

# 50+

MAY 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)

## MAY

Spring is the time to start again. The past year is gone; the new year holds the possibilities of our imagination. The Center seems to be in a constant state of creation. We are now close to having 500 on staff! The Senior Services Department is welcoming a new staff member to our case management team, Ruben Martinez, and we will soon reveal the plans for the new building, moving into additional space at The Village and having the premiere of the film our volunteer film maker Chuck Coleman is working to complete.

Keep your seats buckled! It is going to be an active spring and summer. And don't forget to RSVP NOW for the Senior Prom (0620), June 20th at Friendship Auditorium.

**Kathleen Sullivan**

## STAFF

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## NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after May 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!

|               |           |             |
|---------------|-----------|-------------|
| Ruth          | Francine  | Richard     |
| Pat           | Kirk      | Rosa        |
| Peter         | Lisa      | Louis       |
| Carol         | Don       | Gordon S.   |
| Michael       | Blanca    | Shawn       |
| Harry         | Louise    | Anna        |
| Theresa       | Bob       | Sam         |
| Gordon        | Kirk      | Carol       |
| Jerry         | Alvin     | Carmen      |
| David         | Jack      | Richard     |
| Carmine       | Anthony   | Truong      |
| Phil          | Mario     | Ron         |
| Darryl        | Bill      | Michael     |
| Neil          | Kjell     | Gene        |
| Pete          | Jose Luis | Pam         |
| Gloria        | John      | Norma       |
| Edward        | Amir      | Elsa        |
| Frank         | P.A.      | Gabriel     |
| Rolando       | Wendy     | Dwight      |
| Jordon        | Angela    | Darnell     |
| Larry         | Don       | Jimmie      |
| Sharon        | Larry     | Cherisse E. |
| Lauren        | David     | Jack        |
| Rita          | Ken       | Jeff        |
| Michael       | Lisa      | Shirley     |
| Herbert       | Audrey    | Tony        |
| Dot           | Andre     | Rafael      |
| Daniel        | Oree      | Michael     |
| Koetsu (Jeff) | Irv       | John        |
| Kenneth       | Sonia     | Renee       |
| Mary          | Vivian    | Mahesh      |
| Samuel        | Geroge    | Douglas     |
| Joan          | Jeff      | Michele     |
| Robert        | Stuart    | George      |
| Carol         | Gayle     | Craig       |
| Andrew        | David     | Henry       |
| Donald        | Stanton   | Vernon      |
| Steven        | Drew      | Curt        |
| Rodger        | Sylvia    |             |
| David         | Nancy     |             |
| Janis         | Jim       |             |
| Alexander     | Craig     |             |
| Bernadette    | Michael   |             |
| Jordan        | Franklin  |             |
| Michael       | Stephen   |             |
| Anthony       | Donald    |             |

# 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, May 15, Fri, May 22 or Mon, May 25. Drop in!**



## Stretch & Balance

**Wednesdays 11 a.m.**

**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, May 13. Tell a Friend!**

## Larry's Computer Club

**Wednesdays 1:30 p.m.**

**Drop in!**

## Art Lab

**Fridays 10 a.m.**

**Drop in!**

Come join us in making crafts and art projects with family and friends. There is no instructor. **Please Note:** Meets at 10:30 a.m. on Fri, May 15, as part of Paramount Pictures Day of Service. **Tell a friend!**

## Tech Support with Mom's Computer

**Tues, May 5 11 a.m.-3 p.m.**

**Thurs, May 7 11 a.m.-Noon**

**Thurs, May 14 11 a.m.-Noon**

**Tues, May 19 11 a.m.-Noon**

**Thurs, May 21 11 a.m.-1 p.m.**

**Drop in!**

Drop in for coaching from the Mom's Computer team! Elijah, Gretchen and Monique are here to support you with your computers, phones, tablets and all things technology! Feel free to bring in your devices and any and all questions that you may have. They are here for all your tech needs. E-mail, video chatting, online searching, smartphones, digital books, photos and so much more! **Please Note:** Cannot fix broken devices, but can teach you how to use working devices. **Tell a friend!**



## Reading Opens Minds

**Mon, May 4 & 18 11 a.m.**

**Event 0502**

**RSVP Required:**

**323-860-5830**

## Storytelling

**Tues, May 5 & 19 2 p.m.**

**Event 0513**

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! **Please Note:** Also meets at 10:30 a.m. on Fri, May 15, as part of Paramount Pictures Day of Service.

**RSVP Required:**

**323-860-5830**



## Master Lakshmi Chair Yoga

**Wed, May 6 & 20 11 a.m.**

**Drop in!**

## Housing Supportive Network

**Thurs, May 7 & 21 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!**

## Brain Power

**Mon, May 11 1 p.m.**

**Event 0501**

We will be holding a round-table study group and out-loud reading (optional) of Portrait of a Marriage by Nigel Nicolson in which he describes the bi-sexual lives and loves of his beloved parents. This story

is particularly relevant for the LGBT community which continues to explore and define our sexuality, and our relationships.

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

## Lunch for Everyone

**Tues, May 12 12:30 p.m.**  
**Event 0507**

**RSVP by Noon on 05/11**

**Tues, May 26 12:30 p.m.**

**Event 0509**

**RSVP by Noon on 05/22**

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

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



## Movie for Everyone *Wild*

**Tues, May 12 1:30 p.m.**  
**116 Minutes**  
**Event 0512**

Undone by a broken marriage and her mother's death, Cheryl Strayed decides to hike the entire Pacific Crest Trail alone and with no experience.

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

## Finding Your True Self with Lois

**Wed, May 13 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, May 14 2 p.m.**

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

**Tell a friend!**

## Paramount Pictures Day of Service

**Fri, May 15**

**Art Lab (Drop in!) 10:30 a.m.**

**Men's Drop-in (Drop in!)  
10:30 a.m.**

**Bingo (0505) 10:30 a.m.**

**Storytelling (0513)**

**10:30 a.m.**

**Interview with Paramount  
(0500) 10:30 a.m.**

Paramount Pictures is giving back to the community!

Volunteers will be at The Village to help facilitate this special event. Participate and enjoy a surprise treat!

**RSVP Required for Bingo,  
Storytelling & Interview with  
Paramount: 323-860-5830**

## Bingo!

**Fri, May 15 10:30 a.m.**

**Event 0505**

As part of Paramount Day of Service, enjoy bingo at this special earlier time for this month only.

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

## Go Metro L.A. Times

**Thurs, May 21 10 a.m.**

**Event 0516**

Meet at The Village. Bring your Tap Card! Open to everyone. Explore the Los Angeles Times.

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



## Movie for Everyone

*Into the Woods*

**Tues, May 24 1:30 p.m.**

**125 Minutes**

**Event 0514**

Woven from a collection of revered fairy tales and characters, this enchanting musical mash-up focuses on a childless couple who venture into the woods hoping to end a curse put on them by a vindictive witch.

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



## Song and Dance Series with Joe Levy

*Billy Elliot (2000)*

**Thurs, May 28 11 a.m.**

**Event 0517**

A miner's son in Northern England is forever changed when he stumbles upon a ballet class on his way to boxing lessons. Keeping it a secret from his father and overbearing brother, 11-year-old Billy finds himself in dance, demonstrating raw talent seldom seen.

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

## Opera Screening

*Aida*

**Fri, Mar 29 11:30 a.m.**

**158 Minutes**

**Event 0515**

The Egyptians have captured and enslaved Aida, an Ethiopian princess. An Egyptian military

## 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! **Please Note:** Also meets at 10:30 a.m. on Fri, May 15, as part of Paramount Pictures Day of Service. **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, May 19 6 p.m.**

**Event 0511**

Dinner out with the guys!

Cash recommended!

**RSVP Required:**

**323-860-5830**

## WOMEN



Lunch for Everyone happens twice each month, join us!

### L50+ Spirituality Salon with Lois

**Sat, May 16 11 a.m.**

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

### L50+ Dinner

**Mimi's Café in Atwater Village**

**2925 Los Feliz Blvd**

**Los Angeles, CA 90039**

**Sun, May 24 6 p.m.**

**Event 0510**

Join us for dinner at Mimi's Café. 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**.

**Wishing  
all of our  
mothers a  
very happy  
Mother's  
Day!**

## SENIOR YEARBOOK

Participate in our first yearbook by sending your digital photos to seniors@lgbtcenter.org by Fri, May 29. Include “throwbacks” (i.e., you as a teen or young adult) and new photos. Be sure to give us detailed information of who is in the picture and what year the photo was taken, when possible. Photos may not be used.

You can also mail photos to us using the mailing address on the inside cover (Add Attn: Senior Services) by Fri, May 29. Label the photo with your name, address & phone number so it can be returned after July 1. Photos may not be used.



[lgbtcenter.org/seniors](http://lgbtcenter.org/seniors)

## EVERYONE CONTINUED

commander, Radamès, struggles to choose between his love for her and his loyalty to the Pharaoh.

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



### Rusty's Gay Swing & Sway

Sat, May 30 1 p.m.

**Event 0527**

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**

### Senior Prom

*Once Upon a Time*

Sat, Jun 20 5-9 p.m.

**Friendship Auditorium**

**3201 Riverside Dr**

**Los Angeles, CA 90027**

**\$5-10 Suggested Donation**

**Event 0620**

**RSVP NOW!**

Maybe you skipped your high school prom or you couldn't go with the person you wanted to take. At the Los Angeles LGBT Center, you'll find the safety to be who you are meant to be. Enjoy dinner, live entertainment & dancing. RSVP deadline is Wed, Jun 10. One adult guest per registered participant. *The Senior Prom is a drug and alcohol-free event.*

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

ONE CITY  
**ONE  
PRIDE**  
May 22 - June 30



Celebrating WeHo@30  
[weho.org/pride](http://weho.org/pride)



## GOLDEN SUMMER CONCERT SERIES



Senior Services presents The Golden Summer Concert Series! A series of summer nights filled with great food and fantastic live entertainment. Join us as we kick off Pride season and the series on June 8th at 6:30 p.m. with Lewis Kane and Sue Jin at The Village.



[lgbtcenter.org/seniors](http://lgbtcenter.org/seniors)

# HEALTH

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## **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!

## **CASE MANAGERS CONTACT INFORMATION**

Julia Wallace: 323-860-7395

Yuisa Gimeno 323-860-7369

## **LGBT BEREAVEMENT**

**Group A Grieving 1 Year Or More**

**Tues, May 5 & 19 1 p.m. Event 0503**

**Group B Grieving Less Than 1 Year**

**Tues, May 12 & 26 1 p.m. Event 0504**

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**





Our LGBT Choir, One Voice, performed at Triangle Square in April.

## 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, May 27 12:30 p.m.

**Event 0508**

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

**RSVP Required:**

**323-860-5830**

## VALLEY

### Game Day

Thurs, May 7 12:30 p.m.

**Drop in!** Play and win!

**Tell a friend!**



### Into the Woods

Thurs, May 14 12:30 p.m.

**125 Minutes**

**Drop in!** Woven from a collection of revered fairy tales and characters, this enchanting musical mash-up focuses on a childless couple who venture into the woods hoping to end a curse put on them by a vindictive witch.

**Tell a friend!**

### Potluck

Thurs, May 21 12:30 p.m.

**Drop in!** Bring a dish to share.

We'll cover the main dish.

**Tell a friend!**

### Writing Exercises

Thurs, May 30 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.**



### Movie for Those Living with HIV

*Into the Woods*

Wed, May 27 1 p.m.

**125 Minutes**

**Drop in!** Woven from a collection of revered fairy tales and characters, this enchanting musical mash-up focuses on a childless couple who venture into the woods hoping to end a curse put on them by a vindictive witch.

**Tell a friend!**

The City of West Hollywood  
Senior Advisory Board presents



The 14th Annual  
**HEALTHY**  
*seniors*  
**FAIR**

**Tuesday, May 19, 2015**

**9:00am - 12:00pm**

at the Community Center at Plummer Park  
7377 Santa Monica Blvd.  
West Hollywood

**Sponsored by**

*Cedars-Sinai Medical Center  
The City of West Hollywood  
Jewish Family Service of Los Angeles  
The Saban Community Clinic  
Scan Health Plan*



*Celebrate May,  
it's Senior Month!*

**Free Health Screenings**

*Blood Glucose for Diabetes  
Blood Pressure  
Dental  
Hearing  
Podiatry  
Pulmonary Lung Function  
Stroke  
Thyroid  
Total Cholesterol*

**Complimentary Lunch**

*Please RSVP  
and reserve your lunch  
323/ 848-6820  
( TTY for hearing impaired  
323/848-6496 )*

