Los Angeles LGBT Center’s Newsletter for Senior Services

50+
Jan 2015

Dia de los Muertos
Free & Low-Cost Events for People Ages 50-100+
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

STAFF

Allison Santos
Activities Coordinator
323-860-7339
asantos@lalgbtcenter.org

Chanena Barrios
Activities Coordinator,
Triangle Square
323-860-7335
cbarrios@lalgbtcenter.org

Chi Hughes
Housing & Social Services Manager
323-860-5867
chughes@lalgbtcenter.org

Gayle Gates
Social Services Manager,
Triangle Square
323-860-5824
ggates@lalgbtcenter.org

Joe Kuhlmann
Activities Coordinator
323-860-7367
jkuhlmann@lalgbtcenter.org

Julia Wallace
Case Manager
323-860-7395
jwallace@lalgbtcenter.org

Kathleen Sullivan
Director
323-860-7397 (The Village)
323-957-7200 ext. 21
(Triangle Square)
ksullivan@lalgbtcenter.org

Michael Wolfson
Assistant
323-860-7322
mwolfson@lalgbtcenter.org

Tanya Witt
Activities Coordinator,
Triangle Square
323-860-5828
twitt@lalgbtcenter.org

Tripp Mills
Deputy Director
323-860-5826
tmills@lalgbtcenter.org

Yuisa Gimeno
Comunidad Latina Specialist
323-860-7369
ygimeno@lalgbtcenter.org
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
Don
Alan
Stephen
Mary
Michael
Gail
Herb
Martha
Alvin
Michael
Jorge
Robert
Richard
Ivan
Ronna
Tony
Teri
Soleman
Carl
Jean
Vicki
George
Harry
Jim
Gloria
Edward
Mary
Mary Jane
Louis
Raymond
Frank
Chuck
Buzz
Jon
Steve
Bob
Frank
Charles
Sharon
Steve
Honor
Ed
Pam
Bill

Edward
Daniel
Steve
Ronn
Bob
Andy
Mary
Tadd
Fermin
Donna
B.J.
Jim
Eva
Jerry
Larry
Roger
Bruce
Joel
Jim
Anthony
John
Ted
Juan
Sandy
Jane
Edward
Juanita
Virginia
Stephen
Louis
Arlene
Allan
George
Ed
Joe
Michael
Judy
Francesca
Peter
Pat
Arnie
Dolores
Daniel
Robin
Steven

IN MEMORIAM

Myrna Kurland

Myka
Roe
Christina
AJ
Mark
Bruce
Chuck
Steve
Bernie
Doris
Mark
Fred Willie
Tommi
Jeannie
James P
Gerald
Byran
Martin
Brad
Bryan
Curt
Russ
William
Vickie
Christina
Gregg
Dorothy Randall
Phyllis
Roger
Michael
Marian
Kirk
Eric
Steven
Thomas
William
Lin
Ted
Johnnie
Carole Lee
Judy
Ana Maria
Charles
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. 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

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**

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**

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**.

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

EVERYONE CONTINUED

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 my 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
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
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

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. This year's line-up is an eclectic mix of Jazz, World, and Classical music all featuring rich vocals.
**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

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).