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RSVP/Message Line: 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!

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.”

As we move into the holiday season, I think about how thankful I am that our department creates spaces for shared community. For many of us, the chosen family we have created within the Center and in our lives represents the acceptance and connection that we perhaps did not get from the family we were born into.

Our department goal is to expand connection and create more opportunities for chosen families though our programs and spaces. Throughout the holiday season you will see opportunities we will provide to create community and connection with one another. Please join us on Thursday, Nov. 16, at The Village for Friendsgiving, a potluck celebration to share food, community, and what we are thankful for. Then, on Tuesday, Nov. 21, we will have our annual Thanksgiving Dinner at Rockwell Restaurant. I look forward to seeing many of you at these events.

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

LOCATIONS

M McDonald/Wright
1629 N. Schrader Blvd.

C MiCentro
553 S. Clarence St.

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

MC MCC Church
5730 Cahuenga Blvd., North Hollywood

H Highland Annex
1220 N. Highland Ave.

W Center WeHo
8745 Santa Monica Blvd.

T Triangle Square
1602 Ivar Ave.

O Other locations
Please check listing

SENIORS HELPING SENIORS 323-860-5830 • PARKING INFO LINE: 323-860-7397
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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EVERYONE

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.

ART LAB
FRIDAYS, 10:30 A.M.
DROP-IN
Closed on Friday, Nov. 24
The Village at Ed Gould Plaza
Get creative and bring out your inner-artist with Carolyn.

DAY OF THE DEAD ALTAR DECORATION
WEDNESDAY, NOV. 1, 10:30 A.M.
EVENT 1119
RSVP required.
The Village at Ed Gould Plaza
Join us to celebrate, remember, and prepare special foods in honor of those who have departed. We will serve traditional pan de muertos - Day of the Dead bread. Bring items for the altar that are special to you!

FINANCIAL CHAT WITH CAROLYN
THURSDAY, NOV. 2, 1 P.M.
EVENT 1122
RSVP required.
The Village at Ed Gould Plaza
Learn how to calculate your 'risk tolerance' and how you can adjust your portfolio to protect more of your assets.

TECH SUPPORT WITH MOM’S COMPUTER
THURSDAY, NOV. 2, 12 P.M.
DROP IN
MCC Church in North Hollywood
TUESDAY, NOV. 7, 2:30 P.M.
DROP IN
The Village at Ed Gould Plaza
From computers to cell phones and tablets, bring your tech devices and questions. No broken devices, please.

BOWLING
TUESDAY, NOV. 7, 10:30 A.M.
EVENT 1128
RSVP required.
Pickwick Bowling

Join us for bowling fun at Pickwick Bowling, 921 W. Riverside Dr., Burbank, 91506. Lane and shoe rental is $4.75 for both. Seniors Helping Seniors available.

MOVIE SCREENING

TUESDAY, NOV. 7, 1 P.M. EVENT 1112
RSVP required.

The Village at Ed Gould Plaza

Join us for A Farewell to Arms (1932). An American ambulance driver and an English nurse fall in love in Italy during World War I. 80 mins.

PANEL DISCUSSION

TUESDAY, NOV. 7, 5:30 P.M. EVENT 1135T
RSVP required.

Triangle Square

Join us for a special panel discussion, Pre-Stonewall Gay Bars as Community Sacred Space 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. Refreshments provided.

BRAIN POWER

WEDNESDAY, NOV. 8, 1 P.M. EVENT 1101
RSVP required.

Plummer Park Art Room 1; 7377 Santa Monica Blvd., West Hollywood.

WEDNESDAY, NOV. 29, 1 P.M. EVENT 1101
RSVP required.

The Village at Ed Gould Plaza

“It is Saturday evening. Instead of writing to you I wish that we could have dinner together.” Mary Todd Lincoln’s letter to her husband reveals the loneliness and anxiety of a wife and mother whose beloved is a rising star in the American political arena. What price did Mary pay for being a celebrated hostess in Washington,
D.C.? We will do Out Loud Podium Readings from her biography and letters, and view the film *Abraham and Mary: A House Divided* starring Holly Hunter.

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

**THURSDAY, NOV. 9, 10 A.M.**

**THURSDAY, NOV. 30, 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.

**READING OPENS MINDS**

**MONDAY, NOV. 13, 11 A.M.**

**MONDAY, NOV. 27, 11 A.M.**

**EVENT 1102**

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.

**FINDING YOUR TRUE SELF WITH LOIS**

**MONDAY, NOV. 13, 1 P.M.**

**EVENT 1137**

RSVP required.

* The Village at Ed Gould Plaza

Explore and find your true self while learning life practices to better understand and care for yourself.

**COUNTRY LINE DANCING WITH MATTHEW**

**TUESDAY, NOV. 14, 11 A.M.**

**TUESDAY, NOV. 21, 11 A.M.**

**EVENT 1111**

RSVP required.

* The Village at Ed Gould Plaza

Come single or with a partner for this toe-tapping class with Matthew for a great movement experience. Beginners welcome! Wear comfortable shoes; boots not required.

**LIFE CONNECTIONS 21+ MEETS 50+**

**TUESDAY, NOV. 14, 3 P.M.**

**TUESDAY, NOV. 28, 3 P.M.**

**EVENT 1129**

RSVP required.

* The Village at Ed Gould Plaza

Meet with Center volunteers to chat about life and current events.

**WE WILL THRIVE**

**WEDNESDAY, NOV. 15, 6:30 P.M.**

RSVP required.

* The Village at Ed Gould Plaza

Don’t miss 10 Things
to Know About Estate Planning, a free panel and discussion. Speakers include Willow MC Jilton, a specialist in trust, estate, and probate law. Doors open 6 p.m. Not a Seniors Services event; RSVP at lalgbtcenter.org/wewill-thrive.

GAME NIGHT
THURSDAY, NOV. 16, 7 P.M.
DROP IN

Join us for a fun night of games and community with Activities Coordinators.

BINGO!
THURSDAY, NOV. 17, 1 P.M.
EVENT 1105
RSVP required.

Join us for fun Bingo games and prizes!

BETTE DAVIS FOR EVERYONE
FRIDAY, NOV. 17, 1:30 P.M.

Join us for Old Acquaintance (1943). Old friends Kit Marlowe and Millie Drake adopt contrasting lifestyles: Kit is a single, critically acclaimed author while married Millie writes popular pulp novels. 110 mins.

ONE VOICE CABARET CONCERT
FRIDAY, NOV. 17, 6 P.M.

EVENT 1155T
RSVP required.

Join us for One Voice Seniors Chorale’s Third Annual Cabaret Concert. Enjoy live music and dance numbers by some of the most talented older adults in the Los Angeles area! Light refreshments will be served. Event is free but donations are appreciated.

KIDNEY SMART
TUESDAY, NOV. 21, 10 A.M.
EVENT 1113
RSVP required.

Get help to learn more about and take control of your chronic kidney disease (CKD), including issues related to diabetes and high blood pressure.

THANKSGIVING DINNER
THURSDAY, NOV. 21, 6 P.M.
EVENT 1103
RSVP required.

Join us for Thanksgiving Dinner! Choose from two entrées: roasted turkey
breast or pan sauté local sea bass. Please indicated your entrée order when you RSVP. All Participants MUST be registered with Senior Services for this event. $20 cash only at the door. Seniors Helping Seniors fund available.
Rockwell Table and Stage, 1714 N. Vermont Ave, Los Angeles, 90027.

**RUSTY’S GAY SWING & SWAY**

**SATURDAY, NOV. 25, 1 P.M.**

**EVENT 1123**

RSVP required.

V The Village at Ed Gould Plaza

Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! Please no rubber sole shoes. Partner not necessary.

**LARRY’S COMPUTER CLUB**

**WEDNESDAY, NOV. 29, 1:30 P.M.**

**EVENT 1132**

RSVP required.

V The Village at Ed Gould Plaza

Learn more about technology!

**THURSDAYS IN NOHO**

Valley Thursday's in NoHo meets at the MCC Church located at 5730 Cahuenga Blvd., North Hollywood, 91601. No programming on Thursday, Nov. 23 because of Thanksgiving.

**GAME DAY**

**THURSDAY, NOV. 2, 12 P.M.**

**DROP IN**

MCC Church in North Hollywood

Play fun games with some of the Center’s volunteers!
At MCC Church, 5730 Cahuenga Blvd., North Hollywood, 91601.

**TECH SUPPORT WITH MOM’S COMPUTER**

**THURSDAY, NOV. 2, 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 Church, 5730 Cahuenga Blvd., North Hollywood, 91601.

**MOVIE SCREENING**

**THURSDAY, NOV. 9, 12 P.M.**

**DROP IN**

MC MCC Church in North Hollywood

Join us for *Smokey and The Bandit* (1977). The Bandit is hired on to run a tractor trailer full of beer over county lines in hot pursuit by a pesky sheriff. 96 mins. At MCC Church, 5730 Cahuenga Blvd., North Hollywood, 91601.
CHAIR YOGA
THURSDAY, NOV. 16, 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 Church, 5730 Cahuenga Blvd., North Hollywood, 91601.

POT LUCK
THURSDAY, NOV. 30, 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.
Not offered on Thursday, Nov. 23
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.

MOVIE CLUB
THURSDAY, NOV. 9, 2 P.M.
DROP IN
Mi Centro
Join us for The Book of Life (2014). Manolo, a young man who is torn between fulfilling the expectations of his family and following his heart, embarks on an adventure that spans three fantastic worlds where he must face his greatest fears. Animated. 95 mins. At Mi Centro, 553 S. Clarence St., Los Angeles, 90033.

COFFEE CLUB
THURSDAY, NOV. 9, 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.
FOCUS ON: MEN

MEN’S CHAT

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 HIKES

THURSDAYS, 9:30 A.M.
No hike on Thursday, Nov. 23
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

WEDNESDAY, NOV. 8, 1 P.M.
EVENT 1121
RSVP required.

The Village at Ed Gould Plaza

Join us for Brother to Brother (2004), a drama that looks back on the Harlem Renaissance from the perspective of an elderly, black writer who meets a gay teenager in a New York homeless shelter. 94 mins.

MEN’S DINNER

WEDNESDAY, NOV. 15, 6:30 P.M.
EVENT 1116
RSVP required.

Maggiano's Little Italy at The Grove

Join us for a great meal and conversation at this classic Italian restaurant, Maggiano's Little Italy at The Grove, 189 The Grove Dr., Suite Z80, Los Angeles 90036.

FOCUS ON: WOMEN

PERFORMANCE PRACTICE

FRIDAYS, 5:30 P.M.
Closed on Friday, Nov. 24
EVENT 1138
RSVP required.

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. Class ends at 7:30 p.m.

WOMEN’S CHAT

THURSDAY, NOV. 2, 1 P.M.
TUESDAY, NOV. 28, 1 P.M.
EVENT 1133
RSVP required.

The Village at Ed Gould Plaza

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

SILVER SENSUALITY WITH SHE-AH

MONDAY, NOV. 6, 11 A.M.
EVENT 1109
RSVP required.

The Village at Ed Gould Plaza

Share fun, friendly, and meaningful experiences concerning the various feelings mature women experience as their bodies change.

WOMEN’S MOVIE

MONDAY, NOV. 20, 1 P.M.
EVENT 1131
RSVP required.

The Village at Ed Gould Plaza

Join us for These Old Broads (2001). After a re-release of their 60’s film hit becomes a smash, three actresses (played by
Shirley MacLaine, Debbie Reynolds, and Joan Collins reunite for a reunion show, with help from their manager. The problem? The three actresses and their manager all loathe each other. 100 mins.

**L50+ POTLUCK**

**SUNDAY, NOV. 19, 2 P.M.**

**EVENT 1115**

RSVP required.

**The Village at Ed Gould Plaza**

Join us for our monthly potluck; bring a side dish or dessert to share.

**L50+ DINNER**

**SUNDAY, NOV. 19, 6 P.M.**

**EVENT 1110**

RSVP required.

Mimi’s Cafe

Join us for a wonderful evening out with the gals!

This will be Alice Myers’ final time hosting the L50+ Dinner after many years. Help us give her a bid send off at her favorite restaurant: Mimi’s Café, 2925 Los Feliz Blvd., Los Angeles 90039.

**L50+ BOOK CLUB**

**THURSDAY, NOV. 30, 7 P.M.**

**EVENT 1025**

RSVP required.

Meeting to be held at Private Residence.

Join us for our monthly L50+ Book Club! Book of the month to be announced. Location to be provided upon RSVP.

**FOCUS ON:**

**HIV+**

**HIV+ MEN’S SUPPORT GROUP**

**THURSDAYS, 1 P.M.**

**DROP IN**

**The Village at Ed Gould Plaza**

Meet new friends and share your stories and experiences of living with HIV.

**HIV+ MEN’S LUNCH**

**TUESDAY, NOV. 28 12:30 P.M.**

**EVENT 1108**

RSVP required.

**The Village at Ed Gould Plaza**

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

**HIV+ MEN’S MOVIE**

**TUESDAY, NOV. 28, 1 P.M.**

**DROP IN**

**The Village at Ed Gould Plaza**

*A Man Called Ove*, 2015, 1 hour 56 min. Ove (Rolf Lassgård) is the quintessential angry old man next door. An isolated retiree
with strict principles and a short fuse, who spends his days enforcing block association rules that only he cares about, and visiting his wife’s grave, Ove has given up on life. After a boisterous young family moves in next door and accidentally flattens Ove’s mailbox, an unlikely friendship forms.

**FOCUS ON: VETERANS**

**VETERANS SUPPORT GROUP**

**MONDAY, NOV. 6, 11 A.M.**

**DROP IN**

**Triangle Square**

Support for LGBT military veterans in a safe and welcoming space.

**VETERANS DAY CELEBRATION**

**THURSDAY, NOV. 9, 12 P.M.**

**EVENT 1107**

RSVP required.

**V The Village at Ed Gould Plaza**

Join us to celebrate Veterans Day. Refreshments served. For veterans only.

**VETERANS SUPPORT GROUP**

**MONDAY, NOV. 27, 1 P.M.**

**DROP IN**

**V The Village at Ed Gould Plaza**

Support for LGBT military veterans in a safe and welcoming space.

**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**

**V 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.

**VETERANS SUPPORT GROUP**

**MONDAY, NOV. 6, 11 A.M.**

**DROP IN**

**Triangle Square**

Support for LGBT military veterans in a safe and welcoming space.

**FOCUS ON: VETERANS**

**VETERANS SUPPORT GROUP**

**MONDAY, NOV. 27, 1 P.M.**

**DROP IN**

**V The Village at Ed Gould Plaza**

Support for LGBT military veterans in a safe and welcoming space.

**HOUSING SUPPORTIVE NETWORK**

**THURSDAY, NOV. 9, 11 A.M.**

**DROP IN**

**V The Village at Ed Gould Plaza**

Get assistance with searching for housing and

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.
additional information about Section 8 and other housing specifically for LGBT seniors.

**BEREAVEMENT GROUP**

**TUESDAYS, 1 P.M.**

**EVENT 1104**

RSVP required.

**V 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.

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

**THURSDAY, NOV. 9, 10:30 A.M.**

**THURSDAY, NOV. 30, 10:30 A.M.**

**EVENT 1124**

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.

**TRANSGENDER PERCEPTIONS**

**FRIDAYS, 8 P.M.**

**DROP IN**

**H 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.

RSVP/Message Line: 323-860-5830

Email: seniors@lalgbtcenter.org
Join us for Thanksgiving Dinner
Tuesday, November 21 • 5–8 p.m.

Rockwell Table and Stage
1714 N. Vermont Ave., Los Angeles, CA 90027

$20 cash at the door. Seniors Helping Seniors fund available. All participants MUST be registered with the Senior Services department for this event.

Event #1103
RSVP is required.
323-860-5830
seniors@lalgbtcenter.org

Entree options:
Roasted turkey breast | Sauteed sea bass
Please indicate entree selection with RSVP.