Free & Low-Cost Events for People Ages 50-100+
UPDATE FROM THE WHITE HOUSE

Last month, I was an invited panelist at the White House Conference on Housing for LGBT Elders. This was the first time the White House, under any administration, formally supported the idea that we need safe, accepting senior living communities for LGBT elders. I was deeply honored and that honor extends to all of you! Thank you for being part of this amazing program!

Please remember to send in your survey if you have not already, an online version is available as well.

Also, if you are a veteran, our partner organization Public Counsel will be at the Village on March 16 meeting with veterans individually to help them access the benefits they earned in the Armed Services.

Have a wonderful March, I will be at The Village on Thursdays. Stop by and say hello.

Kathleen Sullivan

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NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after March 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!

Ron Kenneth Charles Hank Pieter Howard Murray Gary Penelope Hilda David David Tony Karen Amy Joel Alex Stephen Anthony Lamar Lyle Pat Jesse Herbert Alice Ray Bill Jack Sunle Tricia Sheila Craig Marsha Nilda Richard Pete Ed Patrick Deanie Humberto Russ Nancy Benjamin Norine Steve Allen Bert Dr. Suzanne


IN MEMORIAM

Roberta Robles Michael Korhonen
EVERYONE

Meditation
Mon, Wed & Fri 12:30 p.m.
Beginners welcome. Start with a moment of silence to help quiet the mind and a 20-25 min guided meditation. If it is difficult to meditate for entire time, sit quietly in peace.
Drop in!

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

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!

Craft-Making with Jesse
Fridays 10 a.m.
Event 0300
Brought to you in partnership with Comunidad Latina, come join us in making creative crafts with family and friends.
RSVP Required:
323-860-5830

Stress Get Behind Me
Fridays Starting Mar 6 10 a.m.
Drop in! This class is open to all participants who are interested in learning successful and healthy stress management techniques.
Tell a friend!

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!

Lunch for Everyone
Tues, Mar 3 12:30 p.m.
Event 0307
RSVP by Noon on 03/02
Tues, Mar 17 12:30 p.m.
Event 0309
RSVP by Noon on 03/13
Join us for lunch at The Village. $2 Suggested donation.
RSVP Required:
323-860-5830

Movie for Everyone
Diva On the Verge
Tues, Mar 3 1:30 p.m.
100 Minutes
Event 0312
Legendary soprano Julia Migenes shines in this one-woman show that describes life backstage.
RSVP Required:
323-860-5830

Photo Project with Daniela Berzuini
Pre-Photoshoot Interview
Thurs, Mar 5 11 a.m.- 4 p.m.
Drop in!
Photoshoot
Tues, Mar 10 11 a.m.- 4 p.m.
Thurs, Mar 12 11 a.m.- 4 p.m.
Drop in! Participate in Daniela’s photo project and receive a free print from your photoshoot. In order to participate in a photoshoot, you must attend the Pre-Photoshoot Interview. Tell a friend!

Housing Supportive Network
Thurs, Mar 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!
Trombone Time Machine
Fri, Mar 6  2:30 p.m.
Drop in! Join the USC Gluck Fellows for one of their popular instrumental concerts.
Tell a friend!

Reading Opens Minds
Mon, Mar 9 & 23  11 a.m.
Event 0302
RSVP Required: 323-860-5830

International Women’s Day Discussion
Mon, Mar 9 1:30 p.m.
Drop in! Join guest host Jewel, owner of the Catch one Night Club, for this very special Woman to Woman Chat Group. Tell a friend!

Storytelling
Tues, Mar 10 & 24  2 p.m.
Event 0313
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, Mar 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 Getty Center
World War I: War of Images, Images of War
Thurs, Mar 12 10 a.m.
Event 0316
Meet at The Village. Bring your Tap Card! Open to everyone. Explore Getty Center.
RSVP Required: 323-860-5830

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

Opera Screening
Carmen Jones
Fri, Mar 13 1:30 p.m.
120 Minutes
Event 0315
This classic story of betrayal and jealousy are con-temporized with the music of George Bizet and lyrics of Oscar Hammerstein. Dorothy Dandridge stars as Carmen in this 1954 color version of the classic opera, “Carmen.”
RSVP Required: 323-860-5830

Veterans
Mon, Mar 16 9:45 a.m.-4 p.m.
ARE YOU A VETERAN OF THE ARMED FORCES AND HAVE NEVER APPLIED

FOR THE BENEFITS YOU EARNED? Please make an appointment to meet with Rick Little from Public Counsel on March 16th at The Village. Eight private appointments are available for to meet with Rick and learn more about what benefits you are eligible for and how to get them. Senior Services is partnering with Rick for the next three years to link folks to their benefits. Please call Senior Services for an appointment.
Appointment Required: 323-860-5830

Comedy Improv Class
Mon, Mar 16  12:30-2 p.m.
Triangle Square
1602 Ivar Ave
Los Angeles, CA 90028
Free!
Join the Center’s Dave Fleischer for an intro into comedy improv. Please Note: This class meets at Triangle Square.
RSVP Required Before 3/13: 323-860-5828

Sexy & Safe Seniors
Mon, Mar 16  2 p.m.
Drop in!
The desire for sexual intimacy changes as our body changes, but the desire doesn’t go away! Staff from the LGBT Center’s Sexual Health Program will lead a seminar for older adults on enjoying safer sex in 2015. Come out and get the latest information and learn some new tricks.
80% of adults 50+ are sexually active True or False
Gay/Lesbian/Bi elderly are the (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, Mar 24 6 p.m.
Event 0311
*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! Join guest host Jewel, owner of the Catch one Night Club, on Mon, Mar 9 for a very special Woman to Woman Chat Group—International Women’s Day Discussion. **Tell a friend!**

**L50+ Dinner**
Home Restaurant
2500 Riverside Dr
Los Angeles, CA 90039
Sun, Mar 15 6 p.m.
Event 0310
We’re going home! 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.

Two participants of the February 13th Diversity of Love event enjoy the open mic performers.
EVERYONE CONTINUED

fastest growing segment of new sexually transmitted disease infections True or False
Tell a friend!

Movie for Everyone

Birdman
Tues, Mar 17 1:30 p.m.
119 Minutes
Event 0314
Michael Keaton delivers a winking performance in this dark comedy about a cinematic superhero trying to forge a comeback on Broadway.
RSVP Required:
323-860-5830

The Marriage of Figaro
Dorothy Chandler Pavilion
Park & Ride from The Village
Wed, Mar 18 11:30 a.m.
Free
Event 0306
The LA Opera is pleased to invite you to attend the dress rehearsal of Wolfgang Amadeus Mozart’s, “The Marriage of Figaro.” In 18th century Spain, Figaro and Susanna, Count Almaviva’s servants, wed. Tickets are FREE. Transportation is provided (accommodates wheel chairs). We will leave The Village at 11:30 a.m. Please wear your Sunday best. T-shirts, jeans and tennis shoes are not permitted.
RSVP Required:
323-860-5830

Bingo!
Fri, Mar 20 2 p.m.
Event 0305
RSVP Required:
323-860-5830

LAWN Presents
AfterEllen Live: Stand-up and Shorts
Renberg Theatre
Fri, Mar 20 8 p.m.
Free
Event 0318
Join the Los Angeles Women’s Network for a special evening hosted by AfterEllen’s Editor in Chief, Trish Bendix, and the hilarious women of the LPHABET! Doors open at 7:30 p.m. Open to everyone ages 50-100+.
RSVP Required:
323-860-5830

Lunch for Those Living with HIV at The Village
Wed, Mar 25 12:30 p.m.
Event 0308
We’ll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving.
RSVP Required:
323-860-5830

Song and Dance Series with Joe Levy
The Blue Angel (1929)
Thurs, Mar 26 11 a.m.
Event 0320
The legend of Marlene Dietrich began with this film, also starring Emil Jannings. Erich Von Sternberg directed it in German and English. This is the English version—not dubbed.
RSVP Required:
323-860-5830

Tech Lab
Sun, Mar 22 11 a.m.-1 p.m.
Event 0319
Need support using your phones, tablets and computers? Have some questions about using the internet, streaming media online, emails? Want to explore new ideas in technology? Drop by and get some answers and solutions from a team of tech savvy individuals. Please Note: This is not a drop in for any technical issues and/or broken devices.
RSVP Required:
323-860-5830

Rusty’s Gay Swing & Sway
Sat, Mar 21 1 p.m.
Event 0327
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

RSVP Required:
323-860-5830
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!

CASE MANAGERS CONTACT INFORMATION
Felixia Barias: 323-860-7368
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, Mar 3 & 17 1 p.m. Event 0303
Group B Grieving Less Than 1 Year
Tues, Mar 10 & 24 1 p.m. Event 0304
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.

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+**

**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, Mar 25 12:30 p.m.
Event 0308
See page 5 for description.
RSVP Required:
323-860-5830

**Movie for Those Living with HIV**
*Birdman*
Wed, Mar 25 1 p.m.
120 Minutes
Drop in!
See Page 9 for description.
Tell a friend!

**ACTIVITIES IN WEHO**

**Men’s Dinner**
French Market
7985 Santa Monica Blvd
WeHo, CA 90046
Tue, Mar 24 6 p.m.
Event 0311
Dinner out with the guys! Cash recommended!
RSVP Required:
323-860-5830

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

**Diva On the Verge**
Thurs, Mar 12 12:30 p.m.
100 Minutes
Drop in! Legendary soprano Julia Migenes shines in this one-woman show that describes an opera star’s life backstage. Tell a friend!

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

**Writing Exercises**
Thurs, Mar 26 12:30 p.m.
Drop in! We’ll give you a prompt. After the 5-10 minute exercise, share with the class. We’ll end with an open 20 minute exercise. 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.

Maurice performs at the Diversity of Love event on Fri, Feb 13.

**VALLEY**

**Movie for Those Living with HIV**
*Birdman*
Wed, Mar 25 1 p.m.
120 Minutes
Drop in!
See Page 9 for description.
Tell a friend!

**Potluck**
Thurs, Mar 19 12:30 p.m.
Drop in! Bring a dish to share.
We’ll cover the main dish.
Tell a friend!
AFFINITY HOUSING: A Model for Affordable LGBT Senior Housing

Kathleen M. Sullivan, PhD

On February 10, I will join housing advocates and professionals from around the country as part of the National LGBT Elder House Summit at the White House. The summit will focus on the significant affordable housing challenges facing lesbian, gay, bisexual, and transgender seniors.

Currently there are an estimated 2 million LGBT seniors in the United States; by 2030, that number will more than double. For those of us working to meet the needs of this growing and vulnerable population, the future is now. We must address the glaring need for housing that is inclusive, accepting and affordable for older LGBT adults.

As Director of Senior Services at the Los Angeles LGBT Center, I witness the housing challenges and hardships faced by our seniors every day. LGBT seniors are more likely to live alone and experience isolation and loneliness. They also face higher rates of poverty: 52 percent of the Center’s older clients live on less than $2,000 per month. Perhaps most insidiously, many LGBT seniors feel compelled to go back into the closet once they move into a retirement community, assisted living facility, or nursing home. Fears of being abused, ostracized, or re-traumatized are very real for this community. One can only imagine, after a lifetime of discrimination and marginalization, just how painful this can be.

Five years ago, I began to study the benefits of a model for affordable housing that could meet the unique challenges faced by LGBT seniors. Affinity housing provides this growing population with an affordable housing option and gives our seniors something they need just as much: a community.

Located in Los Angeles, the Center’s Triangle Square was the first affordable housing development in the country for LGBT seniors. More than 60 percent of Triangle Square residents live on less than $800 per month and struggle to meet their basic needs, such as housing, food, and medication expenses.

More than just an affordable option, Triangle Square provides an accepting environment where LGBT seniors can live fully integrated lives. For instance, the opportunity to openly talk about one’s partner, and connect with people who either have a similar history or understand your history is uniquely beneficial to LGBT seniors. As one resident put it, “This is the first residence I’ve had as an adult where I have been comfortable with my environment, because heretofore, it has always been, you know, the homophobes. So, you just ignore them and walk with pride. I have been more comfortable here than any other environment.”

Residents can also access a comprehensive set of specialized services and activities, including health and wellness activities, enrichment classes, cultural excursions and other social outings, and educational seminars and workshops. Additionally they can take part in support groups focused on specialized issues and specific populations related to seniors, including grief and loss, LGBT caregivers, people with HIV, and the transgender community. Our Senior Services staff helps clients navigate Social Security, Medicare, Veteran’s Administration benefits, and more. And clients can access other Center services, including medical care, legal services, and mental health counseling.

Today Triangle Square is a bustling example of how good planning and wraparound intergenerational services and programming can be successful—and more is on the way. Last year the Center announced plans for a landmark mixed-use development that will cover more than a full city block in the center of Hollywood. The project’s residential component will include more than 100 units of affordable apartments for seniors and will become the new home of our Senior Services Department, which is the largest direct service program for LGBT seniors in the nation.

Even before breaking ground on this new project, we know that it will not fully address the need that exists: Our department has seen a 450 percent increase in clients over the past five years and there are more than 400 individuals on the Triangle Square wait list. Still, it is our hope that this new development will highlight the need for affordable LGBT senior housing and demonstrate how affinity housing communities can help our seniors not just survive, but thrive. In this way we believe it can serve as a beacon of respect and dignity -- not just for LGBT people, but for all older Americans.

Originally posted on huffingtonpost.com.