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.”

THE FUTURE
You may have noticed that major construction has begun across the street from the Village as we begin a two-year project to create the new Anita May Rosenstein Campus. The new building will feature a Senior Services Center as well as up to 100 units of senior housing. The staff has begun brainstorming program ideas for the new building including increasing intergenerational opportunities for seniors and youth. We know the inconvenience this may cause for seniors coming for activities and case management services. To address this concern, we are expanding programming this month to Triangle Square with several parking garages conveniently located within short walking distance as well as metered street parking in front of the building. Financial assistance is available on a limited basis through our Seniors Helping Seniors fund for parking to attend our services during construction. We are reviewing alternate locations for programs which include more parking opportunities as well as expanding activities at Mi Centro in Boyle Heights and in the Valley on Thursdays at MCC Church in upcoming months. We appreciate everyone’s patience and continued support during construction as we move toward the opening of the Anita May Rosenstein Campus.

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Director

STAFF

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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.**

**SPECIAL NEEDS**

If you have any special needs, including dietary restrictions, accessible seating requirements for any events or other venues, or sign language accomodations, 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!**

**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! 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.

**PARKING INFO LINE:** 323-860-7397

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

**BIRTHDAYS!**

Alan
Albert
Allan
Alvaro Santi-ago
Alvin
Andrea
Antonio
Aubry
Aurora
B
B. (Sable)
Bernardo
Bill
Bob
Bobby
Bradley
Brian
Bruce
Byrle
Candace
Carol
Cecilia
Charles
Clifton
Coleen
Cori
Cresson
Dan
Dana
Daniel
Darlene
Dave
David
David R
Davido
Dean
Debbie
Deni
Devon
Dewey
Dick
Doris
Eagle
Edward
Elinor
Emiko
Erika
Eugene
Felix
Francine
Frank
Gordon
Gwen
Haruhiko
Howard
Iris
Irv
Ivy
James
Jane
Jeanne
Jerry
Jesse
Jesus
Jill
Jodi
Joe
John
Jonathan
Jordan
Judy
Karen
Kathleen
Kathy
Kimberly
Kris
Kristie
LaVerne
Leda
Lee
Leo
Leonor
Linda
Lisa
Liza
Lorne
Luis
Lynn
Maggie
Manny
Marcos
Margaret
Marge
Marie
Marita
Mark
Matthew
Mercedes
Michael
Miguel
Miki
Miriam
Mitch
Mollie
Murry
Nancy
Nathan
Nelson
Patrick
Patt
Patty
Paul
Paul E.
Paul J
Peter
Philip
Rebecca
Rev. Patti
Richard
Rita
Robert
Robert L
Roddy
Rodney
Roman
Ross
Roy
Sam
Sean
Seth
Stephen
Steven
Suhir
Susan
Tara
Ted
Theresa
Tia
Timothy
Todd
Tom
Tom E.
Trevor
Wayne
Wes
Will A
William
Yannek
EVERYONE
Chi Gong & Tai Chi
The Village
Every Monday! 11 a.m.
Event 0820
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.
RSVP Required.

Chair Yoga
Master Lakshmi
The Village
Every Wednesday! 11 a.m.
Challenge your body and brain with ancient Eastern techniques to improve your memory and health. Drop in!

Art Lab
The Village
Every Friday! 10:30 a.m.
Explore avenues of artistic expressions with Carolyn. Drop in!

My life is Poetry: Writing Workshop
The Village
Every Thursday! 10:30 a.m.
Event 0825
For this autobiographical poetry workshop, all you need to bring is a pen and a willingness to try. We will make Poems out of Memories. RSVP Required.

Festival of Arts
Pageant of the Masters
650 Laguna Canyon Road
Laguna Beach, CA 92651
Tue, Aug 1 1 p.m.-Midnight
Event 0800
Bus departs The Village at 1:30 p.m. Once there everyone is welcome to eat and sight see. After, we'll head to the amphitheater, show starts at 8:30 p.m. Transportation is provided! Food not included. Bring a warm jacket. RSVP Required.

Bette Davis for Everyone
Of Human Bondage 1934
83 Minutes
The Village Event 0817
Wed, Aug 2 1 p.m.
Based on W. Somerset Maugham's tragic novel, director John Cromwell's 1934 version is notable for catapulting Bette Davis to stardom as coarse Cockney waitress Mildred Rogers. RSVP Required.

HICAP
The Village
Tue, Aug 8 & 22 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. 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

LGBT Veterans’ Support Group
You served our country, now let's support each other in this once-a-month social gathering in a safe space.
Drop in!

Two new locations! On 8/8 we will meet at Triangle Square at 1 p.m. Metered Parking is available and near by Parking Lots. If you need financial assistance for parking contact us regarding our Seniors Helping Seniors fund

*Triangle Square*
1602 Ivar Ave,
Los Angeles, CA 90028
Tue, Aug 8 1 p.m.

The Village
Tue, Aug 29 1 p.m.
Tech Support with Mom’s Computer
Computers, phones, tablets and all things technology! Bring your Device and Questions. No broken devices, please. Drop in!.

The Village
Tue, Aug 8  2:30 p.m.

*New Time & Location*

Thurs, Aug 24  Noon
*MCC Church*
5730 Chauenga Blvd
North Hollywood, 91601
Free Parking in Church Lot.
Free Street Parking.

Lunch for Everyone at Triangle Square
*Triangle Square*
1602 Ivar Ave,
Los Angeles, CA 90028
Fri, Aug 11  11 a.m.
Event 0837T
Join us for Lunch at our Triangle Square location!
RSVP Required.
Metered Parking is available and near by Parking Lots. If you need financial assistance for parking contact us regarding our Seniors Helping Seniors fund.

Life Connections 21+
meets 50+
The Village
Wed, Aug 16  1 p.m.
Event 0829
Meet with The Center’s 21+ Volunteers for a chat about Life. This Month’s topic is: Your biggest life lesson.
RSVP Required.

Financial Chat with Carolyn Series:
Retirement Income Chat
The Village
Wed, Aug 16  1 p.m.
Event 0822A
Learning ways to generate and maximize retirement income as well as discussion around social security and taxes.

Savings & Investing Strategies Chat
The Village
Tue, August 29  1 p.m.
Event 0822B
Learn strategies to budget and save more as well as best practices and tips for investing.

Brain Power
The Village
Wed, 9 & 23  1 p.m.
Event 0801
We will do Outloud Podium Readings from Whitman’s *SPECIMEN DAYS*, his outstanding prose work which includes his Civil War experience as a medical attendant in hospitals and in the field; his frequent casual meetings with President Lincoln; his intimate discussions with soldiers; his admiration for female nurses. We will view the PBS presentation on Whitman’s life and global influence RSVP Required.

Pickwick Bowling
921 W Riverside Dr,
Burbank, CA 91506
Mon, Aug 14
10:30 a.m.-12:30 p.m.
Event 0826
Join us for Bowling Fun! Lane Rental & Shoe Rental is $4.75 for both! SHS available. RSVP Required.
Senior Services Staff at our 2017 Senior Prom! Over 250 Senior Participants had a blast at our Gay Hollywood Theme on June 24th.

**Joe Levy's "Broadway to Hollywood"**

*Carousel* (1956) 128 min

*The Village*

Mon, Aug 21 1 p.m.

*Event 0813*

Follow the romance of Billy Bigelow (Gordon MacRae), a charming carousel barker, and Julie Jordan (Shirley Jones), a pretty worker from a nearby mill.

**Country Line Dancing with Matthew**

*The Village*

Tue, Aug 22 & 29 11 a.m.

*Event 0811*

You don't need a partner, easy steps, great movement practice, beginners welcome. Please wear comfortable shoes, boots not required. **RSVP Required.**

**Kidney Smart**

*The Village*

Tue, Aug 22 1 p.m.

*Event 0831*

Kidney Smart will help those with CKD, Diabetic and high blood pressure understand how to take control. **RSVP Required.**

**Card making with Aura!**

*The Village*

Tue, Aug 22 1 p.m.

*Event 0819*

Learn how to make customized cards. **RSVP Required.**

**Bingo!**

*The Village*

Fri, Aug 25 1:00 p.m.

*Event 0805*

Play and win prizes! **RSVP Required.**

**Finding Your True Self with Lois**

*The Village*

Tues, Aug 22 1 p.m.

*Event 0832*

Explore and find your true self with Lois and learn life practices to better understand and take care of yourself. **RSVP Required.**

Elite Manhattan drag queens Vida Boheme (Patrick Swayze) and Noxeema Jackson (Wesley Snipes) impress regional judges in competition, securing berths in the Nationals in Los Angeles. When the two meet pathetic drag novice Chi-Chi Rodriguez (John Leguizamo) -- one of the losers that evening -- the charmed Vida and Noxeema agree to take the hopeless youngster under their joined wing. **RSVP Required.**

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**MEN**

Men’s Drop-In Support Group  
The Village  
Wednesdays 10 a.m.  
Come meet new friends. Share your stories & experiences with men each week! Drop in!

**Men’s Hike  
Griffith Park**  
Thursdays 9:30 a.m.  
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 public transit. Bring water, a snack & comfortable shoes. Co-ed every third Thursday. Drop in!

**Men's Movie**  
*Cafe Society* (2016) 96 Min  
The Village  
Fri, Aug 11 1 p.m.  
Event 0821  
a young man migrates to Los Angeles in the 1930s and is swiftly drawn into the social whirlpool of the young and beautiful. RSVP Required.

**Men's Dinner**  
El Caserio-Silverlake  
401 Silverlake Blvd at London Street.  
Los Angeles, CA 90026  
Tue, Aug 29 6:30 p.m.  
Event 0816  
Yummy South American & Italian Cuisine. Parking: Street/Vallet. RSVP Required.

**WOMEN**

**Performance Practice**  
The Village  
Every Friday!  
5:30 p.m.-7:30 p.m.  
Event 0838  
In this class we will practice becoming more comfortable sharing our craft in front of an audience. Everyone will have a set time to deliver a prepared piece. Musicians, poets, teachers, etc are welcome. At the beginning of the class there will be a short discussion on presence and performance practices. And at the end of the class there will be time for those who are comfortable to discuss how they felt about their performances. RSVP Required.

**Silver Sensuality for Women with She-Ah**  
The Village  
Mon, Aug 7 11 a.m.  
Event 0809  
Share fun, friendly & meaningful experiences concerning the various feelings mature women experience as their bodies change. RSVP Required.

**Women's Movie**  
*Reaching for The Moon* (2013) 96 Min  
The Village  
Mon, Aug 14 1 p.m.  
116 Minutes  
Event 0815  
American poet makes an inspiring visit to Rio, she catches the eye of an old friend’s lover, who changes her in ways she never imagined. RSVP Required.

**L50+ Black & White Dance**  
Pickwick Gardens  
1001 Riverside Dr.  
Burbank, CA 91506  
$5-10 Suggested Donation  
Free parking!  
Sat, Aug 19 6:30-10:30pm  
Event 0818  
Gather for an evening with amazing women, great music and dancing! Make it a night to remember. Light Refreshments. Cash Bar. RSVP Required.

DJ Bee will be playing your favorites! Send your requests to: Seniors@lalgbtcenter.org

**Women's Dinner**  
Coral Reef Chinese Restaurant  
3200 Glendale Blvd, Los Angeles, CA 90039  
Between Garden Ave and Larga Ave.  
Sun, Aug 20 6:00 p.m.  
Event 0810  
Join us for a wonderful meal with the gals! Look for Alice.
MI CENTRO - BOYLE HEIGHTS

To better serve the LGBT community who live on the eastside 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 available 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.

Game Day meets Life Connections 21+ meets 50+
MCC Church
Thurs, Aug 3 Noon
The Centers Volunteers will drop by to play some games. Drop in!

Life Connections 21+ meets 50+
MCC Church
Thurs, Aug 17 Noon
Drop in!

Movie for Two at 2
Under the Same Moon
Thurs, Aug 3  2 p.m.
109 Minutes
In this tale illuminating the plight of illegal aliens, Kate del Castillo plays Rosario, a woman working illegally in the United States to provide a better life for her son Carlitos (Adrian Alonso), who remains at home in Mexico.

Mi Centro Open House
Thurs, Aug 10 10 a.m.-1p.m.
Come by and get a tour of Mi Centro.

Movie
Fences (2016)  139 Min
MCC Church
Thurs, Aug 24 Noon
Working as a trash collector in 1950s Pittsburgh, Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race. Drop In!

Pot Luck
MCC Church
Thurs, Aug 31 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. Drop In!

Valley Thursdays in NoHo

Movie for Those Living with HIV
Flight (2012) 138 Minutes
The Village
Mon, Aug 28 1 p.m.
After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat, but has private questions about what happened. Further, the government's inquiry into the causes soon puts the new hero's reputation at risk.
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!

HOUSING SUPPORTIVE NETWORK
Every 2nd Thursday, 11 a.m. at The Village, Aug 10
Assistances looking for housing and housing information. Lead by our Senior Services case management staff Julia Wallace- Section 8, and information on housing specific to LGBT Seniors. Drop in!

LGBT BEREAVEMENT- Partnership with Tranquil Care Hospice
Every Tuesday 1 p.m. at The Village Event 0804
If you are experiencing pain from the loss of a loved one, partner, family, friend or pet, please consider joining the weekly Bereavement Group. For new participants or for more information please contact Kiera Pollock, M.S.W. Director of Senior Services 323-860-5827.

ALZHEIMER’S and RELATED DEMENTIA
LGBT CAREGIVER SUPPORT GROUP
2nd & 4th Thurs of Each Month Thurs, Aug 10 & 24 10:30 a.m.-Noon at The Village Event 0824
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
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, SEPTEMBER 23
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 0900

VA
U.S. Department of Veterans Affairs
Hello from Mi Centro –

The Policy team has been working to ensure the LGBT senior community is being properly represented at state and national levels. We’ve begun reaching out to you for help and have had an enthusiastic response to our efforts so far.

During this year’s Senior Prom, we set up an action station where attendees could write postcards to Senator Kamala Harris. We asked her to protect the Supplemental Nutrition Assistance Program (SNAP). This program is one of many facing cuts in the proposed 2018 federal budget. We also thanked her for her continued work on equality issues.

Our first Senior Mobilization Squad meeting was a huge success, with over 40 people in attendance. We discussed which issues are most important to the community and made plans to meet again in August. It’s not too late to join our Mob Squad! The second meeting will be held on Monday August 14th at 5:00PM in the community room at Triangle Square, located at 1602 Ivar Avenue in Los Angeles. Join us for dinner, updates, and an action. Please RSVP to Tanya: 323-860-5828 with event number 0837

Thank you for being part of this important work. I look forward to seeing you at August’s meeting.

--Tanya Witt, National Community Center Policy Manager