Our Love is Here to Stay!
No Matter What They Say.

We all need love. We all deserve love. To love and be loved. Love is a human need…and right. Love knows every color, gender, age or identity—it has no boundaries.

By our very identities as LGBTQ men and women, we are in a unique position to define our love and defy those who would deny us our rights.

Love is a civil rights issue that affords us nothing more than equal rights. As we celebrate Black History Month, let us elevate these truths more so and remember our love is diverse.

Our fight to love freely continues — love expression for sexual orientation, gender, race, creed and all the other colors of the rainbow!

At Senior Services, our mission is to improve the lives of our LGBT older adults and to show the world our love is here to stay. Happy Valentine’s to you all.

Tripp Mills, Deputy Director

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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 the 1st of the month. Check the event for an RSVP deadline, when applicable. RSVP at least two (2) business days in advance of an event. Events are free of cost, unless price is noted. Transportation is not provided, unless noted. Please provide the full name(s) of your guest(s), if applicable.

Our events are limited in the number of open spots or tickets. You are confirmed for an event, unless you receive a call or e-mail notifying you of placement on a wait-list. 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 and we have your e-mail address on file, you will receive a reminder 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 be advised that ONLY confirmed guests will receive reminder calls and/or e-mails for events requiring an RSVP.

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 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, please let us know by calling 323-860-5830. We will always do our best to accommodate!

SENIORS HELPING SENIORS

Established by seniors and intended for seniors, this special fund is available 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!

Miki
William
Renee
Abayomi
Bonnie
Jeanene
Willa
Carlos
Juan
Eleanor
Carlos
Juan
Christopher
Wendy
Thomas
Cifflord
Ann
Louwanda
Eric
Frank
Pam
Esther
Howard (Kun)
Herluf
Bonmile
Miki
Maryland
Crystal
Michael
Edward
Roz
Karen
Pamela
Roger
Channing
Lori
Tracy
Gail
Barbara
Robert
Bill
Beatrice
Janet
Donna
Antonio
John
James
Jim
Thomas
Marsha
Gene A.
Ron
Neil
Fred
Edward
Charley
Donna
Jose
Harry
Joe
Jill
Larry
Lynn
John
Christopher
Wendy
Thomas
Cifflord
Ann
Louwanda
Eric
Frank
Pam
Esther
Howard (Kun)
Herluf
Bonmile
Miki
Maryland
Crystal
Michael
Edward
Roz
Karen
Pamela
Roger
Channing
Lori
Tracy
Gail
Barbara
Robert
Bill
Beatrice
Janet
Donna
Antonio
John
James
Jim
Thomas
Marsha
Gene A.
Ron
Neil
Fred
Edward
Charley
Donna
Jose
Harry
Joe
Jill
Larry
Lynn
John
Penny
Moreen
Carlos
Pierce
Allan D.
Gregory
Tony
Phyllis
Tom
Stephen
Barry
Cami
Brad
Billy
Pamala
Richard
Denise
Blair
Michael
Barry
John
Nicole
Diane
Tani
Michael
Cesar A
Dimas
Juan
Charles
Cheryl
Steve
James
Debra
Helen
Lisa
Ed
Paul
Larry
David
Michael
Beverly
Ronald
Rodney
James
Veterans W.R.A.P.®
The Village
Thursdays 11 a.m.-Noon
Event 0203
The Wellness Recovery Action Plan® or W.R.A.P.®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. W.R.A.P.® participants create a personalized recovery system of wellness tools and action plans to achieve a self-directed wellness vision despite life's daily challenges. Questions, call Heather at 424-208-9179.
RSVP Required:
323-860-5830

Mindfulness
The Village
Thursdays Noon-1 p.m.
Event 0222
Experience the peace, stillness and power of mindfulness meditation in a community setting. Each week will start with a brief introduction to the basics of mindfulness practice followed by a 20-30 minute sitting meditation. This will be followed by a short talk and discussion. No registration is necessary and all are welcome. Robert Lurye teaches mindful mediation classes at InsightLA.
RSVP Required:
323-860-5830

Job Search with JVS
The Village
Thursdays 2-4 p.m.
Event 0220
Jewish Vocational Services will help you update your résumé and teach skills used to ace interviews!
RSVP Required:
323-860-5830

Art Lab
The Village
Fridays 10 a.m.
Explore avenues of artistic expression including canvas, sculpture & mixed media with our instructor, Carolyn.
Tell a friend!

Master Lakshmi Chair Yoga
The Village
Every Wednesday! 11 a.m.
See back cover.
Drop in!

Tech Support with Mom's Computer
The Village
Tues, Feb 7 & 21 2:30 p.m.
Drop in!
Computers, phones, tablets and all things technology!
Bring in your devices and questions. E-mail, video chatting, online searching, smartphones, digital books.
Please Note: Cannot fix broken devices.
Tell a friend!

Diversity of Love Dinner
The Village
Tue, Feb 7 6 p.m.
Event 0200
Join us for dinner and entertainment as we celebrate love in many forms. Love for friends, family, romantic partners, pets, food, art, words and so much more! There will also be an open mic. Come and share your stories of love.
RSVP Required:
323-860-5830

Brain Power
The Village
Wed, Feb 8 & 22 1 p.m.
Event 0201
The Classic film, SHIP OF FOOLS, received eight Oscar nominations. In conjunction with our continued OUTLOUD READINGS from the works of Katherine Anne Porter, on Wed, Feb 8th, we will screen this 1965 "Best Picture" production. Vivien Leigh, Simone Signoret and Jose Ferrer, are among the celebrated cast depicting Porter's curious community of voyagers. On Feb 22nd, Brain Power participants will present Roundtable Outloud Readings based on their own "reviews" of the film. Reflexions on Porter's depiction will be shared and evaluated. WELCOME ABOARD.
RSVP Required:
323-860-5830

Finding Your True Self with Lois
The Village
Wed, Feb 8 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!
Healthy Aging by Keck School of Medicine
The Village
Fri, Feb 10  2-4 p.m.
Event 0207
Did you know having sex is not only fun, it will help you stay young? Learn ways to stay healthy as you age.
RSVP Required:
323-860-5830

Reading Opens Minds
The Village
Mon, Feb 13 & 27  11 a.m.
Event 0202
Love reading? Come share that love of reading with others! All books chosen are engaging and well written, containing themes for discussion revolving around life-skills, personal perceptions and existential questions.
RSVP Required:
323-860-5830

Movie for Everyone
Sully (2016)
The Village
Tues, Feb 14  2 p.m.
96 Minutes
Event 0212
Illuminates Sullenberger’s life and heroic achievement.
RSVP Required:
323-860-5830

Broadway to Hollywood
Cabin in the Sky (1943)
The Village
Wed, Feb 15  1 p.m.
98 Minutes
Event 0213
Ethel Waters, Eddie “Rochester” Anderson, Lena Horne and a stellar cast in an all-black musical, with a score by Harold Arlen and E.Y. Harburg. The first film directed by Vincent Minnelli.
RSVP Required:
323-860-5830

Talk Amongst Yourselves 65+
The Village
Thurs, Feb 16 2 p.m.
Drop in! Join LGBT women & men for treats, beverages and great chat. 65+ only.
Tell a friend!

Bingo!
The Village
Fri, Feb 17  1 p.m.
Event 0205
Enjoy bingo!
RSVP Required:
323-860-5830

Country Line Dancing with Matthew
The Village
Tues, Feb 21 & 28  11 a.m.
Event 0211
Wanna feel like you are up there with Reba or Garth with a little Chorus Line? You don’t need a partner, easy steps, great movement practice, beginners welcome. Boot Scootin’ Boogie with Matthew. Yee Haw!!! Please wear comfortable shoes, boots not required.
RSVP Required:
323-860-5830

Movie for Everyone
Dangerous (1935)
The Village
Tues, Feb 28  2 p.m.
79 Minutes
Event 0214
Bette Davis portrays Joyce Heath, a boozy and broke former Broadway star who gets an opportunity to resuscitate her career thanks to the efforts of well-to-do architect Don Bellows (Frank Chot Tone).
RSVP Required:
323-860-5830

2017 Social Security Updates/Online Services
The Village
Fri, Feb 24  11 a.m.-1 p.m.
Event 0215
Learn what is new in Social Security benefits, important changes and how to access them online.
RSVP Required:
323-860-5830

LGBT Veterans’ Support Group
The Village
Tues, Feb 28  10 a.m.
Event 0206
We served our country, now let’s support each other in this once-a-month social gathering.
RSVP Required:
323-860-5830

ON THE COVER
Josephine Baker, James Baldwin, Alice Walker, Darlene Garner, Bayard Rustin, Jackie “Moms” Mabley, Mandy Carter, Ma Rainey, Miss Major Griffin-Grady, Robin Roberts, Alvin Ailey, Octavia Butler, RuPaul Charles, Sharon Farmer, Angela Davis, Marsha P. Johnson, Tracy Chapman, Wanda Sykes, Johnny Mathis, Billie Holiday, Lee Daniels, Langston Hughes, Jacqueline Woodson, Ruth Ellis, Nikki Giovanni, Bessie Smith, Gladys Bentley, Stormé DeLarverie
MEN

Men’s Drop-In Support Group
The Village
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
Sizzler
400 S. Vermont Ave.
Los Angeles, CA 90005
Tues, Feb 28 6:30 p.m.
Event 0218
Dinner with the guys!
Sizzler’s menu offers USDA choice tri tip steaks cut fresh daily, seafood (including fresh Salmon) and fresh ground beef burgers, complemented by Sizzler’s famous 50+ item salad bar. SHS Fund available. Cash preferred.
RSVP Required: 323-860-5830

WOMEN

Silver Sensuality for Women
Women Only
Mon, Feb 6 11 a.m.
Event 0209
Share fun, friendly & meaningful experiences concerning the various feelings mature women experience as their bodies change.
RSVP Required: 323-860-5830

L50+ Dinner
Kung Pao Bistro
7853 Santa Monica Blvd.
West Hollywood, CA 90046
Sun, Feb 19  6 p.m.
Event 0210
Please join us for a wonderful evening out with the gals! Look for Alice. In same lot with Whole Foods at SMB & Fairfax.
RSVP Required: 323-860-5830

“[I am deliberate and afraid of nothing.]”
-Audre Lorde
Art Lab with Instructor Carolyn Dunlavy
Fridays 10 a.m. at The Village  Free!

Art Lab is accepting new participants! Kick 2017 off with this fantastic creative outlet!

Explore avenues of artistic expression including canvas, sculpture & mixed media with our knowledgeable instructor, Carolyn.

No prior experience is necessary. Use our supplies or bring your own.

Tell a friend!

I am deliberate and afraid of nothing.”

Audre Lorde
HEALTH

DROP-IN CASE MANAGEMENT (FIRST-TIME NEW CLIENT)
Drop-In Every Wed 10 a.m.-Noon, 1-3 p.m. at The Village

Senior Services has expanded drop-in case management hours for first-time new clients only. Come meet with a 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!

LGBT BEREAVEMENT

Grieving Less Than 1 Year
Tues, Feb 7 & 21 1 p.m. at The Village Event 0221
Grieving a Year or More
Tues, Feb 14 & 28 1 p.m. at The Village Event 0204

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 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. If you are interested in participating in the group for those Grieving Less Than 1 Year, please contact Manager of Social Services & Housing Valerie Richards by calling 323-860-7307.

ALZHEIMER’S and RELATED DEMENTIA
LGBT CAREGIVER SUPPORT GROUP
2nd & 4th Thurs of Each Month Thurs, Feb 9 & 23 10:30 a.m.-Noon at The Village Event 0219

Alzheimer’s Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to develop a support system, exchange practical information, talk through challenges, share feelings and learn about community resources. Before attending this meeting, please call Yael Wyte, MSW at 323-486-6632 to confirm meeting date and time.

TRANSGENDER PERCEPTIONS

Fridays at The Village, 8-9:30 p.m. $3-$5 Suggested Donation (Optional)
Questioning your gender identity can be a lonely process and, if you’re considering or in the process of living your true gender, you likely have many questions. This social networking group is for all who identify as transgender.

HIV TESTING

You can get tested on a walk-in basis, for free, at the Center’s McDonald/Wright Building (1625 N. Schrader Blvd., Los Angeles, CA 90028) on weekdays from 11 a.m.-7 p.m. or at Center WeHo (8745 Santa Monica Blvd., West Hollywood, CA 90069) Mon-Fri from 11 a.m.-2 p.m. and 4-7 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
We said goodbye to Kubi on Friday, Jan 13th at The Village. Kubi attended more activities than any other participant. He will be missed.

### VALLEY THURSDAYS IN NOHO

**Coffee Chat**  
MCC Church  
Thurs, Feb 2 Noon  
Drop in! Bring a current event or project you are working on to share with the group!  
Tell a friend!

**Game Day**  
MCC Church  
Thurs, Feb 9 Noon  
Drop in! Play and win!  
Tell a friend!

**Sully (2016)**  
MCC Church  
Thurs, Feb 16 Noon  
96 Minutes  
Drop in! Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger’s life and heroic achievement.  
Tell a friend!

**Potluck**  
MCC Church  
Thurs, Feb 23 Noon  
Drop in! We’ll provide the main dish, please bring a side to share.  
Tell a friend!

### HIV+

**HIV+ Men’s Support Group**  
The Village  
Thursdays 1 p.m.  
Drop in! Come meet new friends. Share your stories and experiences with men living with HIV.

**Lunch for Those Living with HIV**  
The Village  
Mon, Feb 27 12:30 p.m.  
Event 0208  
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**  
Deadpool (2016)  
The Village  
Mon, Feb 27 1 p.m.  
108 Minutes  
Drop in! Prone to ruthless violence, ex-mercenary Wade Wilson acquires superhuman healing powers in the wake of a failed research experiment that also leaves him disfigured. Taking on the alter ego Deadpool, he’s determined to hunt down the man responsible.  
Tell a friend!
Get Fit Where You Sit

Chair Yoga with Lakshmi Voelker
Wednesdays 11 a.m. at The Village Free!

Lakshmi Voelker, Chair Yoga Instructor

Challenge your body and brain with ancient Eastern techniques to improve your memory, balance the body along with the brain hemispheres. Gain strength, peace of mind, confidence and higher self-esteem! Practice various breathing techniques and Hand Mudras along with Kirtan Kriya - SaTaNaMa meditation, and the Brain Dance while sitting on a chair or two!

Do Yoga adapted to the chair with various levels of flexibility—no matter your health situation, you can do this yoga. Come one, come all!

Leave stress and anxiety behind.

Tell a friend!

Los Angeles LGBT Center
Senior Services
GO METRO
Sat, Feb 4  11 a.m.
Event 0223
Meet at The Village. Travel to the 118th Annual Golden Dragon parade. Admission is free. Bring your Tap Card! Must be able to walk long distances. If you make a RSVP and cannot make it, please call or send an e-mail to cancel. Visit chinatownla.com for more info.
RSVP Required:
323-860-5830

JOIN BRAIN POWER
The Village
Wed, Feb 8 & 22  1 p.m.
Event 0201
Jump into Brain Power with the classic film, SHIP OF FOOLS, which will be viewed on Wednesday, Feb 8th in conjunction with the Brain Power Project.
RSVP Required:
323-860-5830

HOLLYWOOD MUSEUM
Fri, Feb 10  10:30 a.m.
Event 0224  $10
Meet at the northeast corner of Hollywood and Highland to see a part of our history. Then continue on to the Hollywood Museum.
Wow! It is Valentine’s Day! Get ready for “makeup” time! It is never too late to learn to be beautiful!
Come with us to visit the glamor of our younger years with a grand tour of our neighborhood “Max Factor Building.” Let’s have a look at the epicenter of beauty and elegance in the golden years of the world of cinema.
RSVP Required:
323-860-5830