50+

OCTOBER 2020

RSVP/Helpline: 323-860-5830 or Toll-Free: 877-688-4833 • seniors@lalgbtcenter.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!

Anita May Rosenstein Campus
Harry & Jeanette Weinberg Senior Center
1118 N. McCadden Pl.
Los Angeles, CA 90038
Helpline
323-860-5830
Toll Free
877-688-4833
seniors@lalgbtcenter.org
lalgbtcenter.org/seniors
facebook.com/50pluslgbt

GO GREEN
Remove yourself from the mailing list and access the newsletter and calendar online through our email list. Send an email to seniors@lalgbtcenter.org requesting to “Go Green.”

LETTER FROM KIERA
This has been a busy time for our department as a whole. In the last few months, we have transitioned our program primarily to function remotely and shift to telephone and Zoom-based formats. We have launched a social telephone call program known as Hello Club as well as our Pride Pantry which delivers healthy and needed food to our participants. I want to thank the staff members who have dedicated a great deal of time and effort to make these new programs operate as seamlessly as possible during the challenging time of the pandemic and who continue to work every day to connect with all of you through this new digital age.

We were pleased to receive notification from the Los Angeles City Department of Aging that we are receiving a grant to support our role as a Mini Multipurpose Senior Center—the first in the city to be funded which meets the needs of the LGBTQ senior community. In the next few months, you will see additional changes as we implement this grant which allows for more expansion of our services and programming this year.

Manager of Social Services Yelba Carrillo, Activities Coordinator Kira Preston, Case Manager Yellitzza Escalante and Department Assistant Rafael Sanchez have moved on from our department. We wish them the best in their future plans!

We have hired David Li as Department Assistant. Prior to this position, he worked for the Center for more than ten years overseeing our internship program with China.

Dylan Richardson has joined us as a Care Manager. He previously worked at the Center’s Children, Youth and Family Services.

After an extensive search, we hired Michael McFadden, LCSW, (pictured below) as our new Associate Director of Programs. He came to us from New York where he worked at Callen-Lorde Community Health Center which provides comprehensive healthcare and social services to the LGBTQ community. In his new role, Michael will oversee our activities and case management programs.

This past winter, Tripp Mills transitioned to oversee our housing programs including Triangle Square and the new Ariadne Getty Foundation Senior Housing, which is scheduled to open at the end of this year.

Please know how much the staff and I miss seeing all of you. We look forward to a time in the future when we can get together in person and you can meet the new members of our team.

In the meantime, we look forward to seeing each other online!

Sincerely,
Kiera Pollock, MSW, LCSW
Director of Senior Services

Senior Services is supported in part by the City of West Hollywood.
Meals: Bagged lunches are provided Monday thru Friday, 12:30–1 p.m., for pick-up only, right outside the Senior Center. Following Safe at Home guidelines, we cannot allow group meals—not even outdoors. Participants need to stay at least 6 feet from each other at all times. Masks or face coverings are required for meal pick-up. We will refuse service to anyone not wearing a mask or face covering. Please contact us if you need a mask. We will be glad to assist you.

Case Management: Staff are working remotely and have shifted to telephone-based services so please reach out to your case manager, when needed. If you do not have a case manager, please call our helpline (phone number below).

Helpline/Senior Pride Pantry delivery: RSVP line has expanded to a “help line” so if you have an immediate need, including food or masks, please call 323-860-5849 or toll-free 877-688-4833 during our business hours Monday thru Friday, 9 a.m.–5 p.m., and a staff member will get back to you.

Sign up for grocery delivery at lalgbtcenter.org/seniorpantry.

if you are 50+ and want to access the many services and classes we offer in Senior Services, please register for our program at seniors.lalgbtcenter.org/#/register, contact us at seniors@lalgbtcenter.org, or call 323-860-5830.
Hello Club is a social call program connecting volunteers and seniors via telephone with the aim of increasing socialization and decreasing isolation among the aging LGBT community. If you would like to sign up to receive calls and connect with others, then please call 323-860-5830 or email seniors@lalgbtcenter.org.

Leave a message with your specific request for Hello Club.

Join our activities from home via zoom

Use one of the following methods to join a Zoom activity:
• Call 213-338-8477 from your phone. Enter Meeting ID followed by #. When asked for Participant ID press # (Participant ID not required) and then enter Password followed by #.
• Follow the link to connect from your computer or laptop or go to http://zoom.us.
• Download the Zoom app onto your smartphone and enter the Meeting ID and Password.
• Zoom groups are now equipped with captioning

For assistance with troubleshooting, contact 323-860-7367 or email the Activities Team at senioractivities@lalgbtcenter.org.

For the most up-to-date information, schedules, and links to all Zoom activities, please visit us at facebook.com/50pluslgbt or check your email.
MONDAYS

QI GONG
10–11 A.M.
Learn how to coordinate movement, posture, breathing, and meditation to cultivate your life energy.
MEETING ID: 978 8358 5175
PASSCODE: 821316

IYENGAR YOGA
12–1 P.M.
Learn more about this form of yoga as exercise which emphasizes detail, precision, and alignment to improve yoga postures or asanas. Participants are encouraged to use blocks, blankets, and other props to perform asanas correctly.
MEETING ID: 927 8825 2234
PASSCODE: 837741

MEDITATION & MINDFULNESS
1–2 P.M.
Join Nathalie as she guides you through a mindfulness meditation practice to help you slow down racing thoughts, let go of negativity, and calm both your mind and body.
MEETING ID: 922 7480 4416
PASSCODE: 999807

SENIOR WRITING GROUP
1–3 P.M.
Share your life experiences in prose or poetry. Previous writing experience needed. Class involves writing on prompts outside of class as well as in-class writing.
MEETING ID: 949 3045 5017
PASSCODE: 218422

TUESDAYS

R&B LINE DANCING
11 A.M.–12 P.M.
Come and shake your groove thang with instructor, E Talley! R&B line dancing is a great way to learn some new moves and dance to songs that you love. All levels welcome!
MEETING ID: 926 9753 0898
PASSCODE: 649364

WEDNESDAYS

MEN’S SOCIAL GROUP
10 A.M.–12 P.M.
Join us to meet new friends and share stories every week. Open to all self-identifying men.
MEETING ID: 932 7122 4639
PASSCODE: 249740
CHAIR YOGA
11 A.M.–12 P.M.
Challenge your body and brain with Lucero as you explore ancient Eastern techniques to improve your memory and health.
MEETING ID: 957 3456 5382
PASSCODE: 743323

BEGINNING TAP DANCING
2–3 P.M.
Learn the fundamentals of tap dancing with Lauren! 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.
MEETING ID: 942 0964 5522
PASSCODE: 503640

VETERANS SUPPORT GROUP
1–2 P.M.
This group offers support for LGBT military veterans in a safe and welcoming space.
1st Wednesday: Guest provider is Angelica Escalante from TELACU. They will be sharing about all the Vocational Training they provide to the Veteran Community.
2nd & 3rd Wednesdays: Veterans Support Group meeting.
4th Wednesday: This month’s featured Veteran of the month is Stephanie Wade.

MEETING ID: 997 4154 4863
PASSCODE: 301481

SHARE, SHOW, & TELL—A SPACE TO SHARE THE MAGIC OF YOU!
3–4:30 P.M.
Senior Services and Trans* Lounge are joining forces to offer this new weekly intergenerational sharing and storytelling group. Share a poem, song, recipe, photo, or arts and crafts which you’ve created. We want to hear all about it! All are invited to share, although it is not required to participate.
MEETING ID: 923 8275 0226
PASSCODE: 320759

THURSDAYS

LBQ WOMEN’S CHAT
10–11 A.M.
Lesbian, bisexual, and queer female-identified participants take part in a group discussion and share experiences, ideas, opinions, and struggles of the everyday LBQ life in a safe and supportive space.
MEETING ID: 937 2521 9434
PASSCODE: 845758

BRAIN POWER
1–2 P.M.
Learn about queer icons and heroes with Dr. Frank, a Stonewall survivor and activist. Discuss the amazing accomplishments and struggles of a variety of LGBTQ people named on the historic Stonewall 50 Monument. Let’s raise an applause for our groundbreakers and pioneers!
MEETING ID: 963 5216 7657
PASSCODE: 901250

MEN LIVING WITH HIV
1:30–3 P.M.
Share your stories and experiences of living with...
HIV and meet some new friends!
MEETING ID: 972 4455 6136
PASSCODE: 471463

COMMUNITY COFFEE CHAT
3:30–4:40 P.M.
Join us for a casual social hour to connect with your fellow Senior Services community members. Invite a friend or make a new one. This is your time to socialize, laugh, and see some friendly faces!
MEETING ID: 928 0108 2275
PASSCODE: 355216

FRIDAYS

BALANCE & STRENGTHENING
10–11:30 A.M.
Learn to find balance and core strength in yourself. Access your natural upward energy while experiencing mindfulness in daily tasks such as walking, standing, sitting, and lying down. Learn to rely on support, breathing, and equilibrium to move with a sense of freedom, fluidity, and confidence.
MEETING ID: 954 2480 3801
PASSCODE: 638774

SATURDAYS

TAI CHI/ SOUND BATH
10 A.M.–12 P.M.
Explore this traditional practice to calm the mind and lift the spirit through low-intensity exercise, followed by a sound bath healing session that uses vibrational sound to help reduce stress and enhance consciousness.
MEETING ID: 984 0160 6292
PASSCODE: 999975

Financial Literacy Course

FRI., OCT. 9, 1–3 P.M.
Are you having a difficult time managing your finances or understanding how to be responsible with credit? If so, join us for this two-hour course. Participants who successfully complete the course will receive a Certificate of Completion.
MEETING ID: 931 4190 3329
PASSCODE: 472846
**ALLIES FOR RACIAL JUSTICE:**

**MONDAYS, OCT. 5 & 19, 11 A.M.–12 P.M.**
The group will meet every 1st and 3rd Monday of each month to share from the heart and engage in open dialogue about ways to be better allies in the movement for racial justice. This group will feature guest speakers who will share their experiences and tips for challenging cultural and institutional racism. Together we will strengthen our commitment to the fact that Black lives matter and that none of us is free until all of us are free.

**MEETING ID:** 971 9447 8236
**PASSCODE:** 265162

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

**THURSDAYS, OCT. 8 & 22, 10:30 A.M.–12 P.M.**
Join the Alzheimer’s Association LGBT support group for caregivers, family members, and friends caring for an LGBT loved one. Develop a support system, talk about challenges, and learn about resources. To RSVP, please call or email Yael Wyte at 310-912-9120 or ywyte@alz.org.

**MEETING ID:** 998 9235 3058
**PASSCODE:** 109022

**ART APPRECIATION**

**FRIDAYS, OCT. 9 & 23, 3–4 P.M.**
Explore and learn about select artwork with Getty docent David Savage! Join this virtual visit to the museum to learn about the artists and history of each piece. Imagine yourself in the art—what might you see, hear, smell and touch? This conversation will be fun and inclusive. All art lovers welcome!

**MEETING ID:** 984 9274 8385
**PASSCODE:** 081457

**EBONY SAGE CIRCLE**

**FRI., OCT. 16, 1–2 P.M.**
Ebony Sage Circle is 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.

**MEETING ID:** 998 9235 3058
**PASSCODE:** 109022

**EMPLOYMENT TIPS FOR 50+**

**TUES., OCT. 13, 10–11 A.M.**
Come learn essential tips for navigating the job field! Topics will include job search strategies, interview skills, and basic résumé writing.

**MEETING ID:** 998 9278 7126
**PASSCODE:** 411164
GOOD SLEEP FOR EMOTIONAL WELL-BEING
TUES., OCT. 20, 3–4 P.M.
Getting a good night’s sleep is vital for our emotional well-being. Join the Los Angeles County Department of Mental Health to learn the importance of sleep and get helpful tips on healthy sleep habits.
MEETING ID: 919 1064 6622
PASSCODE: 633205

GROWING TOWARD RACIAL UNDERSTANDING & HEALING
MONDAYS, OCT. 12 & 26, 11 A.M.–12 P.M.
Join us on the 2nd and 4th Monday of each month for this inclusive group to share from your heart about racial misunderstandings and connections in today’s society. Bring your lunch and let’s heal together!
MEETING ID: 995 8392 2579
PASSCODE: 298029

HOUSING SUPPORTIVE NETWORK
THURSDAYS, OCT. 8 & 22, 3–4 P.M.
Come and meet our new housing staff to hear about housing related information for the LGBT community and share your experience with us.
MEETING ID: 974 1392 8216
PASSCODE: 829967

LGTECH Q&A WITH MOM’S COMPUTER
TUES., OCT. 13, 3–4:30 P.M.
By removing old photos, videos, and files from your computer, phone, or tablet, you can make it work faster, better, and safer. Also, we’ll be previewing new devices and tech coming in the fall. Come by with any of your tech issues or just come by to learn and share your tech experiences.
MEETING ID: 933 3087 5630
PASSCODE: 957184

MAKING GAY HISTORY
FRI., OCT. 23, 1–2 P.M.
We welcome you to listen to amazing episodes of the podcast Making Gay History and then engage in a thoughtful discussion and share our experiences. Making Gay History has been bringing the largely hidden history of the LGBTQ civil rights movement to life through the voices of the people who lived it.
MEETING ID: 981 3938 4655
PASSCODE: 039451
non-weekly events

MOB SQUAD
THURS., OCT. 15, 10:30 A.M.–12 P.M.
Your voice matters—make it count!
Join Jessica from the Center’s Policy department to discuss important issues impacting seniors, such as health care, immigration, and discrimination.
MEETING ID: 980 2410 3257
PASSCODE: 955685

SABLE TALKS
THURSDAYS, OCT. 8 & 22
11A.M.–12 P.M. *NEW TIME*
An opportunity for participants to meet every 2nd and 4th Thursday of the month and learn about notable figures often overlooked in history books.
MEETING ID: 947 1526 0655
PASSCODE: 000068

MOCA 50+
SAT., OCT. 10, 2–4 P.M.
Men of Color 50 years old and beyond, in cultural solidarity, gather to support each other for gracious living in the face of economic challenges, racism, ageism, homophobia, and health issues. Facilitators: Clarence R. Williams, David Hunter, and Lamar Rucker.
MEETING ID: 995 0794 3134
PASSCODE: 66490

You are loved beyond words and missed beyond measure.

Donald “Don” Norman
December 11, 1935 – August 20, 2020
Allies for Racial Justice invites you to join the Racial Justice Book Club for their first reading selection *White Fragility: Why It’s So Hard for White People to Talk About Racism* by Robin DiAngelo. Registered participants will receive one free copy of the book. There will be weekly-assigned readings and in-depth discussions to analyze the complexities of racism and encourage meaningful dialogue. **RSVP deadline is Thurs., Oct. 1**, to receive a copy of the book. RSVP to senioractivities@lalgbtcenter.org or 323-860-5830. Though readings began on Sept. 21, participants are encouraged to join the second session.

**Assigned Reading Schedule**

**SEPT. 21:** Introduction & Chapter 1  
**OCT. 5:** Chapters 2–4  
**OCT. 19:** Chapters 5–7  
**NOV. 2:** Chapters 8–10  
**NOV. 16:** Chapters 11–13

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**Music Appreciation**

FRIDAYS, OCT. 9, 16, 23 & 30  
11 A.M.–12 P.M.  
**EVENT #1009**

Join Volunteer Action for Aging for a 4-week interactive series to listen to and share your favorite music from the 1920s to current contemporary music. Explore the benefits of music and its impact on our memories. You will also have the opportunity to learn about music from around the world! **RSVP required by Tues., Oct. 6**, to seniors@lalgbtcenter.org or 323-860-5830.
The Los Angeles Trial Lawyer’s Charities (LATLC) welcomes you to have a spooktacular time with mask decorating, spine-chilling music, and gruesome Bingo playing all while you are dressed in your Halloween costume in the comfort of your haunted home. Must have a computer, tablet or laptop, and email address to participate. Limited spaces so please RSVP by Wed., Oct. 14, to seniors@lalgbtceneter.org or 323-860-5830 in order to receive mask decorating supplies and Zoom information.

Master Class: Scientific Thinking and Communication

Thurs., Oct. 15 & Fri., Oct. 16, 3–4:30 p.m.

Join us in this Master Class two-part series with one of the most popular figures in modern science, Neil deGrasse Tyson. He will teach us to think like a skeptic, open our minds through scientific literacy, distill data, and navigate bias to discover objective truths and deliver your ideas in ways that engage, excite, and inspire.

MEETING ID: 925 3245 9460
PASSCODE: 906155
Still we Rise
A MULTI-GENRE WRITING WORKSHOP

Tuesdays, Oct. 6, 13, 20, 27, and Nov. 3; Final reading on Nov. 10
3:30-4:30 P.M.

Join us for this generative writing workshop voyaging across genres and storytelling modes to explore the words of your heart and imagination. Whether you feel at home in poetry, fiction, or memoir—or if you are just starting out—this series will expand your approaches to writing and invite you to play creatively in new ways. You’ll have a chance to write from your own experiences in both poetry and prose as well as try out characters and stories, too.

About the Instructor: Molly Thornton is a multi-genre writer and writing coach. Her writing has appeared in the Los Angeles Times, They Said: a Black Lawrence Press anthology, The Seattle Globalist, Lavender Review, BALDHIP magazine, PostMan, and more. She is a Lambda Literary Fellow and 2020 City of West Hollywood Pride Poet who coaches clients in creative writing and teaches regularly online and at literary and community centers including Hugo House, Beyond Baroque, and the Los Angeles LGBT Center.

MEETING ID: 990 6420 9759
PASSCODE: 525385

CENDRILLON

Afternoon at The Met

Mon., Oct. 19, 3-5:30 p.m.

We welcome you to the enchanted performance of Cendrillon, Massenet's glittering operatic adaption of the Cinderella story. This charming staging by Laurent Pelly bursts to life with the director's characteristic wit and whimsical imagination.

MEETING ID: 986 9462 0507
PASSCODE: 774448
Managing Your Mental Health During a Pandemic

Friday, Oct. 2, 3-4 p.m.

MEETING ID: 952 4310 0149
PASSCODE: 904371

This is an online, expert-led panel discussion that you don’t want to miss!

Social isolation, stress, fear, and anxiety—in no short supply these days—hit our community members hard. During this session, you will get a chance to hear from experts and ask questions.

Although we have no way of controlling what’s going to happen, we are in control of how we deal with the current circumstances. By focusing on a few simple strategies, we can manage our fear of that uncertainty.

Panel Experts:

DR. JIN BO is a professor of psychology, health sciences, and neuroscience at Eastern Michigan University. Dr. Bo received her Ph.D. of neuroscience and cognitive science from University of Maryland and her Postdoc of psychology/kinesiology from University of Michigan. Her research includes the behavioral and neural mechanisms of age-related differences in individuals with cognitive and motor difficulties, in addition to older adults with mild cognitive impairment.

CULLEN RUFF, M.D. is an Associate Professor at Virginia Commonwealth University School of Medicine and a physician in private practice in the D.C. area. His 2020 book Looking Within is an exploration of ourselves and our lives by looking into the human body. He has won awards teaching medical students and also teaches country dancing with the D.C. Rawhides, an LGBTQ-friendly group.