Swing Into Spring Dance
Friday, April 27
6–9 p.m.

EVERYONE
General Activities
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FOCUS ON: WOMEN L50+
Women’s programing
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THURSDAYS IN NOHO
At MCC Church in North Hollywood
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FOCUS ON: HIV+
For those living with HIV
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THURSDAYS AT MI CENTRO
At Boyle Heights location
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FOCUS ON: VETERANS
Programming for military veterans
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FOCUS ON: MEN
Men’s programming
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FOCUS ON: SOCIAL SERVICES
Safety net services
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RSVP/Message Line: 323-860-5830 or Toll-Free: 877-688-4833 • seniors@lalgbtcenter.org
LETTER FROM KIERA

As we move into Spring, the staff and I are feeling very positive about new events and projects we have planned. April features our first Swing into Spring Dance featuring the Great American Swing Band. The staff and I are already practicing our dance moves for this evening of fun!

At Triangle Square we are beginning a Community Garden for residents to enjoy growing vegetables, herbs, and flowers. Gardening brings communities together, and provides fresh foods and opportunities to connect with nature. Community gardens also have a positive impact on your mood, anxiety, and stress. I look forward to seeing how the project will develop in the next few months for everyone.

As you may be aware, we have been taking participants’ photos for new Senior Services ID cards. We’re beginning to test the cards this month to identify any issues with the new system. If haven’t already had your picture taken, please stop by our offices. Once we are ready to fully implement the ID card system, we will be setting up information meetings to assist everyone in making this shift.

Lastly for this month, I wanted to thank the Sofa Factory in Pasadena for providing us a beautiful new couch at a discounted rate for the media room at Triangle Square. Their staff has been a pleasure to work with throughout this project – thank you!

Sincerely,
Kiera Pollock, M.S.W.
Director of Senior Services

HOW TO RSVP TO AN EVENT

RSVP request must be made on or after the 1st of the month at least two (2) business days in advance of an event or by the RSVP deadline where noted. Please provide the full name(s) of your guest(s) when RSVPing, if applicable. Events are free and transportation is not provided, unless otherwise noted.

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!

STAFF

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LOCATIONS

T
Triangle Square
1620 N. Highland Ave.

M
McDonald/Wright
1620 N. Schrader Blvd.

H
Highland Annex
1220 N. Highland Ave.

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

W
Center WeHo
845 Santa Monica Blvd.

C
MiCentre
533 S. Caissie St.

O
Other locations
Please check listing.

MC
MCC Church
5730 Cahuenga Blvd., North Hollywood
EVERYONE
ADVANCED G-SPOTTING
WEDNESDAY, APRIL 4, 8 P.M.
EVENT 0412
RSVP Required
Pleasure Chest
This class will help you take G-spotting to the next level, with tips for squirting, fisting, anal G-spotting, and becoming multi-orgasmic. RSVP required - limited to 20 registered participants. Parking lot available for early arrivals. Meet us at Pleasure Chest: 7733 Santa Monica Blvd., West Hollywood, CA 90046.

RUSTY’S GAY SWING & SWAY
SATURDAY, APRIL 14, 1 P.M.
EVENT 0423
RSVP required
The Village at Ed Gould Plaza
FREE Co-ed Ballroom dance lesson. Learn Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! Please no rubber soled shoes. Partner not necessary.

ART LAB
FRIDAYS, 10:30 A.M.
DROP-IN
The Village at Ed Gould Plaza
Get creative and bring out your inner artist! Paint, draw, color, or bring your own project from home to work on.

BEGINNING TAP DANCING LESSONS
WEDNESDAY, APRIL 11, 12:30 P.M.
WEDNESDAY, APRIL 25, 12:30 P.M.
EVENT 0406
RSVP Required
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 skills levels welcome.

BETTE DAVIS FOR EVERYONE
WEDNESDAY, APRIL 18, 1 P.M.
DROP-IN
The Village at Ed Gould Plaza
Join us to watch Bette Davis in Parachute Jumper (1933). A gangster victimizes three friends who are trying to find legitimate employment. (72 mins.)

BINGO!
FRIDAY, APRIL 27, 1 P.M.
EVENT 0405
RSVP Required
The Village at Ed Gould Plaza
Join us for fun Bingo games and prizes!

BRAIN POWER
WEDNESDAY, APRIL 11, 1 P.M.
WEDNESDAY, APRIL 25, 1 P.M.
EVENT 0401
RSVP Required
The Village at Ed Gould Plaza
May Sarton’s love for Juliette Huxley ignited that first moment she saw her in 1936 and transcended 60 years of friendship, passion, silence, and reconciliation. Join us for an Out Loud Reading of Dear Juliette: The Letters of May Sarton to Juliette Huxley.

BROADWAY TO HOLLYWOOD
MONDAY, APRIL 30, 1 P.M.
DROP-IN
The Village at Ed Gould Plaza
Join us this month for Kinky Boots (2005)! After inheriting a shoe factory,

FIELD TRIP: POPPY RESERVE & FESTIVAL
SATURDAY, APRIL 21 ∙ EVENT 0418
RSVP Required ∙ See itinerary below.

Each Spring the Antelope Valley Poppy Reserve comes alive with the seasonal surprises of the Mojave Desert grassland habitat. Join Senior Services for a day at the Reserve and the Annual California Poppy Festival! Enjoy the entertainment, food, and activities. Transportation is provided for the first 40 registered participants, including 2 wheelchair accessible seats. Festival admission: $10; $5 for 62+ & veterans. Strictly RSVP only; No drop-ins. Seniors Helping Seniors funds available.

Bus pick-up schedule:
The Village, 9 A.M.
Triangle Square, 9:30 A.M.
MCC in North Hollywood, 10 A.M.
the Poppy Reserve, 11:30 A.M. - 1 P.M.
(15101 Lancaster Rd., 93536)
the Poppy Festival, 1-3 P.M.
(43063 N. 10th Street West, 93534)
Charlie Price aims to take the fashion world by storm with help from a flashy cabaret dancer named Lola, who helps him design a racy line of men’s boots. (107 mins.)

**BURIED IN TREASURES**

**FRIDAY, APRIL 20, 1 P.M.**
**EVENT 0434**
**RSVP required**

The Village at Ed Gould Plaza

How do you let go of physical possessions that mean a lot to you? Come share your most prized possessions and the stories behind their meaning.

**CHAIR YOGA**

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

The Village at Ed Gould Plaza

Challenge your body and brain with ancient Eastern techniques to improve your memory and health.

**COUNTRY LINE DANCING WITH MATTHEW**

**TUESDAY, APRIL 10, 11 A.M.**
**TUESDAY, APRIL 24, 11 A.M.**
**EVENT 0411**
**RSVP Required**

The Village at Ed Gould Plaza

Join us for the Academy Award winning documentary *20 Feet from Stardom* (2013), which takes a behind-the-scenes look at the world of backup vocalists with interviews from legendary singers and the voices that support them. (89 mins.)

**FOOD BANK**

**TUESDAY, APRIL 10, 2-3 P.M.**
**TUESDAY, APRIL 24, 2-3 P.M.**
**DROP-IN**

The Village at Ed Gould Plaza

Fresh produce provided as supplies last. Please bring your own bag. First come, first served.

**GET OUT & BOWL**

**TUESDAY, APRIL 10, 10:30 A.M.**
**EVENT 0428**
**RSVP Required**

Pickwick Bowling

Join us for bowling fun at Pickwick Bowling, 921 W. Riverside Dr., Burbank, 91506. Lane and shoe rental is $5 for both. Seniors Helping Seniors available.

**HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM)**

**THURSDAY, APRIL 5, 10 A.M.**
**THURSDAY, APRIL 19, 10 A.M.**
**EVENT 0429**
**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 your questions. RSVP with Sandy Risdon at 800-824-0780 ext. 3006.

**KIDNEY SMART**

**TUESDAY, APRIL 17, 10 A.M.**
**EVENT 0413**
**RSVP Required**

The Village at Ed Gould Plaza

Learn about how to take control of your chronic kidney disease (CKD), including issues related to diabetes and high blood pressure.

**LARRY’S COMPUTER CLUB**

**WEDNESDAY, APRIL 25, 1:30 P.M.**
**EVENT 0414**
**RSVP Required**

The Village at Ed Gould Plaza

Learn more about technology in this interactive class!

**LIFE CONNECTIONS 21+ MEETS 50+**

**TUESDAY, APRIL 10, 3 P.M.**
**TUESDAY, APRIL 24, 3 P.M.**
**EVENT 0429**
**RSVP Required**

The Village at Ed Gould Plaza

Meet with Center volunteers for meaningful conversations across generations.

**MEMORIES IN THE MAKING ART ACTIVITY**

**WEDNESDAY, APRIL 4, 2 P.M.**
**WEDNESDAY, APRIL 18, 2 P.M.**
**EVENT 0421**
**RSVP Required**

The Village at Ed Gould Plaza

Meet Mimi at 10am at the ticket booth to the Los Angeles Times Festival of Books at USC University Park Campus. Event takes place from 10am-6pm. Take the Metro Red Line to 7th Street/Metro Center Station, then transfer upstairs to the Metro Expo Line and exit Expo Park/USC Station. Free entrance!
NewStages and Senior Services presents *Heroic Lives*, an evening of stories and songs featuring LGBTQ seniors. Auditions will be held on April 30 from 1-3 p.m. at the Coast Playhouse 8325 Santa Monica Blvd., West Hollywood.

*Heroic Lives* honors individuals who changed the political and cultural landscape for the LGBTQ community. Directed by Mark Salyer and Kay Cole with musical direction by Debbie Lawrence, this production is a culmination of workshops in music, voice development, and storytelling. For the audition, please prepare 16 bars of a song (a cappella) and/or a personal story about a heroine/hero in your LGBTQ journey - someone who mentored you as a young person, who politically fought for LGBTQ equality, or whose life was an act of heroism itself. For more information, contact NewStages at 323-868-1352. Workshops will be held on Mondays and Wednesdays from 1-3 p.m. at the Coast Playhouse. Performances will take place June 15, 16, and 17.

This event is presented as part of the City of West Hollywood’s One City One Pride LGBTQ Arts Festival (May 22-June 30). For more info and to see a full list of events please visit www.weho.org/pride or follow via social media @WeHoArts.

Express yourself and capture precious moments of your life through making art. This is a therapeutic art activity. No previous art experience required; just bring your creative spirit.

**Movie for Everyone**

**Wednesday, April 25, 1 P.M.**

**DROP-IN**

The Village at Ed Gould Plaza

Join us for Tim Burton’s film *Miss Peregrine’s Home for Peculiar Children* (2016). Jacob Portman discovers a group of children who are not only peculiar but also possess extraordinary powers. (127 mins.)

**Passover Seder with Congregation Kol Ami**

**Tuesday, April 3, 6 P.M.**

**EVENT 0403**

RSVP Required

**DROP-IN**

The Village at Ed Gould Plaza

Join us for a traditional seder, along with food and stories! Everyone is welcome.

**Qi Gong**

**Tuesday, April 3, 10 A.M.**

**Tuesday, April 10, 10 A.M.**

**Tuesday, April 24, 10 A.M.**

**DROP-IN**

The Village at Ed Gould Plaza

Qi Gong is back by popular demand! Learn how to coordinate movement, posture, breathing and meditation to cultivate your “life energy.”

**Reading Opens Minds**

**Monday, April 9, 11 A.M.**

**Monday, April 23, 11 A.M.**

**EVENT 0402**

RSVP required.

**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.
SILVER SENSUALITY WITH SHE-AH PRINCE ETERNAL
MONDAY, APRIL 2, 11 A.M.
MONDAY, APRIL 16, 11 A.M.
EVENT 0409
RSVP required
The Village at Ed Gould Plaza
Open to all genders and orientations. Let’s have fun together while learning about the challenges of sensuality and sexuality as we gracefully mature!

SPIRIT OF SURVIVAL: THE ANCIENT ART OF MASK-MAKING
FRIDAYS, APRIL 6, 13, 20
1-3 P.M.
EVENT 0420
RSVP required
The Village at Ed Gould Plaza
Join us for the remaining three sessions of this fun and creative workshop for all who’ve been touched by cancer, HIV, or other health challenges. Ancient people created masks and stories to celebrate the magic of surviving illness. Participants will have the opportunity to submit their masks for a gallery showing of art work at Pilates & Arts in Echo Park on May 16. Facilitated by master mask maker Nick Paul and Anne Stockwell, former Editor-in-Chief for The Advocate, who is a three-time cancer survivor and founder of Well Again.

SWING INTO SPRING
FRIDAY, APRIL 27, 6-9 P.M.
EVENT 0400
RSVP Required
Triangle Square
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.

TANYA WITT’S ONE WOMAN SHOW
SATURDAY, APRIL 21, 7 P.M.
EVENT 0431
RSVP Required
The Village at Ed Gould Plaza
Join Tanya for an original and very personal concert. Stories from the Other Side pairs Tanya’s life story with songs she loves. Tanya shares her thoughts on abuse, coming out, being a professional vocalist, marriage, self-esteem, divorce, depression, falling in love, and becoming an activist while weaving in cover songs from a variety of genres.

TECH SUPPORT WITH MOM’S COMPUTER
TUESDAY, APRIL 3, 2:30 P.M.
DROP-IN
The Village at Ed Gould Plaza
From computers to cell phones to tablets, bring your tech devices and questions. No broken devices, please.

WHAT’S YOUR STORY?
THURSDAYS STARTING APRIL 26, 2 P.M.
EVENT 0436
RSVP required
The Village at Ed Gould Plaza
We all have unique and powerful stories inside of us, just waiting to get out. In this 10-week personal writing workshop, we’ll access our most potent personal narratives, take our craft to a new level, and share the results in an inspiring and supportive environment. Workshops begin April 26 and culminate on June 28.

THURSDAYS IN NOHO
Valley Thursday’s in NoHo meets at the MCC Church located at 5730 Cahuenga Blvd., North Hollywood, 91601.

GAME DAY
THURSDAY, APRIL 5, 12 P.M.
DROP-IN
MCC Church in North Hollywood
Play fun games with some of the Center’s volunteers! At MCC in NoHo.

MOVIE SCREENING
THURSDAY, APRIL 19, 12 P.M.
DROP-IN
MCC Church in North Hollywood
Join us for the film Paris Can Wait (2017). The wife of a successful movie producer takes a car trip from the south of France to Paris with one of her husband’s associates. (92 mins.)

POT LUCK
THURSDAY, APRIL 26, 12 P.M.
DROP-IN
MCC Church in North Hollywood
We’ll provide the main dish, please bring a side dish to share. At MCC Church, 5730 Cahuenga Blvd., North Hollywood, 91601.
COFFEE CLUB
THURSDAY, APRIL 12, 1 P.M.
THURSDAY, APRIL 26, 1 P.M.
DROP-IN
Mi Centro
Join us for hot coffee and good conversation about what’s on your mind and current events. At Mi Centro, 553 S. Clarence St., Los Angeles, 90033.

MOVIE CLUB
THURSDAY, APRIL 12, 2 P.M.
DROP-IN
Mi Centro
Join us for Strawberry & Chocolate (1993), the Oscar-nominated drama set during the Cuban Revolution about two men on opposing sides of the political spectrum and how they come to love each other. (110 mins.)

CASE MANAGEMENT
THURSDAYS, 10 A.M. – 12 P.M.
DROP-IN
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. At Mi Centro, 553 S. Clarence St., Los Angeles, 90033.

FOCUS ON: MEN
MEN’S DROP-IN SUPPORT
WEDNESDAYS, 10 A.M.
DROP-IN
Mi Centro
Meet with friends new and familiar for this monthly dinner! Casita del Campo 1920 Hyperion Ave, Los Angeles, CA 90027 Parking lot available.

FOCUS ON: WOMEN
L50+ WOMEN’S MONTHLY CYCLE
SUNDAY, APRIL 29
8:30 A.M.
ARRIVE/BIKE CHECKS
9–11 A.M. RIDE
EVENT 0417
RSVP Required
Griffith Park Zoo Parking Lot
Join the women of Senior Services for a fun and scenic bike ride - perfect for cyclists of all levels, including beginners! Open to all women-identifying riders! Meet at Griffith Park Zoo Parking Lot – 5333 Zoo Dr, Los Angeles, 90027 – across from the Gene Autry Museum.

Ride is approximately 10 miles roundtrip on flat road down the L.A. River Bike path. Ride will include one rest stop at the Spoke Bicycle Café, where you’ll get a chance to refuel and meet new friends and share stories every week.

L50+ OUTING TO WXW
SUNDAY, APRIL 22
12-4 P.M.
EVENT 0415
RSVP Required
Barnsdall Art Park
In lieu of our monthly potluck, join us for this event designed for LBTQ women of all ages. Bring a picnic blanket or chairs, and come participate in an afternoon of food, vendors, and performances for women.

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

MEN’S MOVIE
TUESDAY, APRIL 10, 1 P.M.
DROP-IN
The Village at Ed Gould Plaza
Join us for the musical comedy, The Best Little Whorehouse in Texas (1982). A town’s Sheriff and regular patron of a historical whorehouse fights to keep it running when it’s targeted as the Devil’s playhouse. (114 mins.)

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WEDNESDAYS, 10 A.M.
DROP-IN
Mi Centro
Meet with friends new and familiar for this monthly dinner! Casita del Campo 1920 Hyperion Ave, Los Angeles, CA 90027 Parking lot available.
enjoy breakfast snacks! Entire duration of the ride is approximately two hours.

Please bring your own bicycle, helmet, and water. Bicycle rental assistance can be arranged. Please contact Seniors Helping Seniors for more information.

**PERFORMANCE PRACTICE**

**FRIDAYS, 5:30 P.M.**

**DROP-IN**

1. The Village at Ed Gould Plaza

Practice becoming more comfortable sharing your performance craft in front of an audience. Everyone will have a set time to deliver a prepared piece. Musicians, poets, teachers, etc. welcome.

**STILL WE RISE: PART 2**

**SATURDAYS, APRIL 7, 14, 21**

**10:30 A.M. - 12:30 P.M.**

**EVENT 0419**

RSVP required

1. McDonald/Wright Building, Room 106B

Join us for the remaining three weeks of our writing workshop for women! Read, discuss, and respond to work crafted by powerful lesbian writers, as well as share and strengthen your own story with other senior women. Facilitated by award-winning author and activist Kelly Grace Thomas.

**WOMEN’S MOVIE**

**FRIDAY, APRIL 13, 1 P.M.**

**DROP-IN**

1. The Village at Ed Gould Plaza

Join us for the sardonic indie comedy, *Itty Bitty Titty Committee* (2007). High School grad and all-American gal, Anna, finds her purpose and herself after she hooks up with the radical feminists in the *Itty Bitty Titty Committee.* (87 mins.)

**EVENT 0408**

RSVP required

1. The Village at Ed Gould Plaza

Share your stories of living, surviving, and thriving. Lunch provided; $2 donation requested.

**MOVIE FOR THOSE LIVING WITH HIV**

**MONDAY, APRIL 9, 1 P.M.**

**DROP-IN**

1. The Village at Ed Gould Plaza

Join us for the film *Some Like It Hot* (1959). When two male musicians witness a mob hit, they flee the state in an all-female disguised as women. Things heat up while on the road. (122 mins.)

**FIND US:**

**HIV+/VETERANS**

**THURSDAYS, 1 P.M.**

**DROP-IN**

1. The Village at Ed Gould Plaza

Come to the Village to meet new friends. Share your stories and experiences of living with HIV.

**LUNCH FOR THOSE LIVING WITH HIV**

**MONDAY, APRIL 9, 12:30 P.M.**

**VETERANS**

**WEDNESDAY, APRIL 25, 2 P.M.**

**EVENT 0407**

RSVP Required

1. The Village at Ed Gould Plaza

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

**MOVIE FOR VETS**

**TUESDAY, APRIL 10, 1 P.M.**

**DROP-IN**

1. Triangle Square


**TUESDAY, APRIL 17, 1PM**

**DROP-IN**

1. The Village at Ed Gould Plaza

Join us for the first feature film to win an Academy Award for Best Picture! *Wings* (1927) tells the story of two men who are in love with the same woman and both become fighter pilots in World War I. (141 mins.)

**VETERANS POOL TOURNAMENT**

**TUESDAY, APRIL 3, 2 P.M.**

**DROP IN**

1. Triangle Square

Enjoy a competitive pool tournament with your Veteran friends. Non-Veteran allies are also invited. Shoot some pool and have some fun!
The Center's medical providers are experts at caring for the LGBT 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 and 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, APRIL 7
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, Blankets of Love, VASH, plus many giveaways

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

For more information and to RSVP:
seniors@lalgbtcenter.org
323-860-5830
Event 0400