EVERYONE
General Activities

THURSDAYS IN NOHO
At MCC Church in North Hollywood

THURSDAYS AT MI CENTRO
At Boyle Heights location

FOCUS ON: MEN
Men's programming

FOCUS ON: WOMEN L50+
Women's programing

FOCUS ON: HIV+
For those living with HIV

FOCUS ON: VETERANS
Programming for military veterans

FOCUS ON: SOCIAL SERVICES
Safety net services

RSVP/Message Line: 323-860-5830 or Toll-Free: 877-688-4833 • seniors@lalgbc.org
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.”

LETTER FROM KIERA

March is Women’s History Month, and we’ve included several opportunities to discuss women’s lives and experiences this month. The intersection of gender and sexual orientation has been a complicated layering of identities for many women in their personal and political lives. I look forward to seeing many of you this month as we discuss how feminism has shaped our lives in the past and present, as well as opportunities for those who do not identify as women to be allies, as we work to create a strong movement together.

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.

Space in activities/events can be limited. Once you RSVP, you are confirmed for an event/activity, unless you receive a call or email notifying you that you are on a wait-list. In case of an event cancellation, only those participants who made an RSVP call or e-mail will be notified. Please be advised that only CONFIRMED guests will receive reminder calls and/or e-mails for events requiring an RSVP.

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

SENIORS HELPING SENIORS

This special fund is available on a limited basis for select activities, classes, and 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. 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.

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!

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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.

C  MiCentro
    553 S. Clarence St.

O  Other locations
    Please check listing

MC  MCC Church
    5730 Cahuenga Blvd., North Hollywood
EVERYONE

CHAIR YOGA
WEDNESDAYS, 11 A.M.
DROP-IN
v The Village at Ed Gould Plaza

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

ART LAB
FRIDAYS, 10:30 A.M.
DROP-IN
v 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.

HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM)
THURSDAY, MARCH 1, 10 A.M.
THURSDAY, MARCH 15, 10 A.M.
RSVP required.
v 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.

GO METRO: FIELD TRIP TO THE LANTERN FESTIVAL
SATURDAY, MARCH 3, 11 A.M.
EVENT 0332
RSVP required.
v El Pueblo Historical Monument

Meet at the Village at 11 a.m. Take Red Line and meet in front of El Pueblo Historical Monument at 12 p.m. (125 Paseo de la Plaza, Los Angeles, 90012). Free entrance!

FINANCIAL CHAT
MONDAY, MARCH 5, 1 P.M.
EVENT 0322
RSVP required.
v The Village at Ed Gould Plaza

We will be discussing the topic of weathering a volatile market.

QI GONG
TUESDAY, MARCH 6, 10 A.M.
TUESDAY, MARCH 20, 10 A.M.
TUESDAY, MARCH 27, 10 A.M.
DROP IN
v 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.”

SILVER SENSUALITY WITH SHE-AH PRINCE ETERNAL
MONDAY, MARCH 5, 11 A.M.
MONDAY, MARCH 19, 11 A.M.
EVENT 0309
RSVP required.
v 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!

TECH SUPPORT WITH MOM’S COMPUTER
TUESDAY, MARCH 6, 2:30 P.M.
DROP IN
From computers to cell phones to tablets, bring your tech devices and questions. No broken devices, please.

**BRAIN POWER**

**WEDNESDAY, MARCH 7, 1 P.M.**

**EVENT 0301**

RSVP required.

**Plummer Park**

Art Room 2;
7377 Santa Monica Blvd., West Hollywood

**WEDNESDAY, MARCH 21, 1 P.M.**

The Village at Ed Gould Plaza

May Sarton, our lesbian sister, writes: ‘What is it like to be seventy? But I do not feel old at all, not as much a survivor as a person still on her way. I look forward with joy to the years ahead, to the surprises that any day may bring.’ Join us for a reading of May Sarton’s *At Seventy*.

**MEMORIES IN THE MAKING ART ACTIVITY**

**WEDNESDAY, MARCH 7, 2 P.M.**

**PRE-STONEWALL GAY BARS AS COMMUNITY SACRED SPACE**

**TUESDAY, MARCH 6, 5:30 P.M.**

**DROP IN**

Triangle Square

Panel presentation with Dr. Marie Cartier, Professor of Gender and Women’s Studies at California State University Northridge and author of the book *Baby You Are My Religion: Women, Gay Bars, and Theology Before Stonewall*. Students from Queer Studies 302 will also attend this intergenerational discussion.
WEDNESDAY, MARCH 21, 2 P.M.
EVENT 0321
RSVP required.

The Village at Ed Gould Plaza

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

HEALTHY AGING LECTURE: DIABETES EDUCATION
FRIDAY, MARCH 9, 2 P.M.
EVENT 0335
RSVP required.

Highland Annex

Join us for a presentation from Independence at Home as we learn more about diabetes management, education, and how to take control of your own health.

RUSTY’S CO-ED GAY SWING & SWAY
SATURDAY, MARCH 10, 1 P.M.
EVENT 0323
RSVP required.

The Village at Ed Gould Plaza

FREE 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. Get ready for our Sock Hop and Prom!

GET OUT & BOWL
TUESDAY, MARCH 13, 10:30 A.M.
EVENT 0328
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.

FOOD BANK
TUESDAY, MARCH 13, 2–3 P.M.
TUESDAY, MARCH 27, 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.

BEGINNING TAP DANCING LESSONS
WEDNESDAY, MARCH 14, 12:30 P.M.
WEDNESDAY, MARCH 28, 12:30 P.M.
EVENT 0306
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.

SPIRIT OF SURVIVAL: THE ANCIENT ART OF MASK-MAKING
FRIDAYS STARTING MARCH 16, 1–3 P.M.
EVENT 0321
RSVP required.

The Village at Ed Gould Plaza

Fun and creative 6-week 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. Come join us as we create our own magical masks and stories to bring the spirit of survival into our lives now.
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.

LIFE CONNECTIONS 21+ MEETS 50+
TUESDAY, MARCH 20, 3 P.M.
TUESDAY, MARCH 27, 3 P.M.
EVENT 0329
RSVP required.
The Village at Ed Gould Plaza

Meet with Center volunteers for meaningful conversations across generations.

BETTE DAVIS FOR EVERYONE
WEDNESDAY, MARCH 21, 1 P.M.
DROP IN
The Village at Ed Gould Plaza

Join us to watch Bette Davis in her Oscar-nominated role in All This, and Heaven Too (1940). A duchess’ irrational behavior toward the governess of her children triggers tragic events that will change her family’s lives forever. (141 mins.)

COMEDY NIGHT
WEDNESDAY, MARCH 21, 7 P.M.
DROP IN
Triangle Square

Join us at Triangle Square to enjoy an evening of LGBTQ comedians! You’ll laugh, chuckle, and get out a few giggles! All registered participants welcome.

BURIED IN TREASURES
THURSDAY, MARCH 22, 1 P.M.
EVENT 0334
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.

BROADWAY TO HOLLYWOOD
TUESDAY, MARCH 27, 12:30 P.M.
DROP IN
The Village at Ed Gould Plaza

Join us for Rent (2005), a film adaptation of the Tony award-winning Broadway musical about a group of New Yorkers who struggle with their careers, love lives, and the effects of the AIDS epidemic on their community. (135 mins.)

KIDNEY SMART
TUESDAY, MARCH 27, 2 P.M.
EVENT 0313
RSVP required.

**LARRY’S COMPUTER CLUB**

**WEDNESDAY, MARCH 28, 1:30 P.M.**
**EVENT 0314**
RSVP required.

**The Village at Ed Gould Plaza**

Learn more about technology in this interactive class.

**BINGO!**

**FRIDAY, MARCH 30, 1 P.M.**
**EVENT 0305**

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.

**GAME DAY**

**THURSDAY, MARCH 8, 12 P.M.**
**DROP IN**

**MCC Church in North Hollywood**

Play fun games with some of the Center’s volunteers! At MCC in NoHo.

**TECH SUPPORT WITH MOM’S COMPUTER**

**THURSDAY, MARCH 15, 12 P.M.**
**DROP IN**

**MCC Church in North Hollywood**

From computers to cell phones and tablets, bring your tech devices and questions. No broken devices, please. At MCC in NoHo.

**CHAIR YOGA**

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

**MCC Church in North Hollywood**

Challenge your body and brain with ancient Eastern techniques to improve your memory and health. At MCC in NoHo.

**MOVIE SCREENING**

**THURSDAY, MARCH 15, 12 P.M.**
**DROP IN**

**MCC Church in North Hollywood**

Join us for the film *Chavela* (2017), a documentary about singer Chavela Vargas, who changed the face of Mexican ranchera.
music by dealing with themes related to her loves and her life. (90 mins.)

**POT LUCK**
**THURSDAY, MARCH 22, 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.

**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. Parking is available between the 4th and 6th street bridges 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**
**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.

**COFFEE CLUB**
**THURSDAY, MARCH 8, 1 P.M.**
**THURSDAY, MARCH 22, 1 P.M.**
**DROP IN**
Mi Centro

Join us for hot coffee and good conversation about what’s on your mind and current events.

**MOVIE CLUB**
**THURSDAY, MARCH 8, 2 P.M.**
**DROP IN**
Mi Centro

Join us for Pedro Almodovar’s *All About My Mother* (1999). Manuela leaves Madrid for Barcelona shortly after witnessing her son’s accidental death, and reunites with an old friend, a transgender prostitute, and forms a friendship with a pregnant nun. (105 mins.)

**FOCUS ON: MEN**

**MEN’S SUPPORT GROUP**
**WEDNESDAYS, 10 A.M.**
**DROP-IN**
The Village at Ed Gould Plaza

Join us to meet new friends and share stories every week.

**MEN’S HIKE**
**THURSDAYS, 9:30 A.M.**
**DROP-IN**
Griffith Park

Meet at the corner of Fern Dell Drive and Black Oak

**Women’s March**

Senior Services Newsletter • February 2018 • 9
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, MARCH 6, 1 P.M.**

**DROP IN**

**V** The Village at Ed Gould Plaza

Join us for the film-noir classic, *Sunset Boulevard* (1950). A screenwriter is hired to rework a faded silent film star’s script, only to find himself developing a dangerous relationship. (110 mins.)

**MEN’S DINNER**

**MONDAY, MARCH 19, 6:30 P.M.**

**EVENT 0316**

RSVP required.

**Home of Pies**

Meet with friends new and familiar for this monthly dinner! House of Pies 1869 N. Vermont Ave., Los Angeles, CA 90027. Parking lot available.

**FOCUS ON: WOMEN**

**PERFORMANCE PRACTICE**

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

**DROP IN**

**V** 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.

**WOMEN’S MOVIE**

**FRIDAY, MARCH 2, 1 P.M.**

**DROP IN**

**V** The Village at Ed Gould Plaza

Join us for this biographical romance, *Aimee & Jaguar* (1999). In 1943 Berlin, a Nazi officer’s wife meets and starts a passionate affair with a Jewish woman. (125 mins.)

**STILL WE RISE: PART 2**

**SATURDAY, MARCH 3**

**0** Plummer Park Room 4

**SATURDAY, MARCH 17**

**0** Plummer Park Room 4

**SATURDAY, MARCH 31**

**0** Plummer Park Room 4

**SATURDAY, APRIL 7**

**0** Plummer Park Room 4

**SATURDAY, APRIL 14**

**0** West Hollywood Park Skyroom

**SATURDAY, APRIL 21**

**0** Plummer Park Room 4

10:30 A.M.–12:30 P.M.

**EVENT 0319**

RSVP required.

**0** Plummer Park Room 4

Ed Gould Plaza

Based on request from participants we are offering another 6-week writing workshop for women! Join us to 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. Ask for location details when RSVPing.

**SHEROES: A DANCE FOR WOMEN TO CELEBRATE WOMEN**

**SATURDAY, MARCH 10, 6–9 P.M.**
**EVENT 0300**
RSVP required.
Plummer Park Fiesta Hall

Let’s dance in celebration of the courageous and inspirational women leaders across generations for Women’s History Month! Light refreshments provided. Plummer Park’s Fiesta Hall, 7377 Santa Monica Blvd., West Hollywood, CA 90046.

**L50+ POTLUCK**
SUNDAY, MARCH 18, 12 P.M.

**EVENT 0315**
RSVP required.
The Village at Ed Gould Plaza

Join Senior Service staff for an afternoon potluck. Let’s celebrate Women’s History Month! Bring a side dish or dessert to share.

**L50+ HIKE**
SUNDAY, MARCH 25, 9 A.M.

**EVENT 0320**
RSVP required.
O’Melveny Park to Mission Point

Join Dora Olea and the Gay and Lesbian Sierrans for their annual hike above Mission Hills. This is an intermediate level hike.

Flowers may be blooming on wide open green hill-sides and hopefully there are clear blue skies. Six miles roundtrip on trails. Bring water, sunscreen, hat, sturdy shoes and your lunch. Directions: CA 118, exit at Balboa Boulevard and head north 2.3 miles to Sesnon Boulevard. Left on Sesnon Boulevard following it for 0.5 miles to park entrance. Free parking; meet at the trailhead.

**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.

**LUNCH FOR THOSE LIVING WITH HIV**
MONDAY, MARCH 12
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.

**MOVIE FOR THOSE LIVING WITH HIV**
MONDAY, MARCH 12, 1 P.M.
DROP IN
The Village at Ed Gould Plaza

Join us for the film Wonder Woman (2017). When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior woman in training, leaves home to fight a war, discovering her full powers and true destiny. (141 mins.)

**FOCUS ON:**

**VETERANS**

**VETERANS SUPPORT GROUP**
TUESDAY, MARCH 6, 1 P.M.
DROP IN
Triangle Square

TUESDAY, MARCH 27, 1 P.M.
**EVENT 0308**
RSVP required.
The Village at Ed Gould Plaza
Support for LGBT military veterans in a safe and welcoming space.

**VETERANS POOL TOURNAMENT**

**TUESDAY, MARCH 6, 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!

**MOVIE FOR VETS**

**TUESDAY, MARCH 13, 1 P.M.**

**DROP IN**

Triangle Square


**G. I. Jane** (1997). A female senator succeeds in enrolling a woman into Combined Reconnaissance Team training where everyone expects her to fail. (125 mins.)

**LGBT VETERAN CONNECTIONS: STORIES OF SERVICE**

**WEDNESDAY, MARCH 28, 2 P.M.**

**EVENT 0307**

RSVP required.

The Village at Ed Gould Plaza

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

**FOCUS ON: SOCIAL SERVICES**

**CASE MANAGEMENT (FIRST-TIME, NEW CLIENTS)**

**WEDNESDAYS, 10 A.M. – 12 P.M., 1 P.M. – 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. New clients only. First come, first served.

**BEREAVEMENT GROUP**

**TUESDAYS, 1:15 P.M.**

**EVENT 0304**

RSVP required.

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 323-860-5827.

**PERCEPTIONS**

**FRIDAYS, 8 P.M.**

**DROP IN**

Highland Annex

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. Join this social group Fridays at the Center’s Highland Annex, 1220 N. Highland Ave., 90038. Parking available in lot. $3 - $5 suggested donation.

**HIV TESTING**

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

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

Free testing on a walk-in basis.

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

**THURSDAY, MARCH 8,**
10:30 A.M.
**THURSDAY, MARCH 22,**
10:30 A.M.
**EVENT 0324**
RSVP required.
**V** The Village at Ed Gould Plaza

A safe place for caregivers, family members, and friends caring for an LGBT loved one. Join this 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 community resources. Before attending, please call 323-486-6632 to confirm meeting date & time.

**HOUSING SUPPORTIVE NETWORK**

**THURSDAY, MARCH 8,**
11 A.M.

**DROP IN**
**V** The Village at Ed Gould Plaza
Get assistance with searching for housing and additional information about Section 8 and other housing specifically for LGBT seniors.

**LOS ANGELES LGBT CENTER**

**HEALTH SERVICES**

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.
SHEROES
A DANCE FOR WOMEN TO CELEBRATE WOMEN

SATURDAY, MARCH 10
6–9 P.M.
LIGHT REFRESHMENTS PROVIDED.

PLUMMER PARK: FIESTA HALL
7377 SANTA MONICA BLVD.
WEST HOLLYWOOD, CA 90046

EVENT #0300
RSVP REQUIRED.
SENIORS@LALGBTCENTER.ORG
323-860-5830