Los Angeles LGBT Center’s Newsletter for Senior Services

20th Anniversary Gay Hollywood
Did you skip your high school prom or not go with the date you really wanted to take? Are you ready to make some new, prom-worthy memories?

Senior Prom 2017

Pickwick Gardens
Royal Crest Room
1001 W. Riverside Dr.
Burbank, CA 91506

For those 50+
Free parking,
Drug and alcohol-free.

Please join us for the 2017 Senior Prom, a fun and safe place to be all that you are meant to be. This year’s theme is Gay Hollywood—we’ll see you on the dance floor!

lalgbtcenter.org/seniorprom

Saturday, June 24
5 - 9 p.m.

RSVP by
Wednesday, June 21, to
seniors@lalgbtcenter.org
or 323-860-5830
Event #0625
$5 to $10
suggested donation
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!

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.”

Happy Pride Month

I’m happy to announce we have a new Director of Senior Services, Kiera Pollock, M.S.W. You can meet her and our new Activities Coordinator, Veronica Macias, at our welcome lunch on June 19th.

Our Pride issue newsletter is chocked full of information. This year L.A Pride will return to its roots as a march and homage to the days of Stonewall, 48 years later. The Pride March will begin at Hollywood/Highland and march to West Hollywood Park. This year we march in solidarity for LGBT rights which are now threatened by the new administration. Please join us if you can or come cheer along the sidewalks.

We are also celebrating the 20th anniversary of our Senior Prom with the theme “Gay Hollywood”. Come ready to walk the red carpet and be who you are! Proud LGBT men & women! We hope to see you there!

Tripp Mills, Deputy Director

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We will be utilizing our Facebook page more than ever. Stay up to date by "Liking" our Facebook Page at: Facebook.com/50pluslgbt

Parking Info Line- 323-860-7397
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.

If you have any special needs, such as dietary restrictions, wheelchair or disabled seating requirements for theater events or other venues. For sign language accommodations, please notify us at least 7-10 days in advance. Please let us know by calling 323-860-5830. We will always do our best to accommodate!

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! 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.

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RSVP/Message Line: 323-860-5830
Or, Toll-Free: 877-688-4833
seniors@lalgbtcenter.org

PARKING INFO LINE: 323-860-7397
EVERYONE

Effective immediately, we ask you to please RSVP if there is an event number. It is important to RSVP rather than dropping in, unless there is a "Drop in!" or "Tell a friend!" next to the class description.

Tech Support with Mom’s Computer
The Village
Tues, Jun 6 & 20  2:30 p.m.
Drop in!
Computers, phones, tablets and all things technology! Bring in your devices and questions. Please note: Cannot fix broken devices. Tell a friend!

Brain Power
The Village
Wed, Jun 7 & 21  1 p.m.
Event 0601
We continue OUTLOUD PODIUM READINGS from BECOMING NICOLE, the award winning book describing the journey of a Transgender child. We will also do select readings from David Ebershoff’s THE DANISH GIRL, depicting the life of Lili Elbe, one of the most celebrated Transgender persons in history. We will view THE DANISH GIRL at the June 21st meeting. RSVP required.

Life Connections 21 + meets 50+
The Village
Wed, Jun 7  10 a.m.
Event 0629
Meet and mingle with the Center’s young adult volunteer for a chat about today’s climate and how it relates to our history or share anything you’d like. RSVP Required.
Chi Gong & Tai Chi  
The Village  
Every Monday!  
Event 0620
Learn the basic movements and meditations of Chi Gong and Tai Chi! The exercises are easy to do and have a wide range of benefits for body, mind and spirit. They improve balance, breathing, relaxation, stress reduction, bone strength, flexibility, and energy levels. RSVP Required.

HICAP  
The Village  
Tue, Jun 13 & 27 10 a.m.  
There’s a lot to know about Medicare and now there’s help to make sense of it all. Meet the HICAP Volunteer Counselor: Michael Lacoe.
All HICAP services are provided free of charge. HICAP is a program of the Center for Health Care Rights. HICAP Volunteer Counselors are trained by the Center for Health Care Rights and registered with the Calif. Dept. of Aging.
HICAP is funded, in part, by the Los Angeles City and County Area Agencies on Aging, through the Older Californians Act.  
RSVP with Michael Kelly  
323-860-7329

Financial Chat  
The Village  
Wed, Jun 14 1 p.m.  
Event 0622
Wed, Jun 28 1 p.m.  
Event 0623
Join Carolyn Dunlavy for this continuing informal, Topics include income and social security, credit and debt management, investments, owning vs renting, etc. RSVP required.

Movie for Everyone  
What’s up Doc? (1972)  
The Village  
Tue, Jun 13 1 p.m.  
94 Minutes  
Event 0612
Two researchers have come to San Francisco to compete for a research grant in music. The man seems a bit distracted, and that was before he met a strange woman who has devoted her life to confusing and embarrassing him. At the same time a woman has her jewels stolen and a government whistle blower arrives with his stolen top secret papers.  
RSVP Required.

Bette Davis for Everyone  
The Bride Came C.O.D. (1941)  
The Village  
Thur, June 15 1 p.m.  
92 Minutes  
Event 0617
Joan’s father makes Steve a better offer to bring her home unmarried. All bets are off, however, when they’re forced to make an emergency landing in the desert.  
RSVP Required.

Go Metro  
Thu, Jun 15 Noon & 3 p.m.  
Event 0614
The BROAD Noon  
221 S. Grand Ave L.A 90012
MOCA 3 p.m.  
250 S. Grand Ave L.A 90012
Meet Mimi at The Village at 11 a.m. Or meet Mimi at Noon at The BROAD. Then Mimi will lead the group at MOCA at 3 p.m.  
RSVP Required
Last month seniors and youth from the Center visited the set of Wheel of Fortune. Watch for us in the audience on June 4, 5, and 6.

In rememberance of Joe Levy we will continue to honor his movie picks for 2017.

Joe Levy's
"Broadway to Hollywood"
A Streetcar Named Desire (1951)
The Village
Wed, Jun 21  1 p.m.
Event 0613
125 Minutes
We will view this adaptation of Tennessee Williams’ classic rumination on carnal attraction and faded gentility. Ft. Marlon Brando, Vivien Leigh & Kim Hunter.
RSVP Required.

Welcome Lunch
The Village
Mon, Jun 19  12:30 p.m.
Event 0607
Join us for lunch as we welcome our new Director of Senior Services, Kiera Pollock & our new Activities Coordinator, Veronica Macias. Parking will be limited to street and metered only. RSVP Required.

Country Line Dancing with Matthew
The Village
Tues, June 20 & 27  11 a.m.
Event 0611
Wanna feel like Garth with a little Chorus Line? You don’t need a partner, easy steps, great movement practice, beginners welcome. Please wear comfortable shoes, boots not required. RSVP Required.

LGBT Veterans’ Support Group
The Village
Tues, Jun 27  1 p.m.
Event 0606
New time! 1 p.m. We served our country now let’s support each other in this once-a-month social gathering in a safe space. RSVP Required.

Finding Your True Self with Lois
The Village
Wed, Jun 28  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. Tell a friend!

Bingo!
The Village
Fri, Jun 30  1 p.m.
Event 0605
Bingo is one of our most popular events to have a good time and win prizes! RSVP required.

Have an idea for a group outing or would you like to facilitate a class with a special skill set to teach? Let us know!
**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**
Andre's (AndresItalian.com)
6332 W 3rd St
Los Angeles, CA 90036
Tues, Jun 27 6:30 p.m.  
**Event 0616**
Dinner with the guys! SHS Fund available. Cash preferred. **RSVP Required.**

**Men's Movie**
Lion (2016) 118 Minutes
The Village
**Tue, Jun 6 2 p.m.**
**Event 0621**
In this true story, 5-year-old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, Saroo searches for his lost family in India. **RSVP Required.**

**WOMEN**

**Silver Sensuality for Women with She-Ah**
Women Only
The Village
Mon, Jun 5 11 a.m.  
**Event 0609**
Share fun, friendly & meaningful experiences concerning the various feelings mature women experience as their bodies change. **RSVP Required.**

**Dyke Day**
Sat, Jun 10 Noon-6 p.m.
Debs Park
4235 Monterey Road, Los Angeles, CA 90032

With over 1,000 queer women, families and allies attending Dyke Day, this event promises something for everyone—not to mention a huge turnout. Free, all-ages and inclusive, Dyke Day booths, DJs, bounce houses, tables from community organizers, grilling and picnicking spots and of course, the chance to meet, greet and cruise hundreds and hundreds of LA’s queer women. Food and Vendors of all sorts will be in attendance. Please use WAZE to get there (Google and Apple Maps do not take you to the right location). This is not a Center or Senior Services event. For more info visit https://www.facebook.com/DykeDayLA/

**L50+ Dinner**
Callender’s Grill
5773 Wilshire Blvd. Los Angeles, CA 90036
Sun, Jun 18 6 p.m.  
**Event 0610**
Please join us for a wonderful evening out with the gals! Look for Alice. Parking is validated at this location. **RSVP Required.**

**Women's Movie**
Jackie (2016)
The Village
**Tue, Jun 20 11 a.m.**
**100 Minutes**
**Event 0615**
A searing and intimate portrait of one of the most important and tragic moments in American history, seen through the eyes of the iconic First Lady, then Jacqueline Bouvier Kennedy. JACKIE places us in her world during the days immediately following her husband’s assassination. Known for her extraordinary dignity and poise, here we see a psychological portrait of the First Lady as she struggles to maintain her husband’s legacy. **RSVP Required.**
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: An Introduction to Group
Tues, Jun 6 & 20 1 p.m. at The Village Event 0603

Grieving
Tues, Jun 13 & 27 1 p.m. at The Village Event 0604

If you are experiencing pain from the loss of a loved one from a person, pet, etc, please call to join the group. For new participants please contact Manager of Social Services & Housing Valerie Richards by calling 323-860-7307. Those new to bereavement will attend Grieving: An Introduction to Group first.

ALZHEIMER’S and RELATED DEMENTIA
LGBT CAREGIVER SUPPORT GROUP
2nd & 4th Thurs of Each Month Thurs, Jun 8 & 22 10:30 a.m.-Noon at The Village Event 0624

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
To better serve the LGBT community who live on the east side of Los Angeles, the Los Angeles LGBT Center has partnered with the Latino Equality Alliance (LEA) to open its first facility on the eastside of Los Angeles. Mi Centro, just east of the Los Angeles River in Boyle Heights.

Mi Centro is located at 553 S Clarence St, Los Angeles, CA 90033. Street Parking is availab between the 4th and 6th Street Bridges, just a 15-minute walk from the Mariachi Plaza and Pico/Aliso Gold Line stations and one block from Metro bus lines at 4th and Boyle Streets.

**Movie for Two at 2**
Mi Familia (1995)
Thu, Jun 1 2 p.m.
Event 0627
128 Minutes

A second-generation Mexican immigrant narrates his family history, beginning with the journey of his father, Jose (Jacob Vargas), across Mexico to Los Angeles where he meets Maria (Jennifer Lopez) and starts a family. Each subsequent generation contends with political and social hardships, ranging from illegal deportations in the 1940s to racial tensions and gang fights in the '60s and '70s. Yet through it all, or perhaps because of it, the family remains strong. 
RSVP Required.

**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, Jun 26 12:30 p.m.
Event 0608
We'll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving.
RSVP Required.

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**Valley Thursdays in NoHo**

**Game Day**
MCC Church
Thurs, Jun 1 Noon
Up for a game of Uno, Checkers or Scrabble? Drop in!

**Coffee Chat**
MCC Church
Thurs, Jun 8 Noon
Have a topic you want to Chat about? all are welcome. Drop in!

**Chair Yoga**
MCC Church
Thurs, Jun 22nd Noon
Do Yoga adapted to the chair with various levels of flexibiliy. Easy techniques & more. Drop in!

**Pot Luck**
MCC Church
Thurs, Jun 29 Noon
We'll provide the main dish, please bring a side dish to share. No one will be turned away if unable to bring a dish. Tell a friend!

**Movie**
What’s up Doc?(1972)
MCC Church
Thurs, Jun 15 Noon
94 minutes
Join us as we watch this hilarious screwball comedy set in San Francisco. Featuring the legendary Barbra Streisand & Ryan O’Neal. Popcorn will be provided. Drop In!

**Movie for Those Living with HIV**
The Birdcage (1996)
The Village
Mon, Jun 26 1 p.m.
119 Minutes
Longtime lovers Armand and Albert own a Miami drag club, but when Armand’s son announces his intent to marry the daughter of a stuffy U.S. senator, the gay couple feels compelled to pass themselves off as a “normal” family in this wild farce.

**Lunch for Those Living with HIV**
The Village
Mon, Jun 26 12:30 p.m.
Event 0608
We'll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving.
RSVP Required.
L.A Pride:
Festival- Weho Park
Sat, Jun 10 10 a.m.-12 a.m.
Sun, Jun 11 11 a.m.-11 p.m.

Resist March
Sun, Jun 11 8 a.m.-1 p.m.
The organizers of L.A Pride have decided to take the annual Sunday Parade and bring it back to its roots, a March. They are calling on everyone to peacefully march on Sunday, June 11th from 8am-1pm from Hollywood and Highland to West Hollywood. “Instead of a Pride Parade meant to celebrate our past progress, we are going to march to ensure all our futures.”- ResistMarch.com

Trans Pride L.A.
The Village
Fri, Jun 16 7-10 p.m.
Sat, Jun 17 Noon-9:30 p.m.
19th Annual Trans Pride L.A. Funded in part through the generosity of Amazon Original Series Transparent and Tito’s Vodka, the Los Angeles LGBT Center proudly presents one of the country’s oldest and largest celebrations of the trans community, with special appearance by Aydian Dowling. Information and support to the entire spectrum of the LGBTQ community will be in abundance.

Senior Prom 2017
Sat, Jun 24 5-9 p.m.
Pickwick Gardens
Royal Crest Room
1001 Riverside Dr.
Burbank, CA 91506
$5-10 Suggested Donation
Free parking!
RSVP by Wed, Jun 21

Enjoy dinner, live entertainment & dancing. Please tell us your entree selection when registering online or by phone: 1) Herb Crusted Chicken Marsala; 2) Fried Vegetable Ravioli with Sauce Marina-ra; or 3) Grilled Salmon with Roasted Pineapple and Apricot Sauce. Chocolate dessert to follow. RSVP deadline is Wed, Jun 21. One adult guest per registered participant. The Senior Prom is a drug and alcohol-free event.
RSVP Required.
323-860-5830

June 12 marks 1 year since the horrific tragedy that took 49 lives and injured many at Pulse nightclub in Orlando, Florida.

Gilbert Baker, a gay rights activist and creator of the iconic rainbow flag

In 1978 while living in San Francisco, George Baker created the flag following the assassination of openly gay city Supervisor Harvey Milk. He was asked to create a symbol for a gay pride parade that would represent the movement of the time. Decades later the flag is still the primary symbol used around the world. Other flags have been adapted for Trans & Bisexual color themes.

Baker passed away at 65 in his sleep at his New York home on March 31, 2017.
ADDITION

Great News! Our newest class “Chi Gong & Tai Chi will be every Monday starting 6/12
The Village,
1125 N. McCadden Pl
Los Angeles, Ca 90038
Mondays 11 a.m.
Event 0620

Learn the basic movements and meditations of Chi Gong and Tai Chi! The exercises are easy to do and have a wide range of benefits for body, mind and spirit. They improve balance, breathing, relaxation, stress reduction, bone strength, flexibility, and energy levels. RSVP Required.

PARKING

Parking will officially go away at The Village effective June 1st. Street and Metered parking will be limited. We encourage use of Public Transporation, Carpooling and Ride Sharing apps such as Lyft and Uber.

There will be no parking until the new building is built in a couple year’s.

Please know we are working hard to find other spaces in close proximity to The Village to have our scheduled programming.

CONNECTIONS

Nothing matters to us more than our connection with you. We would like to let you know of a couple ways to stay up to date with everything we have going on so you never miss anything important.

Do you have a Facebook account?

We are happy to announce we will be utilizing our Facebook page more than ever. By “Liking” our Facebook page, you will know instantly when there are upcoming events, pictures and all fun things Senior Services has to offer. This is the fastest way to be informed.

Simply go to Facebook.com/50pluslgbt and “Like” the page.

Are you subscribed to our email list?

It’s also a great way to stay informed on special events, as well as changes to the activities schedule.

Simply send an email to Seniors@lalgbtcenter.org and ask to be on our email list.