadden Campus. The coming year is sure to be as fun and exciting as last. I look forward to seeing you in the new year and sharing updates about the Center and our department.

  
**Kathleen Sullivan**

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## NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after January 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!

Gary	Edward	Myka
Don	Daniel	Roe
Alan	Steve	Christina
Stephen	Ronn	AJ
Mary	Bob	Mark
Michael	Andy	Bruce
Gail	Mary	Chuck
Herb	Tadd	Steve
Martha	Fermin	Bernie
Alvin	Donna	Doris
Michael	B.J.	Mark
Jorge	Jim	Fred Willie
Robert	Eva	Tommi
Richard	Jerry	Jeannie
Ivan	Larry	James P
Ronna	Roger	Gerald
Tony	Bruce	Byran
Teri	Joel	Martin
Soleman	Jim	Brad
Carl	Anthony	Bryan
Jean	John	Curt
Vicki	Ted	Russ
George	Juan	William
Harry	Sandy	Vickie
Jim	Jane	Christina
Gloria	Edward	Gregg
Edward	Juanita	Dorothy Randall
Mary	Virginia	Phyllis
Mary Jane	Stephen	Roger
Louis	Louis	Michael
Raymond	Arlene	Marian
Frank	Allan	Kirk
Chuck	George	Eric
Buzz	Ed	Steven
Jon	Joe	Thomas
Steve	Michael	William
Bob	Judy	Lin
Frank	Francesca	Ted
Charles	Peter	Johnnie
Sharon	Pat	Carole Lee
Steve	Arnie	Judy
Honor	Dolores	Ana Maria
Ed	Daniel	Charles
Pam	Robin	
Bill	Steven	

## IN MEMORIAM

Myrna Kurland

# 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. For the entire month of January, 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!

**RSVP Required:**  
323-860-5830



**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 breath using mindfulness practices. **Will not meet Jan 28. Tell a Friend!**

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

**Winter Craft-Making**  
with Jesse  
Fridays 10 a.m.  
Event 0100

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!**



**Reading Opens Minds**  
Mon, Jan 5 & 26 11 a.m.  
Event 0102

**RSVP Required:**  
323-860-5830

**Lunch for Everyone**  
Tues, Jan 6 12:30 p.m.  
Honk Kong Express  
Event 0107  
RSVP by Noon on 01/02

Tues, Jan 20 12:30 p.m.  
El Pollo Loco  
Event 0109  
RSVP by Noon on 01/16  
Join us for lunch at The Village. \$2 Suggested donation.  
**RSVP Required:**  
323-860-5830



**Movie for Everyone**  
*The Hundred-Foot Journey*  
Tues, Jan 6 1:30 p.m.  
122 Minutes  
Event 0112

Chef Hassan Kadam and his family open a restaurant in the south of France. But when their business starts to thrive, a competing restaurateur launches a war.

**RSVP Required:**  
323-860-5830



**Master Lakshmi Chair Yoga**  
Wed, Jan 7 & 21 11 a.m.  
Drop in!

**Housing Supportive Network**  
Thurs, Jan 8 & 22 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.

**RSVP Required:**  
**323-860-5830**



**Rusty's Gay Swing & Sway**  
**Sat, Jan 10 1 p.m.**  
**Event 0127**

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**

**Lunch for Those Living with HIV at The Village**

**Hong Kong Express**

**Tues, Jan 13 12:30 p.m.**

**Event 0108**

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

**RSVP Required:**  
**323-860-5830**

**Storytelling**

**Tues, Jan 13 & 27 2 p.m.**

**Event 0113**

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**

**Talk Amongst Yourselves 65+**

**Thurs, Jan 15 2 p.m. &**  
**Thurs, Jan 29 2 p.m.**

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

**Tell a friend!**

**Long Beach Outing**

**Fri, Jan 16 11 a.m.**

**\$14 due 01/16**

**Event 0114**

Stay tuned for parking info. If we have your e-mail address on file, we will send you detailed instructions. If not, we will call you prior to the outing. Enjoy lunch and explore the Long Beach Aquarium. We'll leave The Village at 11:15 a.m. Transportation is provided! Food not included. \$14 due 01/16. Tickets are non-refundable. Seniors Helping Seniors is available! Transportation accommodates wheel chairs.

**Tell a friend!**

**MLK Open Mic**

**Fri, Jan 16 11 a.m.**

**Drop in!**

MLK week is a celebration of Dr. King's legacy. It will culminate with an open mic event in the Advocate & Gochis Galleries. During the week you can anticipate themed movies, chats and social events.

**Tell a friend!**



**Opera Screening**

***Madama Butterfly***

**Fri, Jan 16 Noon**

**145 Minutes**

**Event 0115**

Filmed in the Arena di Verona,

*Madama Butterfly* is the heart-wrenching story of a beautiful young geisha who sacrifices her family, her religion and, ultimately, her life for her American husband.

**RSVP Required:**  
**323-860-5830**



**Movie for Everyone**  
***Pride***

**Tues, Jan 20 1:30 p.m.**

**120 Minutes**

**Event 0117**

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.

**RSVP Required:**  
**323-860-5830**

**Bingo!**

**Fri, Jan 23 2 p.m.**

**Event 0105**

**RSVP Required:**  
**323-860-5830**

**Go Metro Outing**

**Sat, Jan 24 10 a.m.**

**Event 0118**

Meet at The Village for a Go Metro Outing to USC. You will attend a free screening of the *Merry Widow* from the Metropolitan Opera at the Norris Cinema Theatre.

**RSVP Required:**  
**323-860-5830**

*(continued on page 9)*

## MEN

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### 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, Jan 27 6 p.m.

Event 0111

Dinner out with the guys!

Cash recommended!

**RSVP Required:**

**323-860-5830**

## WOMEN

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Our intern, Marissa, posed with a guest at the Holiday Party on Monday, December 15th for this fantastic "selfie."

### 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, Jan 17 11 a.m.

**Drop in!** After the discussion, Lois will screen *Mahatma Gandhi: The Life and Times of a Modern Legend*.

**Tell a friend!**

### L50+ Dinner

Mimi's Café in Atwater Village

2925 Los Feliz Blvd

Los Angeles, CA 90039

Sun, Jan 18 6 p.m.

Event 0110

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**.

# PROGRAMA de COMUNIDAD LATINA 50+

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## ¡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](mailto: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](mailto:comunidad@lgbtcenter.org).**

# EVERYONE CONTINUED

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## Holocaust Remembrance Day

**Tue, Jan 27 Noon**

### Drop in!

International Holocaust Memorial Day is observed on January 27th and we will honor this day by reflecting, sharing and remembering. Come out and participate in our discussions and view a movie about the LGBT experience and the Holocaust.

**Tell a friend!**

## Memory Loss

**Wed, Jan 28 1 p.m.**

### Event 0101

The Alzheimer's Association will teach you the basics of memory loss, dementia and Alzheimer's Disease.

**RSVP Required:  
323-860-5830**

## Retirement & Financial Planning with Carol Dunlavy, Founder and President of Jade Tree Retirement Planning

**Wed, Jan 28 1 p.m.**

### Event 0116

Learn how to optimize your social security income, minimize taxes, and maximize income from other assets. Jade Tree also provides a free software program on how to maximize your social security benefits. Jade Tree is committed to serving the LGBT community and the particular planning needs that can be involved for retirement.

**RSVP Required:  
323-860-5830**

## Eviction Prevention

**Thurs, Jan 29 11 a.m.**

### Event 0106

As part of the LGBT Senior Housing Supportive Network, this workshop will look at the eviction process, tools to avoid eviction, and actual eviction prevention techniques. Other organizations may participate as well including; The Eviction Defense Network and B'et Tzedk. Other agency information will be provided. Presented by Tripp Mills.

**RSVP Required:  
323-860-5830**



## Winter Sounds

**January 10 to March 7, 2015**

Winter Sounds is a free indoor concert series presented by the City of West Hollywood through its Arts and Cultural Affairs Commission. All concerts are free to attend, seating is provided and RSVPs are not required. To hear music samples and find out about other arts programming in the City of West Hollywood, please visit [weho.org/arts](http://weho.org/arts). This year's line-up is an eclectic mix of Jazz, World, and Classical music all featuring rich vocals.

## HEALTH

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### **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**

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

### **LGBT Bereavement**

**Group A Grieving 1 Year Or More**

**Tues, Jan 6 & 20 1 p.m. Event 0103**

**Group B Grieving Less Than 1 Year**

**Tues, Jan 13 & 27 1 p.m. Event 0104**

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](mailto: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](mailto:GMSHF@yahoo.com)

323-860-7340

## 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**

Tues, Jan 13 12:30 p.m.  
Event 0108

See page 5 for description.

**RSVP Required:**  
323-860-5830



**Movie for Those Living with HIV**

*The Hundred-Foot Journey*

Tues, Jan 13 1 p.m.

122 Minutes

Drop in!

See description on page 4.

**Tell a friend!**

## ACTIVITIES IN WEHO



**Men's Dinner**

French Market  
7985 Santa Monica Blvd  
WeHo, CA 90046

Tue, Jan 27 6 p.m.

Event 0111

Dinner out with the guys! Cash recommended!

**RSVP Required:**  
323-860-5830

## VALLEY

**The Valley Group will NOT meet on Thursday, Jan 1. The Center is closed for New Year's Day.**

**Game Day**

Thurs, Jan 8 12:30 p.m.

Drop in!

Play and win!

**Tell a friend!**



**The Hundred-Foot Journey**

Thurs, Jan 15 12:30 p.m.

122 Minutes

Drop in!

See description on page 4.

**Tell a friend!**

**Potluck**

Thurs, Jan 22 12:30 p.m.

Drop in!

Bring a dish to share. We'll cover the main dish.

**Tell a friend!**

**Art Lab**

Thurs, Jan 29 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.**



Steven Reign's My Life is Poetry class performed in the Advocate & Gochis Galleries at The Village on Sunday, December 14.

# AROUND THE VILLAGE

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Julia poses with a guest at the Holiday Party on Mon, Dec 15 (left). One lucky guest took home the grand raffle prize (below).



Holiday Party guests enjoyed lunch catered by Food Fetish at the Friendship Auditorium (above). Thank you to the Young Professionals Council (YPC) for photographing our guests and developing the photo for a keepsake (left).



**LOS ANGELES LGBT CENTER**  
**SENIOR SERVICES**