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RSVP/Message Line: 323-860-5830 or Toll-Free: 877-688-4833 • seniors@lalgbc.org
As a former New Yorker, I’m still getting used to the climate here. When I think about September, it immediately brings me back to school starting, cooler evenings, and apple picking. Since I have been here, I have learned that back to school begins in August and it doesn’t get cooler till October or even November and apples are not a crop that grow well here. If you think I’m complaining, I’m not. These are things I miss, but I do love the longer summer season, the longer growing season in my garden and seasonal avocados. I look forward to September beginning a very busy activities calendar and the opportunities for staff to create more fun and engaging programs for you all.

This month, we will have our first Staff & Seniors Bowling. Out of the games we play, will more of them be won by staff or by seniors? I hope you will join me to see! We also will have our first ever Storytelling Competition in partnership with KPFK radio. We will also have an opportunity to learn from the Center’s Policy Department about the propositions on the ballot during the election and how they may affect our community. We will create a new space for women to share in a deeper way with each other this month through a Women’s Circle with the powerful Sophia Smith facilitating a deeper conversation with a potluck to follow. I appreciate all of you who have reached out with suggestions for programming.

I am incredibly fortunate to have the opportunity to work every day to create a powerful LGBT Senior Community.

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

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.”

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
Toll Free: 877-688-4833
seniors@lalgbtcenter.org
EVERYONE

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, SEPT 12, 12:30 P.M.
WEDNESDAY, SEPT 26, 12:30 P.M.
DROP-IN
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. All participants are encouraged to attend Carl’s brush-up sessions every Thursday from 11-12 p.m.!

MC
MCC Church
5730 Cahuenga Blvd., North Hollywood

LOCATIONS

W
Center WeHo
8745 Santa Monica Blvd.

T
Triangle Square
3607 Yorba Ave.

M
McDonald/Wright
3265 N. Schrader Blvd.

H
Highland Annex
1220 N. Highland Ave.

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

G
MiCentro
253 S. Clarence St.

O
Other locations
Please check listing.

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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Resident Services Coordinator
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WE ARE GOING TO DISNEYLAND!

SATURDAY, OCTOBER 6TH
EVENT 1000

Trip will include transportation and 1 Disneyland day ticket supported by private donors and Disney for 38 existing registered program participants. 2 ADA accessible seats are available on the bus. Because of limited availability, this field trip will be a random drawing of RSVP’d participants. Bus will pick up from Village at 8:15 AM and Triangle Square at 8:35. We will leave Disneyland following the fireworks finale at 9:30 pm and return to Hollywood at approximately 11:30 pm.

RSVP for the random drawing from September 1-17th. When RSVPing please request ADA seats if required. Only 1 RSVP per caller. Winners will be notified September 18th.

If you are not selected, you are welcome to travel on your own, purchase a park ticket and meet us in Anaheim. Participants are responsible for your own additional expenses for this event including parking in Hollywood or Disneyland, food and souvenirs. It is recommended that winners carpool or use ride sharing to meet at bus pick up locations and plan to share the cost of parking with each other if necessary.

For more information on Gay Days
www.gaydaysanaheiminfo.com/gaydaysanaheim
**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, SEPT 18, 11 A.M.**
**TUESDAY, SEPT 25, 11 A.M.**
**DROP-IN**
**The Village at Ed Gould Plaza**
Come single or with a partner for this toe-tapping class that's great movement experience. Beginners welcome! Wear comfortable shoes; boots not required.

**DOCUMENTARY OF THE MONTH**
**WEDNESDAY, SEPT 12, 1 P.M.**
**DROP-IN**
**The Village at Ed Gould Plaza**
Join us for the Oscar-winning documentary, *Man on Wire* (2008), about Philippe Petit, who captured the world’s attention in 1974 when he walked across a high wire between New York’s Twin Towers. (94 mins.)

**BROADWAY TO HOLLYWOOD**
**TUESDAY, SEPT 25, 1 P.M.**
**DROP-IN**
**The Village at Ed Gould Plaza**
Join us for *Hedwig and the Angry Inch* (2001). After a botched sex-change operation, East German glam rocker Hansel (John Cameron Mitchell) becomes Hedwig and travels across the United States with a stage show, following her ex-boyfriend (and former band mate) and telling her life story. (95 mins.)

**CA PROPOSITION GUIDE FOR NOVEMBER ELECTIONS**
**WEDNESDAY, SEPT 12, 2:30 P.M.**
**EVENT 0920**
**RSVP Required**
**The Village at Ed Gould Plaza**
Come hear from the Center’s Policy & Community Building Department on items to consider as you prepare to get ready to vote in the November election. Refreshments provided.

**BRAIN POWER**
**WEDNESDAY, SEPT 5, 1 P.M.**
**WEDNESDAY, SEPT 19, 1 P.M.**
**DROP-IN**
**The Village at Ed Gould Plaza**
Working in pairs at the podium, we will do Outloud Readings from Tennessee Williams’ *Eccentricities of a Nightingale*, a revision of *Summer and Smoke*. The play focuses on the relationship between Alma and Dr. John and is set in Mississippi prior to the First World War: a tale of poetry, dreams, and compassion. The film directed by Peter Glenville with Geraldine Page and Laurence Harvey will be viewed as part of this venue.

**BETTE DAVIS FOR EVERYONE**
**WEDNESDAY, SEPT 19, 1 P.M.**
**DROP-IN**
**The Village at Ed Gould Plaza**
Join us for *The Star* (1952) featuring Bette Davis playing an actress who might be past her prime but refuses to retire as she attempts to regain her former glory. (90 mins)

**BINGO!**
**FRIDAY, SEPT 28, 1 P.M.**
**DROP-IN**
**The Village at Ed Gould Plaza**
Escape the summer heat by playing Bingo! Prizes for the winners. Refreshments provided.

**MY LIFE IS POETRY READING**
**WEDNESDAY, SEPT 26, 7-9 P.M.**
**EVENT 0910**
**RSVP Required**
**The Village at Ed Gould Plaza**
Hear lesbian, gay, bisexual, and transgender seniors transform the everyday into the sublime through poetry. The students of the My Life is Poetry workshop will read poetry created in class. Heartrending and gut wrenching, these poems are voiced from experience, defiance, vulnerability, and heart. All poetry will be autobiographical. You will learn that their lives, and even your own, are poetic. Reading will be about an hour with a reception to follow.

Event supported by a grant from The City of Los Angeles Department of Cultural Affairs and sponsored by the Center’s Senior Services program.
EBONY SAGE CIRCLE
FRIDAY, SEPT 21, 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.

EMAIL SET-UP WITH MOM'S COMPUTER
TUESDAY, SEPT 4, 2:30 P.M.
DROP-IN
The Village at Ed Gould Plaza
Learn how to set up an email account. From computers to cell phones to tablets, bring your tech devices and questions. No broken devices, please.

FARMERS MARKET FOOD BANK
TUESDAY, SEPT 11, 3-4 P.M.
TUESDAY, SEPT 25, 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: SENIORS & STAFF
TUESDAY, SEPT 11, 10:30 A.M. – 1:30 P.M.
EVENT 0928
RSVP Required
Pickwick Bowling
Senior Services staff will join you for a special bowling session this month! Ramp available for those who cannot throw a ball. Lane and shoe rental fees will be hosted by Senior Services. Pickwick Bowling is located at 921 W. Riverside Dr., Burbank, 91506. RSVP Required.

GO METRO!
SUNDAY, SEPT. 16, 9:30 A.M.
EVENT 0932
RSVP Required
Join Mimi for a fun day at the 26th Annual Thai Cultural Day! Meet Mimi at the Village at 9:30 a.m. Take the #4 or #704 Metro bus to Vermont/Santa Monica Red Line station. Transfer to the #754 North, exit Vermont/Hollywood Blvd. This one-day festival will feature Thai classical music, folk dances, workshops, vegetable carving contests, and costume contests.

Hear Me Out
STORYTELLING COMPETITION
Unleash your inner storyteller on the big stage! You could win a cash prize and even hear yourself on the radio!

Here’s how to enter:
1. RSVP to compete in one of our three opening rounds: LOVE, MONEY, or FAMILY. You can only choose one.
2. Attend your audition and tell us a 5-minute story on the topic. We’re on your team to help you prep. (See the audition schedule.)
3. Tell your story onstage in front of your friends, radio audience, our celebrity judges!
4. Win your opening round and go for First Place Prize of $250 in our FINAL PERFORMANCE on National Coming Out Day, Thursday, Oct. 11. The topic for final performances is COMING OUT.

NOTE: Space is limited to 8 storytellers per topic, so RSVP early to get the topic of your choice. You must audition in person.

Location:
Los Angeles LGBT Center
The Village at Ed Gould Plaza
1125 N. McCadden Pl., Los Angeles, CA 90038
RSVP to 323-860-5830 or seniors@lalgbc.org
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<th>MONDAY</th>
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<td>3  CLOSED FOR LABOR DAY</td>
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<td>4  Qi Gong 10 a.m.</td>
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<td>5  Men's Social Group 10 a.m. Case Management (first-time, new clients) 10 a.m. – 12 p.m. 1 p.m. – 3 p.m. NEW! Men's Support Chat 10:30 – 11:30 a.m. Chair Yoga 11 a.m. Brain Power 1 p.m. Memories in the Making Art Activity 2 p.m.</td>
<td>6  Men's Hike 9:30 a.m. HICAP 10 a.m. Juggling Hour 10 a.m. Game Day 12 p.m. HIV+ Men's Support Group 1 p.m. Paper Bead Jewelry Making 3:4–3:30 p.m.</td>
<td>7  Art Lab, 10:30 a.m. Stitch 'n Bitch Club 2 p.m. Performance Practice 6 p.m. Perceptions 8 p.m.</td>
<td>8  Art Lab, 10:30 a.m. Women's Movie 1 p.m. Performance Practice 6 p.m. Hear Me Out Audition 6 p.m. (0909-L) Perceptions 8 p.m.</td>
<td>9  Veteran Stand Down 10 a.m. – 3 p.m. (0900) MOCA 50+ 4–6 p.m.</td>
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<td>10 Lunch for Those Living with HIV 12:30 p.m. (0908) Movie for Those Living with HIV 1 p.m. Reading Opens Minds 1:15 p.m. New! Women's Support Chat 3 p.m.</td>
<td>11 Get Out &amp; Bowl: Seniors &amp; Staff 10:30 a.m. – 1:30 p.m. (0928) Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. Farmers Market Food Bank 3–4 p.m.</td>
<td>12 Men's Social Group 10 a.m. Case Management (first-time, new clients) 10 a.m. – 12 p.m. 1 p.m. – 3 p.m. NEW! Men's Support Chat 10:30–11:30 a.m. Chair Yoga 11 a.m. Beg. Tap Dancing 12:30 p.m. Documentary of the Month 1 p.m. CA Proposition Guide 2:30 p.m. (0920) Standup Comedy Performance 7 p.m. (0926)</td>
<td>13 Men's Hike 9:30 a.m. Juggling Hour 10 a.m. Alzheimer's Caregiver Support 10:30 a.m. (0924) Housing Supportive Network 11 a.m. Reducing the Risk of Alzheimer's and Dementia 12 p.m. HIV+ Men's Support Group 1 p.m. Paper Bead Jewelry Making 3:4–3:30 p.m.</td>
<td>14 Art Lab, 10:30 a.m. Women's Movie 1 p.m. Performance Practice 6 p.m. Hear Me Out Audition 6 p.m. (0909-L) Perceptions 8 p.m.</td>
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<td>17 New! Women's Support Chat 3 p.m.</td>
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<td>18 Qi Gong 10 a.m.</td>
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<td>19 Men's Social Group 10 a.m. Case Management (first-time, new clients) 10 a.m. – 12 p.m. 1 p.m. – 3 p.m. NEW! Men's Support Chat 10:30–11:30 a.m. Chair Yoga 11 a.m. Bette Davis for Everyone 1 p.m. Brain Power 1 p.m. Memories in the Making Art Activity 2 p.m.</td>
<td>20 Co-ed Hike 9:30 a.m. Juggling Hour 10 a.m. HICAP 10 a.m. Movie Screening 12 p.m. Email Set-up with Mom's Computer 12:30 p.m. HIV+ Men's Support Group 1 p.m. Origami with Larry 1-3 p.m. (0912) Paper Bead Jewelry Making 3:4–3:30 p.m. Hear Me Out Competition 730p.m (0927M)</td>
<td>21 Art Lab, 10:30 a.m. Latino Pride Lunch 12 p.m. (0906) Ebony Sage Circle 12 p.m. Performance Practice 6 p.m. Hear Me Out Audition 6 p.m. (0909-M) Perceptions 8 p.m.</td>
<td>22 Women's Circle + Potluck 10 a.m. – 1 p.m. (0915)</td>
<td>23 Women's Circle + Potluck 10 a.m. – 1 p.m. (0915)</td>
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<td>24 Men's Movie 1 p.m. Reading Opens Minds 1:15 p.m. New! Women's Support Chat 3 p.m.</td>
<td>25 Qi Gong 10 a.m. Country Line Dancing 11 a.m. Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. (0904) LGBT Veteran Connections 2 p.m. Farmers Market Food Bank 23 p.m. Men's Dinner 6:30 p.m. (0916)</td>
<td>26 Men's Social Group 10 a.m. Case Management (first-time, new clients) 10 a.m. – 12 p.m. 1 p.m. – 3 p.m. NEW! Men's Support Chat 10:30–11:30 a.m. Chair Yoga 11 a.m. Beg. Tap Dancing 12:30 p.m. Movie for Everyone 1 p.m. Life Connections 21+ Meets 50+ 1 p.m. 2-3 p.m. My Life is Poetry Reading 7-9 p.m. (0910)</td>
<td>27 Men's Hike 9:30 a.m. Alzheimer's Caregiver Support 10:30 a.m. (0924) Juggling Hour 10 a.m. Pot Luck 12 p.m. HIV+ Men's Support Group 1 p.m. Paper Bead Jewelry Making 3:4–3:30 p.m. Hear Me Out Competition 730p.m (0927M)</td>
<td>28 Art Lab, 10:30 a.m. Bingo! 1 p.m. Performance Practice 6 p.m. Hear Me Out Audition 6 p.m. (0909-F) Perceptions 8 p.m.</td>
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HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM)

THURSDAY, SEPT 6, 10 A.M.
THURSDAY, SEPT 20, 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 your questions. RSVP with Sandy Risdon at 800-824-0780 ext. 3006.

INTERVIEWING FOR SUCCESS

WEDNESDAY, SEPT 26, 2:30-4 P.M.
DROP-IN

The Village at Ed Gould Plaza

Attend this workshop to expand your job interview skills! Learn how to answer common questions so you will be remembered. How do you appropriately reply to “I think you are over-qualified” or “Your computer skills are not up to date?” Also, craft questions to ask at the end of an interview to get a job offer!

JUGGLING HOUR

THURSDAYS, 10 A.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.

LATINO PRIDE LUNCH

FRIDAY, SEPT 21
EVENT 0906
RSVP Required

The Village at Ed Gould Plaza

Celebrate Latino Heritage Month by eating Latino dishes and enjoying Latino music. Food will be provided.

LIFE CONNECTIONS 21+ MEETS 50+

WEDNESDAY, SEPT 26, 1 P.M.
DROP-IN

The Village at Ed Gould Plaza

Meet with Center volunteers for meaningful conversations across generations.

MEMORIES IN THE MAKING ART ACTIVITY

WEDNESDAY, SEPT 5, 2 P.M.
WEDNESDAY, SEPT 19, 2 P.M.
DROP-IN

The Village at Ed Gould Plaza

Express yourself through watercolor! This is a freestyle expressive art activity. No previous art experience required; just bring your creative spirit!

MOVIE FOR EVERYONE

WEDNESDAY, SEPT 26, 1 P.M.
DROP-IN

The Village at Ed Gould Plaza

Join us for Harold and Maude (1971). Hounded by his mother to get out and date, death-obsessed teen Harold would rather attend funerals. But when he meets the feisty Maude, a geriatric widow who’s high on life, they form a bond that turns into an unconventional romance. (91 mins.)

ORIGAMI WITH LARRY

THURSDAY, SEPT 20, 1-3 P.M.
EVENT 0912
RSVP Required

In this monthly class, Larry teaches how to create origami boxes and other useful items. Make origami out of dollar bills – great for leaving tips – and even make origami towels and napkins! We will supply all materials, and you can take your projects home! For total beginners or those with prior experience. Great for manual dexterity and logic, and lots of fun!

PAPER BEAD JEWELRY MAKING

THURSDAYS, 3-4:30 P.M.
DROP-IN

The Village at Ed Gould Plaza

Do you enjoy arts and crafts? Do you receive lots of junk mail? Come make jewelry out of your junk mail! We will make beads out of paper and bracelets and necklaces out of the beads. Bring your colorful junk mail, your patience, and your creative spirit!
QI GONG
TUESDAY, SEPT 4 10 A.M.
TUESDAY, SEPT 18, 10 A.M.
TUESDAY, SEPT 25, 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”.

READING OPENS MINDS
MONDAY, SEPT 10, 1:15 P.M.
MONDAY, SEPT 24, 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.

RUSTY’S GAY SWING & SWAY
SATURDAY, SEPT 8, 1 P.M.
EVENT 0923
RSVP required
The Village at Ed Gould Plaza
Join us for the final performance of our six-week Standup Comedy Workshop, where the senior participants will have you laughing yourself silly with their short standup sets. Refreshments will be provided.

STANDUP COMEDY PERFORMANCE
WEDNESDAY, SEPT 12, 7 P.M.
EVENT 0926
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.

STITCH ‘N BITCH CLUB
FRIDAY, SEPT 7, 2 P.M.
DROP-IN
The Village at Ed Gould Plaza
Learn how to crochet, bring your own knitting projects, or come for the juicy conversation! No prior experience necessary. We hope to rotate leadership with any experienced knitters/crocheters interested in skill-sharing. We will provide all materials.

STANDUP COMEDY PERFORMANCE
WEDNESDAY, SEPT 12, 7 P.M.
EVENT 0926
RSVP Required
The Village at Ed Gould Plaza
Learn how to crochet, bring your own knitting projects, or come for the juicy conversation! No prior experience necessary. We hope to rotate leadership with any experienced knitters/crocheters interested in skill-sharing. We will provide all materials.

THURSDAYS IN NOHO
THURSDAY, SEPT 6, 12 P.M.
DROP-IN
MCC Church in North Hollywood
Play fun games at MCC Church with some of the Center’s volunteers!

EMAIL SET-UP WITH MOM’S COMPUTER
THURSDAY, SEPT 20, 12:30 P.M.
DROP-IN
MCC Church in North Hollywood
Learn how to set up an email account. From computers to cell phones and tablets, bring your tech devices and questions. No broken devices, please.

MOVIE SCREENING
THURSDAY, SEPT 20, 12 P.M.
DROP-IN
MCC Church in North Hollywood
Join us for Blue Jasmine (2013). The high life leads to high anxiety for a fashionable New York City homemaker in crisis who finds herself forced to live a more modest lifestyle in San Francisco. (98 mins.)

POT LUCK
THURSDAY, SEPT 27, 12 P.M.
DROP-IN
MCC Church in North Hollywood
Join us for our monthly potluck at MCC! We’ll provide the main dish, please bring a side dish to share.
REDUCING THE RISK OF ALZHEIMER’S AND DEMENTIA
THURSDAY, SEPT 13, 12 P.M. DROP-IN
MCC Church in North Hollywood
Attend this presentation by Home Instead to learn ways to reduce the risk of Alzheimer’s and Dementia developed by researchers at the USC School of Medicine. Refreshments provided.

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.

COFFEE CLUB
THURSDAY, SEPT 13, 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, SEPT 13, 2 P.M. DROP-IN
Mi Centro
Join us for the Oscar-winning classic, The Graduate (1967). Dustin Hoffman stars in a landmark performance as a naive college grad who is seduced by a middle-aged neighbor, Mrs. Robinson. (105 mins.)

FOCUS ON: MEN
MEN’S DINNER
TUESDAY, SEPT 25, 6:30 P.M.
EVENT 0916 RSVP REQUIRED
Mi Centro
Meet with friends new and familiar for this monthly dinner around town! Du-Par’s Restaurant is located at 6333 W 3rd St, Los Angeles, CA 90036. Parking available!

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 Blvd. Parking available along Fern Dell Dr. Wear comfortable shoes; bring water and a snack. Hike is co-ed every third Thursday.

MEN’S MOVIE
MONDAY, SEPT 24, 1 P.M.
DROP-IN
Mi Centro
Join us for The Grand Budapest Hotel (2014). Meet at the corner of Fern Dell Drive and Black Oak Drive, 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 SOCIAL GROUP
WEDNESDAYS, 10 A.M.
DROP-IN
Mi Centro
Formerly called “Men’s Drop-in Support.” Join us to meet new friends and share stories every week. Open to all self-identifying men.

NEW! MEN’S SUPPORT CHAT
WEDNESDAYS
10:30 – 11:30 A.M.
DROP-IN
Mi Centro
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.
FOCUS ON:
WOMEN

BLACK & WHITE DANCE
SATURDAY, SEPT 8, 6-10 P.M.
EVENT 0903
RSVP Required

Pickwick Gardens: Magnolia Terrace
Break out your finest black and white attire and dance the night away at our biggest women’s dance of the year! Refreshments will be provided. Cash bar. Located at Pickwick Gardens: Magnolia Terrace (1001 Riverside Dr. Burbank, CA 91506.)

NEW! WOMEN’S SUPPORT CHAT
MONDAY, SEPT 10, 3 P.M.
MONDAY, SEPT 17, 3 P.M.
MONDAY, SEPT 24, 3 P.M.
DROP-IN

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.

PERFORMANCE PRACTICE
FRIDAYS, 6 P.M.
DROP-IN

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
SUNDAY, SEPT 16,
10 A.M. – 1 P.M.
EVENT 0919
RSVP Required

The Village at Ed Gould Plaza
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.

WOMEN’S CIRCLE + POTLUCK
SUNDAY, SEPT 23,
10 A.M. - 1 P.M.
EVENT 0915
RSVP Required

The Village at Ed Gould Plaza
Join us for a Women’s Circle to learn the process of Council, and talk about our commonalities as women. Guided by a trained facilitator, Sofia Rose Smith, Council is an age-old practice which allows us to speak and listen from the heart, honor the rich stories of our lives, and connect deeply to ourselves and each other. We’ll enjoy a potluck together afterwards. Bring a side dish or dessert to share.

WOMEN’S MOVIE
FRIDAY, SEPT 14, 1 P.M.
DROP-IN

The Village at Ed Gould Plaza
Join us for the recently released documentary, RBG (2018). The film provides an illuminating look at the life of trailblazer Ruth Bader Ginsburg — including her career-defining work in gender-discrimination law on her journey to becoming a Supreme Court Justice. (97 mins.)
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, SEPT 10, 12:30 P.M. EVENT 0908 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, SEPT 10, 1 P.M. DROP-IN
The Village at Ed Gould Plaza
Join us for Academy Award winning film, *Milk* (2008). Starring Sean Penn as San Francisco politician Harvey Milk, this inspiring biopic tells the story of how this pioneering openly gay activist was murdered by a disgruntled city supervisor in 1978. (129 mins.)

FOCUS ON: VETERANS

LGBT VETERAN CONNECTIONS: STORIES OF SERVICE
TUESDAY, SEPT 25, 2 P.M. DROP-IN
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, SEPT 11, 1 P.M. DROP-IN
Triangle Square
Support for LGBT military veterans in a safe and welcoming space.

TUESDAY, SEPT 18, 1 PM DROP-IN
The Village at Ed Gould Plaza
Join us for the historical drama, *Dunkirk* (2017), which chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by Adolf Hitler’s Nazi forces. (107 mins.)

VETERANS POOL TOURNAMENT
TUESDAY, SEPT 4, 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!

VETERAN STAND DOWN
SATURDAY, SEPT 15, 10 A.M. – 3 P.M. EVENT 0900 RSVP Required
The Village at Ed Gould Plaza
Open to all active service members and veterans. Services provided include: Benefits enrollment, VA Health System, VASH/Housing, Legal services, Medical, Mental Health. Refreshments will be provided.
FOCUS ON:
SOCIAL SERVICES

ALZHEIMER’S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP
THURSDAY, SEPT 13, 10:30 A.M.
THURSDAY, SEPT 27, 10:30 A.M.
EVENT 0924
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.

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. 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.

BEREAVEMENT GROUP
TUESDAYS, 1:15 P.M.
EVENT 0904
RSVP required
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.

HIV TESTING
WEEKDAYS, 11 A.M. – 7 P.M.
McDonald/Wright Building
1625 N. Schrader Blvd., Los Angeles, 90028
WEEKDAYS, 11 A.M. – 2 P.M., 4 P.M. – 7 P.M.
Center-WeHo
8745 Santa Monica Blvd., West Hollywood, 90069
Free testing on a walk-in basis.

HOUSING SUPPORTIVE NETWORK
THURSDAY, SEPT 13, 11 A.M.
DROP-IN
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.

PERCEPTIONS
FRIDAYS, 8 P.M.
DROP-IN
Highland Annex
Questioning your gender identity can be a lonely process and if you’re in the process of living your true gender, you likely have many questions. Join this social group at the Center’s Highland Annex, 1220 N. Highland Ave., 90038. Parking available in lot. $3 - $5 suggested donation.

Do you know...?
Do you know the difference between Medi-Cal and Medi-Care? People qualify for Medi-Cal based on either their age (65 and older) or their disability. If you have further questions, contact your Senior Services case manager or visit during our Wednesday drop-in hours from 10 a.m.–12 p.m. and 1 p.m.–3 p.m. For questions about Medi-Care, come to our Health Insurance Counseling & Advocacy Program (HICAP)! RSVP with Sandy Risdon 800-824-0780 ext. 3006.

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.
Black & White DANCE

Saturday, September 8
6-10 p.m.

$L50+

L50+: Los Angeles LGBT Center’s Programming for Lesbian and Bisexual Senior Women

Suggested Donation
$5-10

Pickwick Gardens
Magnolia Terrace
1001 Riverside Drive
Burbank, CA 91506

Event 0903
RSVP NOW! 323-860-5830
or seniors@lalgbtcenter.org

Light Refreshments Provided.
Cash Bar