Free & Low-Cost Events for People Ages 50-100+
WE NEED A HOLIDAY!
It’s hard to believe we are in the heart of the holiday season! Where did the time go? 2016 has been quite a tumultuous year for all of us.

With a very challenging election year behind us and an unpredictable year of change ahead of us, let’s do our best to keep the holiday spirit of hope and love alive.

And why wouldn’t we? As LGBT men and women, we know community, friendship and love has carried us through many holiday seasons! Now is that time of year when that extra bit of holiday spirit will carry us along the way. Please join us for our annual Holiday Party at Friendship Hall on December 12, or at one of our activities throughout the month.

On behalf of the staff of Senior Services, the best of the holiday season for all of us!

We look forward to seeing you in the coming year.

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@lalgbcnter.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!

Steve  
Michael  
Allegra  
Robin  
Odetta  
Audrey  
Sharon  
Murray  
Katherine  
Jim  
Chris  
Rene  
Pamela  
Beverly  
Nancy  
Bud  
Robert  
Scott  
Timothy  
Kathy  
Sydney  
Gerri  
Blanche  
Antonio  
Tammy  
Roger  
Allan  
Marilyn  
Caroline  
Ray  
Pavel  
Kate  
M  
Jerry  
Cassandra  
Virginia  
Norman  
Bonnie  
Anthony  
Marilyn  
Trudy  
Bob  
Edward  
Marc  
Richard  
Dave  
David  
Scott  
Jackie  
Paula  
Howard  
Roger ‘Butch’  
Norman  
Daniel  
Frank  
Sergio  
Dan  
Joyce  
Chris  
Leigh  
Tom  
Frances  
Leslie  
Mel  
Larry  
Russell  
David  
Joan  
Sally  
Roy  
Guy  
Ken  
Tamey  
Herb  
Kenneth  
Walter  
Doug  
Yeung  
Bill  
Annette  
Erika  
John  
Omar  
Paul  
Eunice  
Zalmen  
Ivan  
Ron  
Ygnacio  
Alfredo  
Holland  
Barbara  
Denise  
Vincent  
Merri  
Constance  
Harry  
Mike P.  
Clara  
Albert  
Belinda  
William  
Richard  
David M.  
Andy  
Robert F  
Stephen  
Errol  
Jay  
Kip  
Joe  
Richard  
Jacinto  
Lanny  
Casey  
Marlene  
Penny  
Loryn  
Peter  
Edgar  
Tony  
Evelyn  
Paul  
Sandra  
Oliver  
Monica Eliza-beth  
Richard  
Adrian  
Steve  
Ian  
Stephen  
Alberto P.  
David  
Frank  
Hector  
Larry  
Isabel  
Rita  
L  
Lawrence  
Lex  
Margaret  
Richard  
Sue  
Jon Jon  
Peter  
Rita  
Alan  
Herbie  
Dan  
Victor  
Marcel  
Cheryl  
Tibby (Marylin)  
Dennis  
Eric  
William  
Frank  
Clarissa  
Ruth  
Virginia  
Shirley  
Clifford  
David  
Vince  
Richard  
Clarence  
Dunn  
Walter  
Brooke  
Dominic  
Celeste  
Michael  
Javier  
. 
Reading Opens Minds
Returns in January 2017

Art Lab
The Village
Fridays 10 a.m.
Explore avenues of artistic expression including canvas, sculpture & mixed media with our instructor, Carolyn.
RSVP Required: 323-860-5830

Master Lakshmi Chair Yoga
The Village
Every Wednesday! 11 a.m.
Relieve minor aches and pains with this low-impact yoga session.
Drop in!

Saturday Matinée
Join Social Services & Housing Manager Valerie for our women-focused matinée series. All 50+ LGBT welcome!

Chicago (2002)
The Village
Sat, Dec 3 2:30 p.m.
113 Minutes
Event 1225
Roxie (Renée Zellweger) hunger for stardom but ends up in the slammer.
RSVP Required: 323-860-5830

Hello, Dolly! (1969)
The Village
Sat, Dec 10 2:30 p.m.
146 Minutes
Event 1226
Features Barbra Streisand as matchmaker Dolly Levi.
RSVP Required: 323-860-5830

To Wong Foo, Thanks for Everything! Julie Newmar (1995)
The Village
Sat, Dec 17 2:30 p.m.
109 Minutes
Event 1227
Three New York drag queens (Snipes, Swayze & Leguizamo) get stranded in a small Midwestern town.
RSVP Required: 323-860-5830

Go Metro
Sun Dec 4 11 a.m.
Event 1216
Meet at The Village. Travel to the Christmas Navidad en la Calle Ocho festival. 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: 323-860-5830

Brain Power
The Village
Mon, Dec 5 1 p.m.
Event 1201
Holiday felines usher in the festivities. Join our Outloud Readings from T.S. Eliot’s “Old Possum’s Book of Practical Cats,” broadcast for the first time on the BBC, Christmas Day, 1937. Meet Old Gumbie Cat, Grow-tiger, Rum Rum Tugger, and more, as they display the fun and folly of their human counterparts. We celebrate the year’s end with a Special Viewing of Andrew Lloyd Webber’s CATS: THE MUSICAL; with the original London cast starring Elaine Page. Lots of Fun.
RSVP Required: 323-860-5830

Tech Support with Mom’s Computer
The Village
Tues, Dec 6 & 20 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, but can teach you how to use working devices.
Tell a friend!

Finding Your True Self with Lois
The Village
Wed, Dec 7 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!

Bingo!
The Village
Fri, Dec 9 1 p.m.
Event 1205
Enjoy bingo!
RSVP Required: 323-860-5830

LGBT Spirituality
The Village
Sat, Dec 10 1 p.m.
Event 1229
Join Zen chaplain, Tina Jitsujo Gauthier, Ph.D., for a riveting and enlightening discussion.
RSVP Required: 323-860-5830
Rockin' Holiday Party
An Alcohol-Free Event
Mon, Dec 12 1-5 p.m.
Event 1221
See back cover.
RSVP Required:
323-860-5830

Bridging the Divide:
Tom Bradley and the Politics of Race (2015)
The Village
Tues, Dec 13  11 a.m.
57 Minutes
Event 1200
Tom Bradley was the first African American mayor elected in a major U.S. city with an overwhelmingly white majority. He created an extraordinary multi-ethnic coalition, ushered in police reform and became a force for change.
RSVP Required:
323-860-5830

Talk Amongst Yourselves 65+
The Village
Thurs, Dec 15  2 p.m.
Drop in! Join LGBT women & men for treats, beverages and great chat. 65+ only.
Tell a friend!

The Keck School of Medicine
Fri, Dec 16  Noon
Event 1202
Learn ways to fill gaps in your health care, then stay for Florence Foster Jenkins.
RSVP Required:
323-860-5830

Florence Foster Jenkins (2016)
The Village
Fri, Dec 16  1 p.m.
110 Minutes
Event 1203
Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star.
RSVP Required:
323-860-5830

LGBT Sitting Meditation Group
Against the Stream
4300 Melrose Ave
Los Angeles, CA 90029
Sun, Dec 18  2 p.m.
Event 1207
Meet Valerie at The Village at 2 p.m. to take Metro or meet at Against the Stream by 2:50 p.m. for this LGBT meditation session. No experience required. If taking Metro, bring your Tap Card!
RSVP Required:
323-860-5830

Country Line Dancing with Matthew
The Village
Tues, Dec 20 & 27  11 a.m.
Event 1211
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

This-A & That-A Screening
Barbara Cook (2005)
The Village
Wed, Dec 21  1 p.m.
50 Minutes
Event 1213
Highlights from Bell Telephone Hour’s Programs of the 1960s starring the most sought-after ingenue of that era.
RSVP Required:
323-860-5830

LGBT Veterans’ Support Group
The Village
Tues, Dec 27  10 a.m.
Event 1206
We served our country, now let’s support each other in this once-a-month social gathering.
RSVP Required:
323-860-5830

Lunch for Everyone
The Village
Wed, Dec 28  12:30 p.m.
Event 1214
RSVP by Noon on 12/23
Join us for lunch. $2 Suggested donation.
RSVP Required:
323-860-5830

Movie for Everyone
Dead Ringer (1964)
The Village
Wed, Dec 28  2 p.m.
116 Minutes
Event 1212
Twins Edith and Margaret (Bette Davis in a dual role) both desire a wealthy Spaniard, but Margaret marries him under a false pretense.
RSVP Required:
323-860-5830
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
Will return in January.
Please join the group: Rockin’ Holiday Party
Mon, Dec 12 1-5 p.m.
Friendship Auditorium
3201 Riverside Dr
Los Angeles, CA 90027
$5 Suggested Donation,
No One Turned Away Due to Lack of Funds
Plenty of FREE Parking!
RSVP by Noon on 12/05
Event 1221
See page 4.
RSVP Required:
323-860-5830

WOMEN

Silver Sensuality for Women
Women Only
Mondays 11 a.m.
Event 1209
Share fun, friendly & meaningful experiences concerning the various feelings mature women experience as their bodies change. Will not meet Mon, Dec 12, 19 and 26.
RSVP Required:
323-860-5830

Women’s Chat
The Village
Mon, Dec 5
1-2:30 p.m.
Drop in!
A group for women in which they can gather to discuss various topics ranging from personal experiences to current events.
Tell a friend!

L50+ Dinner
Claim Jumper
3500 W. Olive Ave. Suite 105
Burbank, CA 91505
Sun, Dec 18 6 p.m.
Event 1210
Please join us for a wonderful evening out with the gals! Free parking! Look for Alice.
RSVP Required:
323-860-5830

“Human rights are women's rights, and women's rights are human rights.”
- Hillary Clinton
Proper hand washing is one of the best things we can do to prevent the spread of disease.

How to Handwash?

- **Duration of the handwash (steps 2-7):** 15-20 seconds
- **Duration of the entire procedure:** 40-60 seconds

1. Wet hands with water;
2. Apply enough soap to cover all hand surfaces;
3. Right palm over left dorsum with interlaced fingers and vice versa;
4. Palm to palm with fingers interlaced;
5. Backs of fingers to opposing palms with fingers interlocked;
6. Rotational rubbing of left thumb clasped in right palm and vice versa;
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
8. Rinse hands with water;
9. Dry hands thoroughly with a single use towel;
10. Use towel to turn off faucet;
11. Your hands are now safe.

*Remember to moisturize your hands after they are washed clean.*

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World Health Organization  
Patient Safety  
SAVE LIVES

A World Alliance for Safer Health Care  
Clean Your Hands

Based on the 'How to Handwash', URL: http://www.who.int/gpsc/5may/How_to_HandWash_Poster.pdf © World Health Organization 2009. All rights reserved  
May 2009
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, Dec 6 & 20  1 p.m. at The Village  Event 1228
Grieving a Year or More
Tues, Dec 13 & 27  1 p.m. at The Village  Event 1204

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, Dec 8 & 22 10:30 a.m.-Noon at The Village  Event 1223

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
A color guard comprised of LGBT veterans opened our Veteran Stand Down at The Village on Sat, Nov 5.

**VALLEY THURSDAYS IN NOHO**

**Coffee Chat**
MCC Church
Thurs, Dec 1  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, Dec 8  Noon
Drop in! Play and win! Tell a friend!

**Florence Foster Jenkins (2016)**
MCC Church
Thurs, Dec 15  Noon
110 Minutes
Drop in! Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Tell a friend!

**Holiday Potluck**
MCC Church
Thurs, Dec 22  Noon
Drop in! We'll provide the ham, please bring a side to share. Tell a friend!

**New Year's**
MCC Church
Thurs, Dec 29  Noon
Drop in! Ring in the new year at our very own party. Share your hopes and dreams for 2017. Tell a friend!

**Movie for Those Living with HIV**
Tab Hunter Confidential (2015)
The Village
Wed, Dec 14  1 p.m.
90 Minutes
Drop in! While he was one of Hollywood’s most bankable romantic stars during the 1950s, Tab Hunter was also gay. This candid showbiz biography reveals the pressures of Hunter's double life -- and his eventual decision to step out of the closet. 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
Wed, Dec 14  12:30 p.m.
Event 1208
We’ll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving.
RSVP Required: 323-860-5830

**Lunch for Those Living with HIV**
The Village
Wed, Dec 14  12:30 p.m.
Event 1208
We’ll provide lunch ($2 donation requested). Share your stories of living, surviving & thriving.
RSVP Required: 323-860-5830

**Village Thursdays in NoHo**
meets at the MCC Church located at 5730 Cahuenga Blvd., North Hollywood, 91601 (unless otherwise noted in the newsletter).

Questions?
Call 323-860-5830.
Rockin’ Holiday Party!

Monday, December 12 • 1-5 p.m.

Friendship Auditorium
3201 Riverside Dr., Los Angeles 90027

Plenty of FREE parking!

$5 suggested donation
No one turned away due to lack of funds

Looking for community and camaraderie? It’s right here!
Join Senior Services for delicious food, fabulous music, and great raffle prizes. Let’s eat, drink, and be merry!

Event 1221
RSVP by noon on Dec. 5 at 323-860-5830