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

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

Anthony Bright
Program & Admin. Manager
323-860-7359
abright@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)
sullivan@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 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
Pat
Peter
Carol
Michael
Harry
Theresa
Gordon
Jerry
David
Carmine
Phil
Darryl
Neil
Pete
Gloria
Edward
Frank
Rolando
Jordon
Larry
Sharon
Lauren
Rita
Michael
Herbert
Dot
Daniel
Koetsu (Jeff)
Kenneth
Mary
Samuel
Joan
Robert
Carol
Andrew
Donald
Steven
Rodger
David
Janis
Alexander
Bernadette
Jordan
Michael
Anthony

Francine
Kirk
Lisa
Don
Blanca
Louise
Bob
Kirk
Alvin
Jack
Anthony
Mario
Bill
Kjell
Jose Luis
John
Amir
P.A.
Wendy
Angela
Don
Larry
David
Ken
Lisa
Audrey
Andre
Oree
Irv
Sonia
Vivian
Geroge
Jeff
Stuart
Gayle
David
Stanton
Drew
Sylvia
Nancy
Jim
Craig
Michael
Franklin
Stephen
Donald

Richard
Rosa
Louis
Gordon S.
Shawn
Anna
Sam
Carol
Carmen
Richard
Truong
Ron
Michael
Gene
Pam
Norma
Elsa
Gabriel
Dwight
Darnell
Jimmie
Cherisse E.
Jack
Jeff
Shirley
Tony
Rafael
Michael
John
Renee
Mahesh
Douglas
Michele
George
Craig
Henry
Vernon
Curt
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!

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!

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

(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! **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

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**WOMEN**

**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**.

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

SENIOR YEARBOOK
Participate in our first yearbook by sending your digital photos to seniors@lalgbtcenter.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.

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.
HEALTH

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
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.

**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

**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!
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 )

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
Scam Health Plan

West Hollywood