THE FUTURE IS FEMALE
A CIVIL RIGHTS LEADER FOR ALL...

Born in Yuma, Arizona on March 31, 1927, César Chávez was the son of migrant farm workers. He dropped out of school in the 8th grade to support his family as a farmer.

After serving in the Navy, César returned to farming and became a grass roots organizer of a Latino Civil Rights group. He formed the National Farm Workers Association, now known as the United Farm Workers of America.

He believed in non-violent tactics to foster union negotiations and led the UFWA to one of the most influential boycotts in U.S. history, the boycott of all California table grapes. He took the fight from the fields to the cities which led to a collective bargaining agreement for farm workers. He is largely responsible for instilling the rights to organize for social justice in the U.S. He died in 1993 and in 1994 was posthumously awarded the Presidential Medal of Freedom by President Bill Clinton. As members of the LGBTQ community, we celebrate his legacy to this day.

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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.”
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!
EVERYONE

Master Lakshmi Chair Yoga
The Village
Every Wednesday!  11 a.m.
Challenge your body and brain with ancient Eastern techniques to improve your memory and balance the body along with the brain hemispheres. Gain strength, peace of mind, confidence and higher self-esteem!
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.
Drop in!

Tech Support with Mom’s Computer
The Village
Tues, Mar 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!

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!

Brain Power
The Village
Wed, Mar 8 & 22  1 p.m.
Event 0301
The acclaimed Vivien Leigh played the complex Mrs. Treadwell in the film version of Katharine Anne Porter’s SHIP OF FOOLS; she also played Blanche Du Bois in the film of Tennessee Williams’ A STREETCAR NAMED DESIRE. We will explore these two women in our OUTLOUD READINGS AT THE PODIUM. These two characters have much in common. Could Mrs. Treadwell have uttered the same words as Blanche Du Bois: “I was played out. You know what played out is? My youth was suddenly gone up the water-spout, and...I met you. You said you needed somebody. Well, I needed somebody, too.” Come meet these provocative players. RSVP required.

Quilting With Walter
The Village
Sat, Mar 4 & 18  11 a.m.
Event 0300
Learn quilting basics. Must be able to sew. RSVP required.

Reading Opens Minds
The Village
Mon, Mar 6 & 20  11 a.m.
Event 0302
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.

Rusty’s Co-Ed Gay Swing & Sway
The Village
Sat, Mar 11  1 p.m.
Event 0318
Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! No rubber soles please. Partner not necessary. RSVP required.

Lunch for Everyone
The Village
Tues, Mar 14  12:30 p.m.
Event 0314
RSVP by Noon on 03/03
Join us for lunch. $5 Suggested donation. RSVP required.

Financial Chat
The Village
Tues, Mar 14  1 p.m.
Event 0321
Tues, Mar 21  1 p.m.
Event 0322
Join Carolyn Dunlavy for this continuing informal, open forum group where you can ask questions about any financial topic that concerns you. Topics include income and social security, credit and debt management, investments, owning vs renting, etc. RSVP required.

Movie for Everyone
Arrival (2016)
The Village
Tues, Mar 14  2 p.m.
116 Minutes
Event 0312
Confronted by a mass landing of alien vessels around the globe, military leaders seek the help of brilliant linguist. RSVP required.
Finding Your True Self with Lois
The Village
Wed, Mar 15 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+
The Village
Thurs, Mar 16 2 p.m.
Drop in! Join LGBT women & men for treats, beverages and great chat. 65+ only. Tell a friend!

Broadway to Hollywood
His Girl Friday (1940)
The Village
Wed, Mar 22 1 p.m.
92 Minutes
Event 0313
Cary Grant and Rosalind Russell star as fast-talking reporters in this classic screwball comedy. RSVP required.

Healthy Aging by Keck School of Medicine
Thurs, Mar 23 1 p.m.
Event 0307
Learn ways to stay healthy as you age. RSVP required.

Life Connections 21+ Meets 50+
The Village
Fri, Mar 24 1 p.m.
Event 0303
Meet and share with the Center’s young adults. RSVP required.

Bette Davis for Everyone
In This Our Life (1942)
The Village
Tues, Mar 28 2 p.m.

97 Minutes
Event 0317
A week before her wedding, Stanley Timberlake (Bette Davis) seduces her sister’s husband. RSVP required.

Opera Screening
Der Rosenkaavalier
The Village
Fri, Mar 24 11 a.m.
197 Minutes
Event 0315
Strauss’ dazzling opera is set in 1740’s Vienna and produced by Oscar®-winning film director John Schlesinger (Midnight Cowboy) for The Royal Opera House. RSVP required.

LGBT Veterans’ Support Group
The Village
Tues, Mar 28 10 a.m.
Event 0306
We served our country, now let’s support each other in this once-a-month social gathering. RSVP required.

Country Line Dancing with Matthew
The Village
Tues, 28 11 a.m.
Event 0311
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.

Japanese American National Museum
Senior Admission $6
Meet at Philippe’s
1001 Alameda St.
Los Angeles, CA 90012
Wed, Mar 29 11:30 a.m.
Event 0319
Were there concentration camps here in California? We say, “Never again!” Do we mean it? Our senior explorers saw that words kill by attending the Central Library’s State of Deception: The Power Of Nazi Propaganda exhibit last year. We then saw the far-reaching implications of racism through the California African American Museum’s Nazi Olympics exhibit last month. We’ll conclude our series with the Japanese American National Museum’s Only the Oaks Remain: The Story of Tuna Canyon Detention Station exhibit. Experience a dark part of our country’s history. Meet at Philippe’s. We’ll eat a leisurely lunch together to build community and then continue on to the museum (100 N. Central Ave., Los Angeles, CA 90012) at/around 1 p.m. Must be able to walk long distances. SHS Fund available. RSVP required.

Go Metro
Fri, Mar 31 11 a.m.
Event 0316
Meet at The Village. Travel to the Getty Center. General 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. RSVP required.

RSVP/Message Line: 323-860-5830
seniors@lalgbtcenter.org
**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  
Claim Jumper  
3500 W. Olive Ave., Suite105  
Burbank, CA 91505  
Tues, Mar 28 6:30 p.m.  
Event 0320  
Dinner with the guys!  
SHS Fund available. Cash preferred. Free parking under building!  
RSVP Required: 323-860-5830

**WOMEN**

Silver Sensuality for Women with She-Ah  
Women Only  
Mon, Mar 6 11 a.m.  
Event 0309  
Share fun, friendly & meaningful experiences concerning the various feelings mature women experience as their bodies change.  
RSVP Required: 323-860-5830

International Women’s Day Lunch  
The Village  
Wed, Mar 8 Noon  
Event 0324  
The Future is Female! Join other LBTQ women for International Women’s Day Lunch. $5 suggested donation.  
RSVP Required: 323-860-5830

L50+ Dinner  
Claim Jumper  
3500 W. Olive Ave., Suite105  
Burbank, CA 91505  
Sun, Mar 19 6 p.m.  
Event 0310  
Please join us for a wonderful evening out with the gals! Look for Alice. Free parking under building!  
RSVP Required: 323-860-5830

LBTQ Women’s 360 Health & Empowerment Fair  
The Village  
Sat, Apr 29 9 a.m.–5 p.m.  
Join us for an empowering day with LBTQ Women to take action and protect our body, mind and politics in challenging times.  
Register for this free event at Eventbrite.com. **Tell a friend!**

We saw Lily Tomlin's Kennedy Center Award, on display at the Hollywood Museum (1660 Highland Ave.), on Fri, Feb 10.
YOU SERVED OUR COUNTRY, NOW LET US SERVE YOU

VETERAN STAND DOWN

Serving all veterans over the age of 50 including our LGBT veteran community. Access your benefits and resources.

SATURDAY, APRIL 8
10 a.m. — 3 p.m.
Lunch provided.

Free services:
VA enrollment, CalVets benefits, VA benefits, education, housing, legal advice, VBA benefits, employment, medical and mental health, DPSS, PAWSLA, PATHLA, LGBT 50+ Senior Services, Meals on Wheels WLA, social services, Volunteers of America, support groups, Angel Food L.A., IHSS for veterans, Battle Buddies, VASH, plus many giveaways

Los Angeles LGBT Center
The Village at Ed Gould Plaza
1125 N. McCadden Pl.

For more information and to RSVP:
seniors@lalgbtcenter.org
323-860-5830
Event 0400
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, Mar 7 & 21  1 p.m. at The Village  Event 0325

Grieving
Tues, Mar 14 & 28 1 p.m. at The Village  Event 0304

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. If you are interested in participating 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, Mar 9 & 23 10:30 a.m.-Noon at The Village  Event 0323

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
David performs a spoken-word version of The Beatles' *All We Need is Love* at the Diversity of Love Dinner at The Village on Tue, Feb 7.

**VALLEY THURSDAYS IN NOHO**

**Coffee Chat**  
MCC Church  
Thurs, Mar 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, Mar 9 Noon  
Drop in! Play and win!  
Tell a friend!

**Potluck**  
MCC Church  
Thurs, Mar 23 Noon  
Drop in! We'll provide the ham, please bring a side to share. Tell a friend!

**Chair Yoga**  
MCC Church  
Thurs, Mar 30 Noon  
Drop in! Do Yoga adapted to the chair with various levels of flexibility. Leave stress and anxiety behind. Tell a friend!

**Moonlight (2016)**  
MCC Church  
Thurs, Mar 16 Noon  
110 Minutes  
Drop in! Growing up in the drug-soaked world of 1980s Miami, young Chiron struggles to make his way through a helter-skelter adolescence while also grappling with confusion and anxiety about his emerging sexuality. 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, Mar 20 12:30 p.m.  
Event 0308  
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**  
*Moonlight (2016)*  
The Village  
Mon, Mar 20 1 p.m.  
110 Minutes  
Drop in! Growing up in the drug-soaked world of 1980s Miami, young Chiron struggles to make his way through a helter-skelter adolescence while also grappling with confusion and anxiety about his emerging sexuality. Tell a friend!
Dear Friends,

As many of you already know, the first phase of construction on our new Anita May Rosenstein Campus has begun and we are facing some parking challenges at The Village. It’s incredibly difficult to predict exactly when or how these challenges will occur, but we are doing our best to address them. We also realize many of you do not receive our e-mail updates, so we are looking at ways to communicate these changes to you through a call-in line that will provide updates beginning in April.

For the month of March, parking is available directly across the street from The Village in Lot 3. This parking lot now extends from N. McCadden Pl. to N. Las Palmas Ave., with many spaces available towards the back of the lot. The Center has rented 70 parking spaces in a nearby garage for staff, leaving Lot 3 exclusively available to our guests. Street parking is also an option, when available.

We are set to break ground in early April. Once commenced, we lose all Lot 3 parking. Guest parking will be relocated to our Highland Avenue parking lot, located 1½ blocks north of The Village on N. McCadden Pl. We anticipate spaces will be allocated to guests on a day-to-day basis; therefore, the call-in line will serve as a daily update message for those coming to The Village.

We are also looking for temporary locations for our activities and events at a variety of locations including the City of West Hollywood properties and West Hollywood Community Housing properties. These new locations will be highlighted in our upcoming newsletters.

On behalf of Senior Services, I want to thank you for your patience. We know that at the end of construction, the Center will be home to an amazing LGBT intergenerational property, the first of its kind in the world.

Tripp Mills, Deputy Director
JOB SEARCH WITH JVS
The Village
Thursdays 2-4 p.m.
Event 0327
Jewish Vocational Services will help you update your résumé and teach skills used to ace interviews!
RSVP Required:
323-860-5830

KIDNEY SMART
The Village
Thurs, Mar 9 2 p.m.
Event 0328
Learn how to manage your kidney health. You will learn what causes kidney disease and how to create an action plan to manage your health.
RSVP Required:
323-860-5830

VETERANS W.R.A.P.
The Village
Thursdays 11 a.m.-Noon
Event 0329
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