

50+

SEPT 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

lalgbtcenter.org

facebook.com/50pluslgbt

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."

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

STAFF

Michael Wolfson

Assistant
323-860-7322
mwolfson@lalgbtcenter.org

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

Joe Kuhlmann

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

Jesse (Jesus) Ortiz-Barreto

Case Manager
323-860-7368
jortiz@lalgbtcenter.org

Julia Wallace

Kathleen Sullivan

Director
323-860-7397
ksullivan@lalgbtcenter.org

Tanya Witt

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

Tripp Mills

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

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	Tony	David
Terri	Donald	Joel
Peggy	Dan	Robert
Cypriana	Rafael (Ralph)	Ray
Tim	Bob	Penny
Sally	Barry	Jerome
Alice	Jim	George
Butch	Lesa	Bob
Kathleen	Liz	Paul
Noland	Angela	Avery
Noreen	Charlie	Al
Ed	Edward	Michael
Ray	Marianela	Jerry
Diane	Brooks	Georg
Michael	Jeffrey	Michael
Jake	Therese	Nathaniel
Cecilia	Patti	Steve
Peter	Amber	Yvonne
Toby	J. T.	Kipp
Christian	Sal	Maria
Jay	Richard E.	Desiree
Brad	Bruce	James
Lorraine	Linda	Michael
James	Robert	Thomas
Fred	William	Ileana
Gary	Gary	Sharon
Bill	Ray	Dale
Bart	Augie	Mark
Alturik	Bobby	Anthony J.
Grace	Justin	Jone
Barry	Jim	Samuel
Mitchell	Russ	Olivia
Patrick	Frank	Lauren
Sophia	Martha	Andrea
Matu	Mitch	Andrea
Tony	Chris	Norman
Sayuri	Michael	Stephen
Charlie	Clarence	Amy
Dennis	Tony	Omer
John	Rita	Que
Verna	William	Peter
Terry Sue	Liz	Israel
Pam	Tom	Ernest
Gerry	Mark	Janice
Cynthia	Montserrat	Yvonne
Richard	Mary	Mike
Robin	Carol	Pat
Walter	Steven	Gil Ruben
Alex	Jewel	Gennady
Jack	Richard	Jesus Frank
Felise	Eamon	Glenn
Sandy	Jeannine	Michael
Shelia	Christopher	Janet
Jack	Meghan	Gary
Bill	Richard	Dean Allan
Eddie	MaryAnn	Dwight E.
Paul	Rosanne	Clarence 3

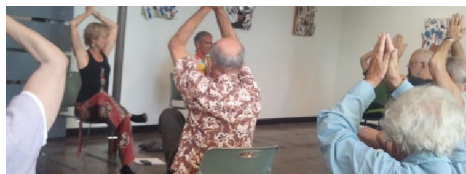
EVERYONE



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

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

Tues, Sept 15 12:30 p.m.

Event 0907

RSVP by Noon on 09/14

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

RSVP Required:

323-860-5830

Movie for Everyone

The Trip to Bountiful (2014)

Tues, Sept 15 1:30 p.m.

90 Minutes

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

Being Mortal Screening

Wed, Sept 16 6 p.m.

West Hollywood Library

625 N. San Vicente Blvd.

West Hollywood, CA 90069

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

Talk Amongst Yourselves 65+

Thurs, Sept 17 2 p.m.

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

Tell a friend!

My Life is Poetry Reading

Thurs, Sept 17 7 p.m.

Event 0915

Join us for the culmination of My Life is Poetry: An Autobiographical Writing Class for Gay, Lesbian, and Bisexual Senior Citizens. Workshop lead by poet Steven Reigns, www.stevenreigns.com.

Hear poems written in this workshop that share the

vulnerable and bold stories of a specific community living through an interesting and challenging time emotionally, culturally, and politically.

Reception with light refreshments to follow program.

www.mylifeispoetry.com

Workshop and reception

made possible by: The

Los Angeles LGBT Center's Senior Services Department &

Los Angeles County Department of Cultural Affairs

RSVP Required:

323-860-5830

Bingo!

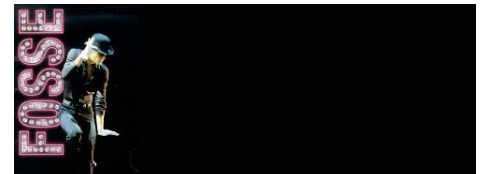
Fri, Sept 18 1 p.m.

Event 0805

Enjoy bingo at this earlier time to help accommodate with traffic.

RSVP Required:

323-860-5830



Song and Dance Series with Joe Levy

FOSSE (WNET Great Performances, 1999)

Thurs, Sept 24 12:30 p.m.

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

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

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 / *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

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

FRONTLINE

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



LOS ANGELES LGBT CENTER
SENIOR 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



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.

VALLEY THURSDAYS IN NOHO

Bingo

Thurs, Sept 3 12:30 p.m.

Drop in! Play and win!

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!

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!

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, 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



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!

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@lgbtcenter.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!**



**LOS
ANGELES
LGBT
CENTER**

**SENIOR
SERVICES**



SEPTEMBER NEWSLETTER

RSVP ON or AFTER TUESDAY, SEPTEMBER 1.

Click for the:

SEPTEMBER NEWSLETTER & SEPTEMBER CALENDAR

Or, download the attached “septembernewsletter2015.pdf” or “septembercalendar2015.pdf.”

RSVP: 323-860-5830

E-MAIL

LIKE US ON FACEBOOK

**LOS ANGELES LGBT CENTER
THE VILLAGE AT ED GOULD PLAZA
1125 N McCADDEN PL
LOS ANGELES, CA 90038**