Lynn Segerblom, Co-Creator of the Rainbow Flag, will join us for this month’s Women’s Potluck on March 17. Having been erased from the artistic history of the flag’s creation within our community, she will share with us her powerful journey of re-writing history.

Photo courtesy of James McNamara
The staff and I have been busily working on new programming based on feedback from you all as we move toward the new campus opening sometime in April. I’m pleased to share that we were awarded a grant from the Archstone Foundation to expand our programs to caregivers this year with a new 7 session support group. In our community, it is more likely that as people age, they have chosen family provide informal support. As family, and friends take on helping peers as they age, many people have questions about their role, how to best support the other person and how to set boundaries. More people are experiencing memory loss as they age, and caregivers need to know how to best help. We will be offering this 7-session group over the course of the year with the first session scheduled for April 17-May 29th. This past year the Center also received a grant from the Citi Foundation to pilot a program to assist participants who want or need to find work with the skills they need to find a job. In December we hired an Employment Coordinator to start this new program which will offer intergenerational training opportunities on the new campus. A Culinary Arts Training Program will be one of the first initiatives as part of our new Employment Program which will provide an 8 week onsite culinary training program and 4 week externship in a restaurant. The culinary program students will also produce the meals for our new campus senior center, onsite café and at Triangle Square this coming year as well as provide healthy cooking demonstrations. If you are interested in being part of the Culinary Training Program, please join us at an Information Meeting with cooking demonstration on Thursday, March 28th from 11:00 – 12:30 at the Village. Lastly, but most importantly, March is Women’s History Month and this month we will feature Lynn Segerblom at our L50+ potluck. Lynn was the co-creator of the rainbow flag and her work on the flag has been all but erased in our history. Please join me in hearing her story on Saturday, March 17th at Noon at our potluck following a Women’s Circle facilitated by Sofia Rose Smith.

Sincerely,

Kiera Pollock, M.S.W.,
Director of Senior Services
How to RSVP to an event

Only registered participants may RSVP for activities. We do not accept registrations by one participant for another participant. Caregivers are welcome to accompany registered participants. We encourage non-registered guests who are 50+ to become registered participants. Contact our office for a registration form or for more information.

RSVPs must be made on or after the 1st of the month, at least 2 business days before an event, or by the RSVP deadline. Early RSVPs will be allowed for select events and will be noted in the Calendar.

To RSVP, please provide your full name, event name, event date, event number, and the name of a caregiver or guest, if applicable. Requests for special accommodations or Seniors Helping Seniors must be received 10 days in advance.

Once you RSVP, you are confirmed for the event, unless you are notified you are on a waitlist. Both confirmed and waitlisted participants will be notified about any changes or cancellations.

RSVP/Message Line: 323-860-5830
seniors@lalgbtcenter.org

Toll Free: 877-688-4833

This special fund is available on a limited basis for registered participants. If you need financial assistance to attend a Senior Services activity requiring a fee, please call us at 323-860-5830. All requests are completely confidential.

We are always accepting donations to the Seniors Helping Seniors Fund! Please contact us if you would like to donate.
SENIOR SERVICES

TICKET POLICY

Donated tickets are in-kind gifts and we do our best to adhere to the policies set-forth by the donors. In recent months we have had several complaints regarding attendance (no shows) as well as participants showing up without a ticket or reservation. Moving forward, the ticket policy is as follows:

Tickets are issued on a first come, first served basis and must be reserved in our reservation system. PLEASE NOTE: priority will be given to those who have not previously received donated tickets. Waitlists will be created for each event.

Tickets will be given out based on availability and picked up at the venue whenever possible.

One ticket per registered senior per event. Free tickets are not subject to a plus one.

Registered Seniors must reserve their own ticket.

In order to accommodate everyone, multiple tickets for concurrent events will not be issued to one individual, unless there are unused tickets. Our goal is to be fair and provide an opportunity for everyone.

We understand that life happens and circumstances can create challenges. If there are last minute emergencies, then it is the responsibility of the ticket holder to notify Senior Services staff as soon as possible by phone or email.

No shows or cancellations of less than 24 hours will bump participants from the next scheduled event and/or any event scheduled at a specific venue. Ongoing no shows may warrant a ban on donated tickets.

We reserve the right to refuse ticketed privileges to anyone who is reported to harass or mistreat box office staff, Senior Services staff, volunteers, or other persons providing service.
LOCATIONS

T  Triangle Square
  1602 Ivar Ave.

M  McDonald/Wright
  1625 N. Schrader Blvd.

H  Highland Annex
  1220 N. Highland Ave.

V  The Village at Ed Gould Plaza
  1125 N. McCadden Place

W  Center WeHo
  8745 Santa Monica Blvd.

Mi  MiCentro
  553 S. Clarence St.

O  Other locations
  Please check listing

MCC  MCC Church
  5730 Cahuenga Blvd., North Hollywood

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Kendra Burks
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PARKING AT THE VILLAGE AT ED GOULD PLAZA

Due to construction of the new Anita May Rosenstein Campus, we no longer have parking available onsite at The Village. If you are attending programs at The Village, please allow extra time to find street parking, or consider public transportation or a ride share service. Public transportation is available to The Village via Metro Red Line to Hollywood/Highland Station and via Bus Lines 4, 237, and 704.

SPECIAL NEEDS

If you have any special needs, including dietary restrictions, accessible seating requirements, or sign language accommodations, please notify us at least 10 days in advance at 323-860-5830. We will do our best to accommodate!
EVERYONE

ART LAB
FRIDAYS, 10:30 A.M.
DROP-IN
V The Village at
Ed Gould Plaza

Get creative...drawing, painting, sculpture, color, and more! Art Lab is a fun way to learn new skills and techniques while also expressing yourself. Participate in a guided art lesson by our new facilitator Josephine Gildersleeve or bring your own project from home. All skill levels welcome!

BEGINNING TAP DANCING LESSONS
WED., MARCH 13, 12:30 P.M.
WED., MARCH 27, 12:30 P.M.
DROP-IN
V The Village at
Ed Gould Plaza

Learn the fundamentals of tap dancing with Lauren and Carl! Tap is one of the greatest feel-good dances you can enjoy. It’s fun to learn and fun to practice. All skill levels welcome.

BINGO!
FRI., MARCH 29, 1 P.M.
DROP-IN
V The Village at
Ed Gould Plaza

Calling all bingo lovers for our monthly game! Prizes for the winners. Refreshments provided.

BRAIN POWER
WED., MARCH 13, 1 P.M.
WED., MARCH 27, 1 P.M.
DROP-IN
V The Village at
Ed Gould Plaza

We continue with Outloud Readings from the recently published In Search of Stonewall with questions about LGBT legacy and future. A number of our own seniors from both The Village and the WeHo communities will present eyewitness accounts of the night of the Stonewall riots and the days, weeks, and months that followed. Join the discussion that follows. Are more LGBT seniors becoming comfortable with the term queer?

BROADWAY TO HOLLYWOOD
TUES., MARCH 5, 1 P.M.
DROP-IN
V The Village at
Ed Gould Plaza
Join us for *The Children’s Hour* (1961, 108 mins.) starring Audrey Hepburn, Shirley MacLaine, and James Garner. Headmistresses of an exclusive girl’s school find themselves as the subjects of slanderous accusations after disciplining a malicious student. This adaptation of Lillian Hellman’s play is considered “one of the most finely wrought dramas in the history of film.”

**CHAIR YOGA**

**WEDNESDAYS, 11 A.M. DROP-IN**

**The Village at Ed Gould Plaza**

Challenge your body and brain with Lucero as you explore ancient Eastern techniques to improve your memory and health.

**CLASSIC FILM SCREENING**

**MON., MARCH 18, 1:30 P.M. DROP-IN**

**The Village at Ed Gould Plaza**

Join us for this ultimate classic *Dancing Lady* (1933, 92 mins.) starring Joan Crawford and Clark Gable—and introducing Fred Astaire! Three film icons give this musical a jolt of superstar electricity in this song-and-dance-filled extravaganza about a Broadway star who needs a little help and follows a good idea from her dance director.

**COMEDY NIGHT**

**WED., MARCH 27, 6:30 P.M. DROP-IN**

**Triangle Square**

Want a good laugh?! Laughter is good for the soul! Caitlin Durante’s Comedy Workshop at The Village has been such a success that we are bringing the comedy troupe back to Triangle Square for some fun! Guffaw, chuckle, or giggle all you want! Light refreshments will be served.

**COUNTRY LINE DANCING WITH MATTHEW**

**TUES., MARCH 5, 11 A.M. DROP-IN**

**The Village at Ed Gould Plaza**

Come single or with a partner, to this toe-tapping class that’s great movement experience. Beginners welcome! Wear comfortable shoes; boots not required.

**DOCUMENTARY OF THE MONTH**

**WED., MARCH 13, 1 P.M. DROP-IN**

**The Village at Ed Gould Plaza**

Join us for the documentary *Anita: Speaking Truth to Power* (2014, 85 mins.) which portrays the inspiring and controver-

**CULINARY PROGRAM INFORMATION MEETING**

**THURSDAY, MARCH 28, 11 A.M.**

**EVENT 0313 RSVP REQUIRED**

**The Village at Ed Gould Plaza**

Do you want to turn your passion for cooking into a career? Learn about the Center’s exciting new culinary job training program launching in the spring. Our Executive Chef and Lead Instructor, Chef Janet Crandall, will host an interactive cooking demo. We will also review the details of our 3 month training program that ends with an externship in a local restaurant and job placement assistance upon graduation.
sial story about Anita Hill galvanizing the nation with her appearance before the U.S. Senate in hearings related to U.S. Supreme Court nominee Clarence Thomas.

EBONY SAGE CIRCLE

FRI., MARCH 15, 12 P.M.  DROP-IN

The Village at Ed Gould Plaza

Open to all Black-identified participants, this group aims to promote self-awareness, quality of life, learning, and unity of the Black voice in the LGBT community of Los Angeles, especially at the Center. We want to share our lives and experiences with all under the rainbow.

FARMERS MARKET

TUES., MARCH 12, 2–3 P.M.
TUES., MARCH 26, 2–3 P.M.  DROP-IN

The Village at Ed Gould Plaza

Fresh produce from a local farmers market provided. Please bring your own bag. First come, first served.

GET OUT & BOWL

TUES., MARCH 12, 10:30 A.M.–12:30 P.M.  EVENT 0212  RSVP REQUIRED

Pickwick Bowling
921 W. Riverside Dr., Burbank 91506

Join us for bowling fun at Pickwick Bowling. Ramp available for those with limited mobility. Lane and shoe rental is $5.50 for both. Seniors Helping Seniors available upon request.

GO METRO TO THE BANGLADESH DAY PARADE!

SAT., MARCH 30, 2:30–5:30 P.M.  EVENT 0311  RSVP REQUIRED

Northwest corner of 1st St. and Vermont Ave.

Meet Mimi at the 2019 Bangladesh Day Parade & Festival! Take the Metro Red Line to the Vermont/Beverly Station. Walk south on Vermont Ave. to the parade route on 1st St. (0.2 mile). Meet Mimi on the NW corner of 1st St. and Vermont Ave. There will be floats, marching bands, carriages, a helicopter flyover, horses, artists, and dignitaries. After the parade, enjoy the festival around the corner!

R&B LINE DANCING

TUES., MARCH 19, 1 P.M.
TUES., MARCH 26, 1 P.M.  DROP-IN

Triangle Square

Come and shake your groove thang with instructor E Talley! R&B line dancing is a great way to learn some new moves and dance to some of the songs that you love. All levels welcome. Join us!
HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM)

THURS., MARCH 7, 10 A.M.
THURS., MARCH 21, 10 A.M.
RSVP REQUIRED

The Village at Ed Gould Plaza

There’s a lot to know about Medicare, and now there’s help to make sense of it all. Meet with a HICAP counselor to get answers to all of your questions. RSVP with Sandy Risdon at 800-824-0780 Ext. 3006.

JUGGLING HOUR

WEDNESDAYS, 2 P.M.
DROP-IN

The Village at Ed Gould Plaza

Studies have shown that learning to juggle can improve concentration, increase dexterity, and even reduce stress. Whether you are an experienced juggler or a total beginner, come exercise your brain and body by learning new patterns! No prior experience necessary.

LGBTECH WITH MOM’S COMPUTER

TUES., MARCH 5, 2:30 P.M.
DROP-IN

The Village at Ed Gould Plaza

All questions answered! From computers to cell phones to tablets, bring your tech devices and questions. No broken devices, please.

LIFE CONNECTIONS 21+ MEETS 50+

THURS., MARCH 28, 2 P.M.
DROP-IN

The Village at Ed Gould Plaza

Meet with Center volunteers for meaningful conversations across generations.

MOVIE FOR EVERYONE ON THE BIG SCREEN

FRI., MARCH 15, 1 P.M.
DROP-IN

The Village at Ed Gould Plaza

Don’t miss Thelma & Louise (1991, 129 mins.) on the big screen! Two best friends hit the road for a simple weekend of freedom and wind up outlaws blazing a cathartic trail across America.
### RESOURCES & EVENTS for Trans and Gender Non-Conforming Seniors

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<thead>
<tr>
<th><strong>TRANSGENDER ECONOMIC EMPOWERMENT PROJECT</strong></th>
<th><strong>TRANS WELLNESS CENTER</strong></th>
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<tbody>
<tr>
<td>Free services to help transgender women and men develop professional skills, find employment with trans-friendly employers, and thrive in the workplace. Contact: 323-860-3713 or <a href="mailto:teep@lalgbtcenter.org">teep@lalgbtcenter.org</a></td>
<td>Providing a safe place and resources for transgender and non-binary individuals. Contact: 323-993-2900 or <a href="mailto:transwellness@lalgbtcenter.org">transwellness@lalgbtcenter.org</a></td>
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<tr>
<th><strong>TRANSGENDER HEALTH PROGRAM</strong></th>
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<tr>
<td>In addition to a full range of primary care services, providers offer hormone therapy, including education and management; pre- and post- surgical care; trans-sensitive pap smears, pelvic exams, and prostate exams. Contact: 323-993-7500</td>
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<tr>
<th><strong>TRANSGENDER LEGAL SERVICES</strong></th>
<th><strong>TRANS WELLNESS CENTER</strong></th>
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<tr>
<td>If you need to legally change your name or have experienced anti-trans discrimination. Contact: 323-993-7410</td>
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<tr>
<th><em><em>TRANS</em> LOUNGE</em>*</th>
<th><strong>INVESTING IN YOURSELF</strong></th>
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<tbody>
<tr>
<td>Free workshops, labs, groups, and events dedicated to serving Los Angeles’ trans and gender non-conforming community. Contact <a href="mailto:translounge@lalgbtcenter.org">translounge@lalgbtcenter.org</a> or visit translounge.org</td>
<td>Tax season is upon us, and we know the world of finances and taxes can be quite intimidating regardless if you have a traditional job or you are self-employed. With tax cuts to public benefits like Medi-Cal, it is time that we, as trans/GNC/ENBY people, learn how to better invest in ourselves! This course will inform you of local, free, or low-cost resources and more so you are better prepared to file. Register at translounge.org</td>
</tr>
</tbody>
</table>

**INVESTING IN YOURSELF**

**WEDNESDAY, MARCH 20, 7–9 P.M.**

The Village at Ed Gould Plaza

Tax season is upon us, and we know the world of finances and taxes can be quite intimidating regardless if you have a traditional job or you are self-employed. With tax cuts to public benefits like Medi-Cal, it is time that we, as trans/GNC/ENBY people, learn how to better invest in ourselves! This course will inform you of local, free, or low-cost resources and more so you are better prepared to file. Register at translounge.org
**ONE VOICE CHOIR**

***WEDNESDAYS, 5–6:30 P.M. DROP-IN***

Triangle Square

One Voice Choir is starting back up with rehearsals! Come join us as we start preparing for our Spring Concert! You don’t have to sound like Pavarotti or Barbra Streisand. All you need is the desire to have fun!

**OPEN BOOK SESSION WITH GINA**

***TUES., MARCH 5, 3:30 P.M. DROP-IN***

The Village at Ed Gould Plaza

Do you have questions or curiosity about trans issues but don’t know who to ask? Come to this open book session with Gina to ask questions and receive answers in a non-judgmental environment. Open to all participants. Refreshments will be provided.

**QI GONG**

***TUES., MARCH 5, 10 A.M. TUES., MARCH 19, 10 A.M. TUES., MARCH 26, 10 A.M. DROP-IN***

The Village at Ed Gould Plaza

Learn how to coordinate movement, posture, breathing, and meditation to cultivate your “life energy” from our fabulous Qi Gong instructor Alexis!

**READING OPENS MINDS**

***MON., MARCH 4, 1:15 P.M. MON., MARCH 18, 1:15 P.M. DROP-IN***

The Village at Ed Gould Plaza

Share your love of reading with others! Engaging books chosen for discussion revolve around life skills, personal perceptions, and existential questions.

**STITCH ‘N BITCH CLUB**

***WED., MARCH 6, 3:30–5 P.M. WED., MARCH 20, 3:30–5 P.M. DROP-IN***

The Village at Ed Gould Plaza

Learn how to crochet, bring your own projects, or come for the juicy conversation! No prior experience necessary. Yarn and crochet hooks provided.

**SWING INTO SPRING**

***FRI., MARCH 8, 6–9 P.M. EVENT 0300 RSVP REQUIRED***

The Village at Ed Gould Plaza

You’ve loved our April Sock Hop in years past... now flip for our new and improved Swing Into Spring dance! Featuring fantastic tunes played live by six pro musicians from the Great American Swing Band! Dress up in your most snazzy costumes from the 40s and 50s! Light refreshments provided. Parking limited due to construction.

**TAX PREP WORKSHOP**

***WED., MARCH 20, 2:30 P.M. EVENT 0315 RSVP REQUIRED***

The Village at Ed Gould Plaza

Are you ready for tax season? The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make $55,000 or less, persons with disabilities, and limited English speaking taxpayers who need assistance in preparing their own tax returns.
returns. Learn about the changes in tax law, Earned Income Credit, where you can go to file your taxes, and what to bring. Presentation followed by a question and answer session with some helpful handouts.

**THURSDAYS AT MCC CHURCH**

**CASE MANAGEMENT**

**THURS., MARCH 14, 12–2 P.M.**

**DROP-IN**

**MCC** MCC Church, 5730 Cahuenga Blvd., North Hollywood 91601

Meet with a case manager to learn about valuable programs and services available to you as an LGBT senior, including housing, employment, medical, mental health, legal, social support, and more. First come, first served.

**GAME DAY**

**THURS., MARCH 7, 12 P.M.**

**DROP-IN**

**MCC** MCC Church, 5730 Cahuenga Blvd., North Hollywood 91601

Play fun games at MCC Church with some of the Center’s volunteers!

**LGBTECH WITH MOM’S COMPUTER**

**THURS., MARCH 14, 12 P.M.**

**DROP-IN**

**MCC** MCC Church, 5730 Cahuenga Blvd., North Hollywood 91601

All questions answered! From computers to cell phones and tablets, bring your tech devices and questions. No broken devices, please.

**MOVIE SCREENING**

**THURS., MARCH 21, 12 P.M.**

**DROP-IN**

**MCC** MCC Church, 5730 Cahuenga Blvd., North Hollywood 91601

Don’t miss this month’s screening of *The Beguiled* (2017, 94 mins.)! A wounded Union soldier is found near a girls’ school in Virginia during the American Civil War. As the young women provide refuge and tend to his wounds, the house is taken over with sexual tension and dangerous rivalries.

**POTLUCK + FOCUS GROUP**

**THURS., MARCH 28, 12 P.M.**

**DROP-IN**

**MCC** MCC Church, 5730 Cahuenga Blvd., North Hollywood 91601

Join us for our monthly potluck at MCC! We’ll provide the main dish. Please
bring a side dish to share. After the Potluck, Mental Health Services will conduct a focus group on bringing their services to MCC!

THURSDAYS AT MI CENTRO

Located in Boyle Heights, Mi Centro is a partnership between the Center and Latino Equality Alliance located at 553 S. Clarence St., Los Angeles 90033. Nearby street parking is available, and it’s just a 15-minute walk from the Mariachi Plaza and Pico/Aliso Gold Line stations. One block from Metro bus lines at 4th and Boyle Streets.

CASE MANAGEMENT

THURS., MARCH 28, 12–2 P.M.
DROP-IN
Mi Mi Centro

Meet with a case manager to learn about valuable programs and services available to you as an LGBT senior, including housing, employment, medical, mental health, legal, social support, and more. First come, first served.

Still we Rise

Saturdays, Feb. 2 through Mar. 30
10 A.M. – 12 P.M.
Event 0317; RSVP required
The Village at Ed Gould Plaza

Join us for this writing workshop for women! Due to popular demand, author Dorothy Randall Gray returns with another 8-week series!

- Excavate and ignite your stories
- Create and share in a community of acceptance
- Connect with your senses of self, identity and purpose
- Explore your personal, political & spiritual power
- Experience inspiring music, excerpts and videos

This series will explore issues of social justice, sexual identity, language, and the lesbian experience.

About the Instructor
Dorothy Randall Gray is a bestselling author and award-winning artist. She is a Hedgebrook Fellow, board member of the International Women’s Writing Guild, and executive director of Women Writers and Artists Matrix. Her poetry, fiction and nonfiction publications include the acclaimed Soul Between the Lines, Muse Blues, Woman, Fierce with Reality, Family, The Passion Collection, A Taste of Tamarinda, and Sharing the Same Sky. A former Audre Lorde Poet-in-Residence at Hunter College and NYU faculty member, Dorothy was recently designated LA Poet in Residence.

DorothyRandallGray.com
MOVIE AND COFFEE CLUB
THURS., MARCH 14, 1 P.M.
DROP-IN
Mi Centro
Join us for hot coffee and a movie! Enjoy good conversation about what’s on your mind and current events. Stay for our screening of the comedy film *Connie and Carla* (2004, 108 mins.) After witnessing a mob hit, two Chicago lounge entertainers skip town and find refuge in Los Angeles where they land jobs performing as drag queens. Things get complicated when they become big hits and one of them meets the guy of her dreams.

FOCUS ON: MEN

MEN’S HIKE
THURSDAYS, 9:30 A.M.
DROP-IN
Griffith Park
Meet at the corner of Fern Dell Dr. and Black Oak Dr., 200 ft. north of Los Feliz Blvd. Parking available along Fern Dell Dr. Wear comfortable shoes; bring water and a snack. **Hike is co-ed every third Thursday.**

MEN’S DINNER
MON., MARCH 25,
6:30 P.M.
EVENT 0310
RSVP REQUIRED
Coral Café
3321 Burbank Blvd.
Burbank 91505
Meet with friends new and familiar for this monthly dinner around town!

MEN’S MOVIE
FRI., MARCH 22, 1 P.M.
DROP-IN
The Village at Ed Gould Plaza
Don’t miss Richard Burton and Oscar-winning Elizabeth Taylor in *Who’s Afraid of Virginia Woolf* (1966, 131 mins.)! A professor and his wife turn an evening of cocktails with a young couple into an unrelenting onslaught of wrenching disclosures and bellowed epithets.

MEN’S SOCIAL GROUP
WEDNESDAYS, 10 A.M.
DROP-IN
The Village at Ed Gould Plaza
Formerly called “Men’s Drop-in Support.” Join us to meet new friends and share stories every week. Open to all self-identifying men.

MEN’S SUPPORT CHAT
WEDNESDAYS,
10:30–11:30 A.M.
EVENT 0307
RSVP REQUIRED; NO DROP-INS
The Village at Ed Gould Plaza
Are heightened attacks on Latinx immigrants and the broader Latinx community causing you to:

- Feel panic, nightmares, flashbacks?
- Feel overwhelmed by fear, anger, sadness, hopelessness, helplessness?
- Feel so numb that nothing seems to matter?
- Isolate from or feel irritable with people?
- Engage in reckless or self-harming behavior (i.e. substance abuse, unsafe sex, road rage, cutting)?

Start to **heal your trauma** as you strengthen your resilience in this community of support.

- **LEARN** what trauma is and how impacts our bodies, emotions, minds, and spirits
- **PRACTICE** skills to reduce stress, build strength, and feel more calm and balanced
- **CONNECT** with others with similar experiences

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Join us for this FREE bilingual English/Spanish support group:

**“HOPE & HEALING”**

**Tuesdays, 4:30–6 P.M.**
Mi Centro
553 S. Clarence St.
Los Angeles, CA 90033

To schedule an intake meeting, where a counselor will help you determine if the group is right for you, call 323-993-8960.

Please note, we cannot schedule an intake meeting via email.
Do you take care of your partner, friends, neighbors, or family?

We can help!

Wednesdays
April 17–May 29
1–3 p.m.

Our new, free, 7-session Caregiver Training will help you with:

- Caring for yourself while caring for others
- Communication and decision-making strategies
- Ways that memory loss, Alzheimer’s and/or related dementia impact caregiving
- Connecting with other people who are caregiving and create a network of support
- Identify resources that can help you and the person you support

Los Angeles LGBT Center
The Village at Ed Gould Plaza
1125 N. McCadden Place
Los Angeles 90038

Event #0403
RSVP required
Call 323-860-5830 or
seniors@lalgbtcenter.org

Made possible by a grant from Archstone Foundation.
Senior Services Newsletter • March 2019 • 19

Come share life experiences in a safe and supportive environment with others. Through group discussion and activities, members learn and practice new ways to process challenging life experiences. Open to all self-identifying men. For more information, or if you are new to the group, please call 323-860-7307. No drop-ins allowed.

**MOCA 50+**

**SAT., MARCH 16, 4–6 P.M. DROP-IN**

The Village at Ed Gould Plaza

Men of color 50 years old and beyond, in cultural solidarity, gather to support each other for gracious living in the face of economic challenges, racism, ageism, homophobia, and health issues. Facilitators: Clarence R. Williams, David Hunter, and Lamar Rucker.

**FOCUS ON: WOMEN**

**PERFORMANCE PRACTICE**

**FRIDAYS, 6 P.M. DROP-IN**

The Village at Ed Gould Plaza

Practice becoming more comfortable sharing your art in front of others. The first half of the class will be devoted to “present” practices of focus and concentration. The second half will be for individual performance time of prepared pieces. Music, poetry, teachings, etc.

**WOMEN’S CIRCLE & POTLUCK**

**SUN., MARCH 17, 10 A.M. EVENT 0301 RSVP REQUIRED**

The Village at Ed Gould Plaza

All women-identified participants are invited to a Women’s Circle guided by facilitator Sofia Rose Smith followed by a very special potluck featuring Lynn Segerblom, co-creator of the Rainbow Flag. Having been erased from the artistic history of the flag’s creation within our community, she will share with us her powerful journey of re-writing history. Bring a side dish or dessert to share.

**WOMEN’S DINNER**

**MON., MARCH 25, 6:30 P.M.**

The Village at Ed Gould Plaza

Join Aminah Williams, lead investigator and assistant office manager at the Los Angeles Housing + Community Development Department’s South Regional Office, for a special presentation on RSO Renters Rights. The presentation will cover landlord and tenant responsibilities under the city’s Rent Stabilization Ordinance (RSO) and will include information regarding allowable rent increase, legal reasons for eviction, relocation assistance for no-fault evictions, and assistance with issues related to landlord and tenant rights.
EVENT 0309
RSVP REQUIRED
Souplantation
2921 Los Feliz Blvd,
Los Angeles 90039

Meet with friends new and familiar for this monthly dinner around town!

WOMEN’S HIKE
SAT., MARCH 9,
8:30–10:30 A.M.
EVENT 0302
RSVP REQUIRED
Audubon Center at Debs Park
4700 Griffin Ave.,
Los Angeles 90031

Hike with Veronica! All women-identified participants are invited. Meet at Audubon Center at Debs Park. Ample parking is available in their lot or along the street. There are picnic tables, birding opportunities, and a small museum to visit. Bring snacks, water, hat, sunscreen, etc. The hike is 3 miles roundtrip on a somewhat shaded, dirt loop, including a stop at the Eastside’s secret Peanut Lake! Rain cancels.

WOMEN’S MOVIE
FRI., MARCH 8, 1 P.M.
DROP-IN
The Village at Ed Gould Plaza

Don’t miss the lesbian thriller based on a true story Monstr(2003, 109 mins.). Charlize Theron took home the Best Actress Oscar for her electrifying performance as Aileen Wuornos, an emotionally scarred prostitute who shoots a sadis-
tic client and ultimately becomes America’s first female serial killer.

WOMEN’S SUPPORT CHAT
MONDAYS, 3–4 P.M.
EVENT 0306
RSVP REQUIRED;
NO DROP-INS
The Village at Ed Gould Plaza

Come share life experiences in a safe and supportive environment with others. Through group discussion and activities, members learn and practice new ways to process challenging life experiences. Open to all self-identifying women. For more information, or if you are new to the group, please call 323-860-7307. No drop-ins allowed.

FOCUS ON: HIV+

HIV+ MEN’S SUPPORT GROUP
THURSDAYS, 1 P.M.
DROP-IN
The Village at Ed Gould Plaza

Come to The Village to meet new friends. Share your stories and experiences of living with HIV.
Special lunch for those living with HIV provided on the last Thursday of each month at 12:30 p.m.

**LUNCH FOR THOSE LIVING WITH HIV**

**THUR., MARCH 28, 12:30 P.M.**
**EVENT 0308**
**RSVP REQUIRED**

The Village at Ed Gould Plaza

Share your stories of living, surviving, and thriving. Lunch provided; $2 donation requested. You are welcome to stay for the HIV+ Men’s Support Group immediately after lunch.

**MOVIE FOR THOSE LIVING WITH HIV**

**MON., MARCH 11, 1 P.M.**
**DROP-IN**

The Village at Ed Gould Plaza

Don’t miss our screening of the comedy film *Connie and Carla* (2004, 108 mins.) After witnessing a mob hit, two Chicago lounge entertainers skip town and find refuge in Los Angeles where they land jobs performing as drag queens. Things get complicated when they become big hits and one of them meets the guy of her dreams.

**FOCUS ON: VETERANS**

**LGBT VETERAN CONNECTIONS: STORIES OF SERVICE**

**TUES., MARCH 26, 2 P.M.**
**DROP-IN**

The Village at Ed Gould Plaza

Open to all veterans and active servicemembers. Come connect with other veterans and share experiences.

**MOVIE FOR VETS**

**TUES., MARCH 12, 1 P.M.**
**DROP-IN**

The Village at Ed Gould Plaza

Join us for this inspiring real-life drama *Megan Leavey* (2017, 116 mins.) about a U.S. Marine and her bomb-sniffing dog who share a bond of trust and loyalty that saw them through over 100 missions during the Iraq War.

**VETERANS POOL TOURNAMENT**

**TUES., MARCH 5, 2 P.M.**
**DROP-IN**

Triangle Square

Enjoy a competitive pool tournament with your veteran friends. Non-veteran allies are also invited. Shoot some pool and have some fun!

**VETERANS SUPPORT GROUP**

**TUES., MARCH 26, 1 P.M.**
**DROP-IN**

The Village at Ed Gould Plaza

Support for LGBT military veterans in a safe and welcoming space.

**FOCUS ON: SOCIAL SERVICES**

**ALZHEIMER’S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP**

**THURS., MARCH 14, 10:30 A.M.**
**THURS., MARCH 28, 10:30 A.M.**
RSVP REQUIRED

The Village at Ed Gould Plaza

Join the Alzheimer’s Association LGBT support group for caregivers, family members, and friends caring for an LGBT loved one. It will help you develop a support system, exchange practical information, talk through challenges, share feelings, and learn about resources. Before attending, please call 323-486-6632 to confirm meeting date and time.

BEREAVEMENT GROUP

TUESDAYS, 1:15 P.M.
EVENT 0304
RSVP REQUIRED; NO DROP-INS

The Village at Ed Gould Plaza

If you are experiencing pain from the loss of a loved one, partner, family, friend, or pet, please consider joining this weekly group in partnership with Tranquil Care Hospice. For more information, or if you are new to the group, please call 323-860-7307. No drop-ins allowed.

CASE MANAGEMENT (FIRST-TIME, NEW CLIENTS)

WEDNESDAYS,
10 A.M.–12 P.M., 1–3 P.M.
DROP-IN

The Village at Ed Gould Plaza

For new clients only. Meet with a case manager to learn about valuable programs and services available to you as an LGBT senior, including housing, employment, medical, mental health, legal, social support, and more. First come, first served. Please note that case management appointments must be requested by the client in need, with the exception of an authorized person.

HIV TESTING

WEEKDAYS, 11 A.M.–7 P.M.
M McDonald/Wright Building
1625 N. Schrader Blvd., Los Angeles 90028

WEEKDAYS,
11 A.M.–2 P.M., 4–7 P.M.
W Center-WeHo
8745 Santa Monica Blvd., West Hollywood 90069

Free testing on a walk-in basis.

HOUSING SUPPORTIVE NETWORK

THURS., MARCH 14,
11 A.M.
THURS., MARCH 28,
11 A.M.
DROP-IN

The Village at Ed Gould Plaza

HSN is now meeting twice each month. Get assistance with searching for housing and additional information about Section 8 and other housing specifically for LGBT seniors.

2019 Women’s March
EMPLOYMENT ASSISTANCE AND PLANNING

GET ASSISTANCE WITH:
✓ Job Searches
✓ Resume Writing
✓ Developing an Employment Plan
✓ Completing Applications
✓ Interview Skills
✓ Recommendations for Potential Positions
✓ Attending Job Fairs
✓ Professional Development Workshops

Please bring a copy of your resume, if you have one.

REGISTER NOW WITH SENIOR SERVICES!
Set up an appointment with our Employment Coordinator or drop-in on Thursdays between:
10 a.m.–12 p.m. and 1 p.m.–3 p.m.

Los Angeles LGBT Center
The Village at Ed Gould Plaza
1125 N. McCadden Place
Los Angeles, CA 90038

Contact Senior Services at 323-860-5830 or seniors@lalgbtcenter.org
Celebrating the Fab 40's and Nifty 50's! From Swing and Jitterbug to good ol' Rock 'n Roll, you’re encouraged to dress up in your most snazzy costumes from the 1940's and 1950's to add to the festive dance hall atmosphere!

Featuring fantastic tunes of the Great American Swing Band!

FREE EVENT!
$5 suggested donation.
Light refreshments provided.
We have a limited amount of parking spaces in the Highland Lot. Street parking is very limited; please consider using a ride-share service.