WELCOME TO FALL!

I am hopeful for cooler and wetter weather to fill up our aquifers.

Our department is doing a new “Go Green” initiative. As you may know, Joe puts this fabulous newsletter together for you each month, it is a lot of work and it costs a lot to print and mail.

One way to reduce our use of resources is to access the newsletter and calendar online. We will send an e-mail directly to your inbox with the newsletter and calendar PDFs attached and links to access them online.

Let us know if you would like to be part of the “Go Green” initiative by sending an e-mail to seniors@lalgbtcenter.org. See the back cover for more information!

See you soon,

Kathleen Sullivan

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GO GREEN
Remove yourself from the mailing list and access the newsletter and calendar online through our e-mail list. Send an e-mail to seniors@lalgbtcenter.org requesting to “Go Green.”
**NEWSLETTER RSVP INSTRUCTIONS**

RSVP requests must be made on or after September 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!**

- Kiko
- Terri
- Peggy
- Cypriana
- Tim
- Sally
- Alice
- Butch
- Kathleen
- Noland
- Noreen
- Ed
- Ray
- Diane
- Michael
- Jake
- Cecilia
- Peter
- Toby
- Christian
- Jay
- Brad
- Lorraine
- James
- Fred
- Gary
- Bill
- Bart
- Alturik
- Grace
- Barry
- Mitchell
- Patrick
- Sophia
- Matu
- Tony
- Sayuri
- Charlie
- Dennis
- John
- Verna
- Terry Sue
- Pam
- Gerry
- Cynthia
- Richard
- Robin
- Walter
- Alex
- Jack
- Felise
- Sandy
- Shelia
- Jack
- Bill
- Eddie
- Paul

- Tony
- Donald
- Dan
- Rafael (Ralph)
- Bob
- Barry
- Jim
- Lesa
- Liz
- Angela
- Charlie
- Edward
- Marianela
- Brooks
- Jeffrey
- Therese
- Patti
- Amber
- J. T.
- Sal
- Richard E.
- Bruce
- Linda
- Robert
- William
- Gary
- Ray
- Augie
- Bobby
- Justin
- Jim
- Russ
- Frank
- Martha
- Mitch
- Chris
- Michael
- Clarence
- Tony
- Rita
- William
- Liz
- Tom
- Mark
- Montserrat
- Mary
- Carol
- Steven
- Jewel
- Richard
- Eamon
- Jeannine
- Christopher
- Meghan
- Richard
- MaryAnn
- Rosanne
- David
- Joel
- Robert
- Ray
- Penny
- Jerome
- George
- Bob
- Paul
- Avery
- Al
- Michael
- Jerry
- Georg
- Michael
- Nathaniel
- Steve
- Yvonne
- Kipp
- Maria
- Desiree
- James
- Michael
- Thomas
- Ileana
- Sharon
- Dale
- Mark
- Anthony J.
- Jane
- Samuel
- Olivia
- Lauren
- Andrea
- Andrea
- Norman
- Stephen
- Amy
- Omer
- Que
- Peter
- Israel
- Ernest
- Janice
- Yvonne
- Mike
- Pat
- Gil Ruben
- Gennady
- Jesus Frank
- Glenn
- Michael
- Janet
- Gary
- Dean Allan
- Dwight E.
- Clarence
Stretch & Balance  
Wednesdays 11 a.m.  
Drop in!

Master Lakshmi  
Chair Yoga  
Will return later this year.

Larry’s Computer Club  
Wednesdays 1:30 p.m.  
Drop in!  
Our experienced instructor, Larry, can teach you both basic and advanced computer skills. Pick up new tips and tricks every week.  
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. Will not meet Fri, Sept 18. Tell a friend!

Tech Support with Mom’s Computer  
Tues, Sept 8  1 p.m.  
Tues, Sept 22  11 a.m.  
Drop in!  
Get support for your computers, phones, tablets and all things technology! Feel free to bring in your devices and any and all questions that you may have. E-mail, video chatting, online searching, smartphones, digital books. Please Note: Cannot fix broken devices, but can teach you how to use working devices. Tell a friend!

Storytelling  
Tues, Sept 8 & 22  2 p.m.  
Event 0913  
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.  
RSVP Required: 323-860-5830

Finding Your True Self with Lois  
Wed, Sept 9  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: Hollywood Bowl Rehearsal  
Thurs, Sept 10  9 a.m.  
Event 0916  
Attend the rehearsal of the Los Angeles Philharmonic’s Gershwin & Berlioz. Meet at The Village. Must leave on time. If you are late, rehearsals run until noon. Must be able to walk long distances. Bring your Tap Card!  
RSVP Required: 323-860-5830

Housing Supportive Network  
Thurs, Sept 10 & 24  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 for the LGBT senior community. Tell a friend!

Comedy Improv  
Thurs, Sept 10  3 p.m.  
Triangle Square  
1602 Ivar Ave  
Los Angeles, CA 90028  
Event 0920  
Learn comedic improv technique from the Center’s own, Dave Fleischer.  
RSVP Required: 323-860-5828

Opera Screening  
Jenufa  
Fri, Sept 11  11 a.m.  
118 Minutes  
Event 0915  
The story of one woman’s struggle to rise free from social constraints at a terrible cost.  
RSVP Required: 323-860-5830
Rusty’s Gay Swing & Sway  
Sat, Sept 12  1 p.m.  
**Event 0919**
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

Move for Everyone  
*The Trip to Bountiful (2014)*  
**Event 0912**
Unhappily living with her son and snobby daughter-in-law, elderly Carrie Watts longs to reconnect with her past.  
**RSVP Required:** 323-860-5830

Brain Power  
Mon, Sept 14 & 28  1 p.m.  
**Event 0901**
Brain Power continues with an Outloud Reading of May Sarton’s “Journal of a Solitude.” During these meetings, we will compare Sarton’s daily reflections with Emily Dickinson’s statements found in her letters. Both embraced nature as a pathway to self-development and creativity. Both writers struggled with the anxiety surrounding the problem of publication. It is fun and interesting to see the links between these two women who span more than a century.”  
**RSVP Required:** 323-860-5830

Lunch for Everyone  
**Event 0907**
Join us for lunch at The Village. $2 Suggested donation.  
**RSVP Required:** 323-860-5830

Being Mortal Screening  
**Event 0900**
If you thought you were dying, what would matter most? Explore what matters most to patients and families experiencing serious illness.  
**RSVP Required:** 323-860-5830

Song and Dance Series with Joe Levy  
**Event 0917**
Celebrates the work of director-choreographer Bob Fosse, one of Broadway’s and film’s truly innovative and distinctive talents. Stars Fosse’s protégé, Ann Reinking (also the co-choreographer), and frequent collaborator Ben Vereen.  
**RSVP Required:** 323-860-5830

Bingo!  
**Event 0805**
Enjoy bingo at this earlier time to help accommodate with traffic.  
**RSVP Required:** 323-860-5830
**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**  
**Claim Jumper**  
**3500 W Olive Ave, Suite 105**  
**Burbank, CA 91505**  
**Wed, Sept 23  6 p.m.**  
**Event 0911**  
**Dinner out with the guys! Cash recommended! RSVP Required:**  
**323-860-5830**

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**WOMEN**

A star of NEWSTAGES’ *Life in the First Gay City* rehearses before the hit performance on June 28. Miss the show? Watch it at facebook.com/50pluslgbt for free!

**L50+ Spirituality Salon with Lois**  
**Sat, Sept 19  11 a.m.**  
**Drop in!** Lois will screen *I Am Am*. In this contemplative documentary, filmmaker Tom Shadyac conducts in-depth interviews with prominent philosophers and spiritual leaders about what ails the world and how to improve it. **Tell a friend!**

**L50+ Dinner**  
**Home Restaurant**  
**2500 Riverside Dr**  
**Los Angeles, CA 90039**  
**Sun, Sept 27  6 p.m.**  
**Event 0910**  
**We’re going home! Please join us for a wonderful evening out with the gals! Look for Alice. RSVP Required:**  
**323-860-5830**

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**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**.

“Be a rainbow in someone else’s cloud.”

- Maya Angelou
If you thought you were dying, what would matter most?

Join a national dialogue taking place in your community concerning an inescapable reality of life: death. Gather with friends, neighbors and peers to watch the FRONTLINE documentary Being Mortal, which explores what matters most to patients and families experiencing serious illness.

“Hope is not a plan”
- Atul Gawande

BEING MORTAL

Being Mortal Screening (0900)
Wed, Sept 16 6 p.m.
RSVP Required: 323-860-5830

City Council Chambers
West Hollywood Library
625 N. San Vicente Blvd.
West Hollywood, CA 90069

LOS ANGELES LGBT CENTER
SERIAL SERVICES
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! ¡Hablamos español! Estamos disponibles para ofrecer asistencia en su idioma. Drop-in Case Management is cancelled Wed, Sept 23 and Thurs, Sept 24.

LGBT BEREAVEMENT
Group A Grieving 1 Year Or More
Tues, Sept 1 & 15 1 p.m. Event 0903
Group B Grieving Less Than 1 Year
Tues, Sept 8 & 22 1 p.m. Event 0904
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. This group is temporarily closed to new members.

CAREGIVERS SUPPORT GROUP
Fridays, Sept 11 & 25 1:30-3 p.m. Event 0906
Share the challenges and the joys of caregiving for our loved ones in a LGBT supportive setting. Get free hugs, literally or figuratively. This group meets every 2nd and 4th Friday.

SOCIAL SECURITY TURNS 80
Social Security Info and Q&A
Wed, Sept 23 10 a.m. Event 0909
Learn about the different Social Security benefits that are available to older adults.
RSVP Required: 323-860-5830
Social Security Enrollment (Two sessions available, please choose session 1 or session 2)
Session 1 Thurs, Sept 24 10 a.m.-Noon Event 0914
Receive guidance from a Social Security staff person in utilizing our state-of-the-art computer learning lab to assist with filing for benefits and creating your own private “mySocial Security” account. RSVP Required: 323-860-5830
Session 2 Thurs, Sept 24 2-4 p.m. Event 0914
Receive guidance from a Social Security staff person in utilizing our state-of-the-art computer learning lab to assist with filing for benefits and creating your own private “mySocial Security” account. RSVP Required: 323-860-5830

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
For Hours & Locations, Call: 323-993-7500
**VALLEY THURSDAYS IN NOHO**

**Bingo**  
Thurs, Sept 3 12:30 p.m.  
Drop in! Play and win!  
Tell a friend!

**Chair Yoga**  
Thurs, Sept 24 12:30 p.m.  
Drop in! Based on yoga postures and breathing techniques as well as other Eastern and Western health practices, this class is performed entirely on a chair, so regardless of your age or your fitness level, you derive all the health benefits.  
Tell a friend!

**To Be Takei**  
Thurs, Sept 10 12:30 p.m.  
94 Minutes  
Drop in! A hilarious and moving look at legendary actor/activist and pop culture icon George Takei who has conquered new frontiers, from outer space to Capitol Hill, with his trademark grin. Oh, my!  
Tell a friend!

**Potluck**  
Thurs, Sept 17 12:30 p.m.  
Drop in! Bring a dish to share. We'll cover the main dish.  
Tell a friend!

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**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, Sept 30 12:30 p.m.  
Event 0908  
We’ll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving.  
RSVP Required: 323-860-5830

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**Movie for Those Living with HIV**  
To Be Takei  
Wed, Sept 30 1 p.m.  
94 Minutes  
Drop in! A hilarious and moving look at legendary actor/activist and pop culture icon George Takei who has conquered new frontiers, from outer space to Capitol Hill, with his trademark grin. Oh, my!  
Tell a friend!

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Enjoy the courtyard at The Village and when it gets hot, come inside and attend a class or activity like film screenings or Art Lab.
GO GREEN

Remove yourself from the newsletter mailing list and access the newsletter and calendar online through our e-mail list. Send an e-mail to seniors@lalgbtcenter.org requesting to “Go Green.”

We will send an e-mail before the first of the month directly to your inbox that looks like this (right) with the newsletter and calendar PDFs attached and links to access them online.

You can also access our department's Facebook page by clicking the “LIKE US ON FACEBOOK” link.

Easily send us a new e-mail by clicking the “E-MAIL” link.

Thank you for making a difference by going green!