



Lavender Notes

*Improving the lives of LGBT older adults
through community building, education, and advocacy.*

February 2017

Celebrating 22+ years of service and positive change

Volume 24, Issue 2

Stories of Our Lives

Charles F. "Chuck" Baroo

Before he was even born in 1940, Chuck Baroo was destined to be involved in global activism and international travel. In fact, as this story is being written, Chuck and his partner, Patrick (they celebrated their 25th anniversary in November) are about to leave Santiago, Chile, for the Atacama Desert (the driest non-polar desert in the world) to the north after having toured Tierra del Fuego to the south.

Chuck and his three-years-younger brother were born to the unlikely pairing of an Islamic man from what is now Azad Kashmir - historically sometimes part of India, but currently administered by Pakistan - and a Roman Catholic woman from Nevis in the Caribbean's Leeward Islands. As a runaway adolescent on board his Kashmiri brother's ocean-going boat, Chuck's father "jumped ship" twice - once for a year in England and once in New York, which he never left.



Chuck at age 2 in New York

When Chuck was four years old, his family moved to a largely Jewish neighborhood in the Bronx River section of New York City. The life lessons he learned from his parents - at an early age - began with that move to a region where - among other features - availability of acceptable food (kosher and Hillal food are basically the same) and reasonable prices prevailed. The family was warmly welcomed by their neighbors.

"I remember an incident a few months later that planted the seeds for my 'one-world' vision of people on this planet," Chuck recalls. "My Dad was a gregarious sort who worked with a diverse group, including several black men (the term in 1945 was 'Negro'). We hosted a big backyard barbecue, attended by a number of these guys and their families. We had a great time! But a homeowner association was soon formed, a lawyer engaged to persuade my father to sell our house, so that there would be no more black people coming into the otherwise 'white' neighborhood. When that lawyer showed up at our house and explained the situation to my father, he literally picked the guy up by the scruff of the neck and the seat of the pants and threw him off the porch. We lived in that same house for 22 years with no further incidents!"

Four years later (1948), Chuck's father proved his "equal-opportunity" mettle in a similar incident after they rented a lovely summer home in the Catskills from an Irish Catholic family.

"For our first month there, everything was fine," Chuck explains. "When we had our annual 4th of July party, though, and a number of Jewish friends gathered for the celebration, Dad was told the cottage had to be vacated the next day, since 'they'

were not allowed on the property. Dad did the old 'heave-ho-from-the-front-porch' number at that point, as well, the party continued and we stayed in that cottage the rest of the summer. Though we didn't see the owner himself anymore, his wife and kids would come by and socialize whenever he was gone."

From those beginnings, Chuck has lived an exemplary life of respect and admiration for all of the world's people. He and his brother went to nearby elementary and high schools. After graduation, he attended City College just a few blocks away from home for a while.

When asked about dating girls in high school, his response was a thoughtful one.

"I was very innocent when it came to life, love and such," Chuck recalls. "I was actually engaged to a young lady at one point when I was 17 or 18, but clearly my heart wasn't in it. Though I didn't exactly have a name for what I felt toward other boys and men, I think I basically sublimated my sexuality for the next decade or two!"

The wander-lust he naturally inherited from his father began to be actualized when he spent three years in the Army, much of it in Panama. On the day he was being inducted, Chuck and his father sat on a stone bench - both of them in tears for their own reasons - helping him to accept that it was okay for a man to cry at emotional times, something many of his friends never learned. In Panama, he worked in a leprosarium and with homeless people. As a pacifist, his refusal to "shoot on sight" any foreign national who might come in view while he was on guard duty resulted in his eventual court-martial from the service after three years.

While in the military, Chuck became friends with the chaplain, a Trappist monk, who later invited him to a monastery in Worcester (after attending the Newport Jazz Festival), where he became drawn to the monastic life. Leaving the military at age 21, he decided to become a monk, struggling to learn the required Latin - finally succeeding - via learning basic grammar and Greek. He soon settled into the routine of living in a monastery.

Two years later, he had to leave the monastery to support his parents who suffered permanent emotional damage from the untimely death of his younger brother (their younger son) at age 20. Moving from the tranquility and well-planned monastic life to the chaos of his own grief, as well as his parents' grief, was a difficult transition for him.

"My parents never recovered from that tragic loss," Chuck explains. "My Dad lived another seven years, but he was a broken man. Though my Mom lived to be 75 years old, she was also devastated. She spent most of the years after Dad's death back in her native West Indies, only coming to live with us after she became unable to care for herself. I'm all that's left of that family now."

Chuck didn't actually "come out" until he was in his 30s. In the early '70s, searching for a support group, he became involved with Dignity, which was a fairly brave thing for LGBT Catholics to do at the time. Coming from a "mixed-marriage" of Islam and Roman Catholicism had never been confusing to him. His father had generally supported him and his brother in attending Catholic events as young boys - until he heard a sermon that talked about the depravity of human beings, etc., after which they were no longer required to go to mass.

Under Chuck's leadership, the Dignity group soon expanded to issues beyond sexuality. Homelessness and addiction was rife, so they became part of a coalition to provide housing and drug counseling. They acquired a building which had been owned by the Catholic diocese and converted it into housing for homeless women. Within a few weeks, there were 300 women wanting to stay in the "Dwelling Place," a facility which was eventually forced to limit the number of residents per night. That facility is still providing shelter for homeless women!

Chuck spent two years (1982-84) backpacking around the world, re-introducing himself to his father's early Kashmiri childhood, among other things. He visited Buddhist centers in Sri Lanka and Thailand. He managed a Nepalese restaurant, worked as a hospice counselor in Sydney, was maitr'd at a restaurant in Brisbane.

"During this exploratory period, I seemed to always get involved with the wrong types of guys," Chuck recalls. "I hung out with chorus boys, was involved in a chorus line and generally felt adrift, though I was still an activist in various of these progressive movements."

In 1991, Chuck decided to follow his heart to Holy Names College in Oakland to study with Matthew Fox, exploring creation spirituality. Chuck had lived in ashrams in India and was intent on building bridges between eastern and western philosophies and religions, something he felt he was destined to do.

It was at Holy Names that he met the love of his life, Patrick Heaphy, on November 2nd 1991.

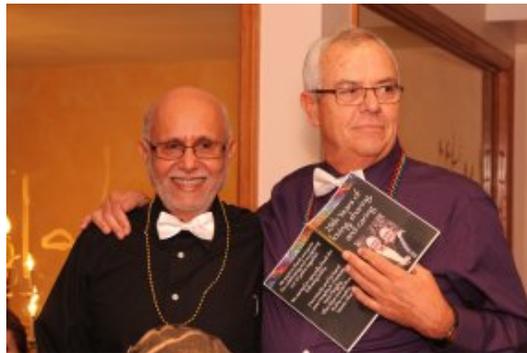


Patrick (left) and Chuck

"We went out to dinner afterward at 16th and Valencia in the Mission," Chuck explains. "Our first actual date was going to a service at Glide Memorial. We've been together pretty much ever since. We have an interesting life, spending half the year in our rent-controlled apartment in New York and half the year in our home in the China Hill district of Oakland. Of course, we both love to travel, so we spend a lot of time seeing the world, as well."

Who else do you know who toured Tierra del Fuego this year?

For their 25th anniversary three months ago, they hired a hall and a four-piece band in Yonkers, where they staged a social coup with such features as placing photos of guests (rather than place cards) under the plates for people to search out, find their own photo - and mingle - with other guests. In addition, they took a Silver Anniversary trip to Italy to celebrate.



Chuck and Patrick (holding the official program for the occasion) at their Silver Anniversary Party, November 2016

Chuck has been active in Lavender Seniors for several years, including being "back-up" for the monthly film series at the San Leandro Public Library, plus regularly attending the Third Friday Lunch Bunch at North Oakland Senior Center. He's a member of the "We're Still Here" monthly support group of 10-15 LGBTQ seniors - currently ranging in age from 65-95 - who meet the first Thursday of the month. In addition, he's a board member of AHWGO (At Home with Growing Older) and SAGE (Services and Advocacy for GLBT Elders). He works with the Walks Committee encouraging seniors to get out and take walks in nature, enjoying public parks.

Chuck's philosophy for transitioning from 110% social-political-spiritual activist to 77-year-old retiree?

"When you get to be my age, you have to prioritize more than when you're younger," he says. "Pat and I decided we definitely want to remain 'bi-coastal' as long as possible, we want to travel and I want to be able to stay in an Indian ashram from time to time. Meanwhile, if I can accomplish just ONE thing each day - rather than 5-10 which might've been the case earlier on - I let the mind go, meditate instead and allow myself to enjoy NOT accomplishing anything else outside the mind that day!"

A good retirement philosophy for all of us perhaps?

Thank you to Chuck and Patrick for opening your homes, your hearts and your lives to other LGBTQ seniors and their allies!

Book Review:

Modern Families: Stories of Extraordinary Journeys To Kinship

By Joshua Gamson

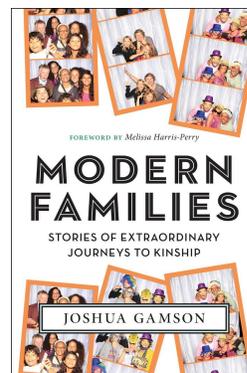
Gamson surveys families that are non-conforming in many respects.

Included here are children with two mothers, girls with two gay dads, and children with unconventional parents.

"Leave It To Beaver" families that are dull and conventional are no longer with us. Single parenthood presents us with households where half of African American children and 25% of Latino children have only a mother as parent. Single parents see parenthood as their only path to achievement.

Gamson, a professor of Sociology at the University of San Francisco, views the central dilemma as twofold: Should families make their stories public and face hostility or remain silent?

- Frank Howell



For Any GBT-identified Man Who Likes to Sing!

OEBGMC Auditions on February 7th

For any GBT-identified men (of any age!) who like to sing, one of our key sibling East Bay organizations, the Oakland East Bay Gay Men's Chorus is holding auditions on Tuesday, the 7th of February for their annual spring concert, "A Prairie Home Companion".

More info at <http://oebgmc.org/auditions/>

Auditions

Next auditions: February 7, 2017

If you are interested in joining us before our next audition on February 7, please email contactoebgmc@oebgmc.org for more information.

The **Oakland East Bay Gay Men's Chorus** performs a wide variety of repertoire in a series of concerts and numerous special performances throughout the year. Though we are called Oakland East Bay, we encompass a broad geographic area. We even have had singing members who join us from as far as San Jose and Napa!



Rehearsal Schedule

Weekly rehearsals are Tuesday evenings, from 7:15pm until 9:45pm at Lakeshore Avenue Baptist Church in the Grand Lake area of Oakland. We also have occasional sectional rehearsals scheduled by section leaders as needed, and

an attendance-optional annual chorus retreat. You are welcome to attend and see if the chorus is a right fit for you.

How to Audition

For more information and to schedule an audition, email contactoebgmc@oebgmc.org or call/text 510-229-8719.

Music School

If you are interested private and group instruction, please see our [Community Music School page](#).



Diversity -- racial, religious, sexual or any other type -- will be celebrated here in the spirit of safety and openness.

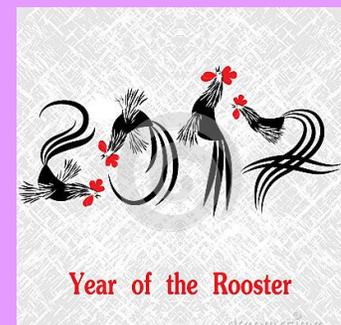
First ever GSA for Age 55+!

GSAs (Gay-Straight Alliances) are usually found in high schools and colleges. They're formed in order to create a safe, supportive and welcoming environment for lesbian, gay, bisexual, transgender, (LGBT) youth and their non-LGBT allies. Well, the City of Fremont and LIFE ElderCare are breaking new ground by forming the first ever Senior GSA! This one will be for older adults who identify as LGBT and anyone else who supports LGBT equality. The theme for this group is 'Action for Happiness'.

Action for Happiness is a movement of people from all walks of life who are taking action in their personal lives, communities and schools to help create a happier and more caring society. Our actions and choices can affect our happiness. What makes us happy has less to do with our money or possessions and more to do with our attitudes and relationships with other people.

Each month we'll chat about one of the keys to happier living and then plan ways to incorporate it into our lives. The 10 keys are Giving, Relating, Exercising, Appreciating, Trying Out, Direction, Resilience, Emotion, Acceptance, and Meaning. Join us!

2nd Thursday of every month from 11 am - noon.
at the Fremont Senior Center, 40086 Paseo Padre Pkwy, Fremont,
For more info call Patricia (510) 574-2091



San Leandro Pot Luck

February 11, noon-2:00pm

February is Chinese New Year, Black History and Valentines month. Come join us for a lesson on Chinese paper-making craft.

Arlene Lum from the San Leandro Asian Chamber of Commerce will be making a presentation and demonstration of Chinese craft making. Attendees may be able to make an article to take home.

We are looking for other program ideas for future potlucks that may pique the interest of Lavender Seniors participants. Please send your suggestions to [Lavender Senior Lunches](#).

February 15, 2017 - Drag for a Cause Fundraiser for Pacific Center



**DRAG FOR A CAUSE
POST VALENTINE'S DAY
FEBRUARY 15, 2017**

3rd Annual Drag Show Benefit
in support of
THE PACIFIC CENTER

Doors Open at 8:00 pm
Show Begins at 9:30 pm
\$10 SUGGESTED DONATION
No one turned away!

Come early to purchase raffle tickets for great prizes!
hosted by the Rebel Kings of Oakland
@ THE WHITE HORSE BAR
6551 TELEGRAPH AVE., OAKLAND

THIS WILL SUPPORT:
Over 15 Peer Groups
Affordable Mental Health Services
Youth and Elder Programming

PACIFIC CENTER

Photos: Martin Totland

Lavender Seniors Film Series Resumes, Third Wednesday, 15th February, 1-3pm

Cloudburst

After a month off (for a library renovation project), the Lavender Seniors Film Series resumes on the Third Wednesday, 15th February, at the San Leandro Public Library, 1-3pm.



Olympia Dukakis (don't think of her as sweet, calm and collected Mrs. Madrigal in the "Tales of the Cities" series) co-stars with Brenda Fricker as a "mature" (i.e., in their 70s?) lesbian couple who take off from their respective caregivers on a road trip to Canada to GET MARRIED! At last count, this 2011 film won more than 50 "best film and best actor" awards, ranging from film festivals in Athens, Barcelona, Vancouver, Dublin, Edmonton, Los Angeles and our very own Frameline Film Festival in San Francisco, as well as dozens of others.

After many years together, feisty and delightful lesbian couple, Stella and Dot, are finally going to go and get married (against the wishes of Dot's granddaughter, who wants her left in a residential care facility). FYI, the Dukakis character has a VERY foul mouth, so anyone offended by four-letter words should stay away or be prepared to cover their ears from time to time. Susan Muska and Greta Olafsdottir ("The Brandon Teena Story") return with a love story of two remarkable women whose commitment to each other is an inspiration to us all.

For the guys in the audience, Muska and Olafsdottir have secured the male lead in the long-running play, Ryan Doucette, as Prentice, the hitch-hiker the woman pick up in their truck (he frequently has his shirt off, to the delight of gay men and straight women everywhere). He is a much more benevolent and helpful character than the Brad Pitt hitch-hiker in "Thelma and Louise". In fact, when Prentice is showing off his chest and hiking his pants DOWN to show off his muscular body as he's being picked up by the pair, the Dukakis character's classic line is "Pull your pants up, boy, you're humpin' the wrong fire hydrant here"!



The unlikely trio searching for the right place for Stella and Dot to finally get married!

For those interested in seeing a trailer on YouTube:

<https://www.youtube.com/watch?v=U89Xb9j6beo>

We are delighted (and grateful) to announce that Akilah Monifa, who may be remembered from CBS-TV or as guest emcee at the Lavender Seniors Platinum (20th) anniversary celebration in November 2014 - has agreed to host the film series February through May while John David and Jumaane "winter" in Costa Rica. Akilah is a former board member of Lavender Seniors and currently is co-founder/co-publisher and Editor-in-Chief for Arise 2.0, a global digital publication by LGBTQ folks of color and our allies and for and about everyone.



Akilah will be hosting the film series!

As usual, Lavender Seniors will provide popcorn, bottled water, Martinelli's (sparkling and plain) apple juice and Reese's miniature peanut butter cups. After the showing, there will be a brief discussion of the film and how it might apply to our lives as LGBTQ seniors (and allies), as well as an evaluation to help inform how the series continues.

The film will be shown at 1pm on Wednesday, 15th February, in the Lecture Hall at San Leandro Public Library, 300 Estudillo, a ten-minute walk up Estudillo from the San Leandro BART station - or a five-minute walk from the AC-Transit stop at E. 14th and Estudillo. For those with mobility issues, pick-up from the San Leandro BART station can be arranged (for 12:30) by e-mailing JohnDavid@LavenderSeniors.org at least 24 hours in advance.

For people who are driving, the library is on Estudillo two blocks below Bancroft Avenue in San Leandro. It is accessible via either I-880 or I-580, as well.

From I-880, get off at the Davis exit and head east toward the hills. Davis eventually becomes Callan, which passes the north side of the library two blocks above East 14th.

Coming on I-580, get off at the Estudillo Exit (#31B) and follow that street down toward the Bay until you reach 300 Estudillo.

There is ample free parking - some three-hour and some two-hour - at the library.

[Third Friday Lunch Bunch, Friday, 17th February, 12-2pm](#)

Celebrating Black History Month

February is Chinese New Year, Valentine's Day, and Black History Month

Our January Lunch Bunch celebrated the Chinese Lunar New Year of the Rooster with a discussion of the philosophy behind Feng Shui...harmony in surroundings.

Join us in February for a Black History month recounting of the Black Panthers organization whose leader, Huey Newton, attended the old Merritt College right here where the luncheon is held.

Our speaker will be Akilah Bolden-Monifa and her guest. Akilah Bolden-Monifa is the Editor-in-Chief/co-founder/co-publisher/principal blogger for Arise 2.0, a global digital multimedia publication by LGBTQ folks of color and our allies and for everyone. She is also a freelance writer/blogger/contributor for Huffington Post, Buzz Feed, Progressive Media Project, and Divorced Moms. She lives in Oakland and is the proud mother of two teens. She has produced many Black History Month events and has researched and written about the month explicitly.

This should prove to be an interesting historical presentation. You will be sitting in the middle of a building where local history was made.

As usual, buffet lunch (there is always a vegetarian option) will begin promptly at noon, with Akilah's presentation following at 12:45pm or so, after announcements. The North Oakland Senior Center is at 5714 Martin Luther King Jr Way (corner of 58th Street). Ample parking and entrance are in the rear of the building, formerly Merritt College. It has since been retrofitted and renovated, with half of the building for NOSC and the other half for Children's Hospital Research Unit.





CARA Alert - January 24, 2017

A publication of the California Alliance for Retired Americans.

President Trump Turned off His Phones - He doesn't want to hear from the American People about Protecting Medicare, Medicaid and Social Security

January 23 was supposed to be our National Call in Day to President Trump to ask him to keep his promise to the American people that he made during his campaign to Protect Medicare, Medicaid and Social Security. As people started to make their calls, they found that the switchboard was closed and the Whitehouse was not receiving comments. It was President Trump's 1st official day of work and he has already decided not to listen to the American people. So, we're changing the message on the toll-free number to connect people to Congress.

Call 866-828-4162

Tell your Congressman how upset you are that the President won't listen to the American people. - and he turned off his comment line. We are also [sending this petition call to action to our members.](#) (click on the highlighted and underlined area and sign the petition). The ARA in Washington will attempt to deliver the petitions to the White House this week.

Please distribute this information to any of your members, friends, and neighbors who were planning to participate in this call in day. We will be monitoring the comment line in the coming days and weeks and will regroup for another call in day if and when it opens again. You should keep trying to call the number and ask to be connected to the White House too. Have we already scared the new President?

February LGBTQ-Related Films

(besides the Lavender Seniors Film Series)

Frameline Co-presentations (including one in Oakland)

Center of My World

FEB 4 at 12:30 PM

Castro Theatre / SF

As a new school year begins, a handsome and mysterious new student arrives. Smitten, Phil



watches his crush as he runs around the track after school, and is thrilled when Nicholas returns his feelings. However, when first love's volatility comes to light, Phil realizes he must deal with the problems of his past, in order to deal with the issues of his present.

[Buy Tickets](#)



Transit Havana

FEB 4 at 8PM [Pro Arts Gallery / Oakland](#)

FEB 7 at 9PM Goethe-Institut / SF

Once a year, two plastic surgeons, invited by daughter of the President, Mariela Castro and head of the new state program for transgender care, fly to Havana to perform surgery on five Cuban transgender persons. Castro organizes this as a modern completion of the socialist revolution of 1959 because, in her words, it is all about emancipation and self-realization. Is Cuba changing into a safe haven for trans people?

[Buy Tickets](#)



Hunky Dory

FEB 11 at 9:30 PM Roxie Theater

FEB 15 at 9:30 PM Roxie Theater

Sidney always wanted to be a rock star, but he ends up working for tips as a dive bar drag queen instead. He swindles his friends and family and turns a trick or two to pay the rent. His life takes a dramatic turn when his ex unexpectedly drops their 11-year-old son off and vanishes. He does his best to hide his personal demons, but single parenthood soon starts to overwhelm.

[Buy Tickets](#)



Desire Will Set You Free

FEB 12 at 9:30 PM Roxie Theater

FEB 13 at 9:30 PM Roxie Theater

A young American writer falls for a Russian hustler and introduces him to his alternative lifestyle amongst Berlin's queer and underground scenes, but as they make their hedonistic journey through clubs and parties, their inner desires reveal themselves. Our characters travel through Berlin's layered history and visit real locations where many Berlin-based personalities give performances, often playing themselves.

[Buy Tickets](#)

Showing in Theaters and Available on iTunes:



Inspired by the true story of gay rights activist turned ex-gay Christian pastor Michael Glatze, "I Am Michael" stars [James Franco](#), [Zachary Quinto](#), [Emma Roberts](#) and [Charlie Carver](#). See Franco in his "finest work since '127 Hours."

"I Am Michael" is showing in theaters and available on iTunes as of January 27.



Out Standing Seniors is celebrating it's 4th Anniversary!

Out Standing Seniors provides a safe and confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources, information, and support.

Meets: 11:30 a.m.-2:00 p.m. on the 1st and 3rd* Tuesdays at the Hayward Senior Center, 22325 N. Third Street,

Hayward

*The group will be meeting off site for our anniversary celebration on February 21st. Contact [Beckie](#) for details.

Good things happening at

RAINBOW COMMUNITY CENTER

2118 Willow Pass Road, Ste 500
Concord CA 94520



Rainbow Community Center presents:

2017 Annual Crab Feed Fundraiser

An Evening to Remember

Hosted by Honey Mahogany & Robin Cammerer

Sat. Feb. 25th
Mt. Diablo Unitarian Universalist Church
55 Eckley Ln, Walnut Creek
VIP Champagne hour begins at 5:00 pm
General Admission starts at 6:00 pm

Sponsored by:  JOHN MUIR HEALTH

RAINBOW
COMMUNITY CENTER

 PINK SPOTS

All you-can-eat crab, pasta, salad and dessert!
Purchase early-bird tickets at: www.rainbowcc.org
VIP Tickets are \$100, \$75 for general admission.
For more information, contact jonathan@rainbowcc.org
(925) 692-0090 ext 339

PosterMyWall.com

1st Friday and 3rd Tuesday, 1:00pm - 3:00pm

Senior Luncheon

Luncheon and Social for LGBTQ Seniors 55+

Twice a month, Rainbow staff and volunteers provide a healthy lunch for our LGBTQ Seniors.

The lunches are usually held 1pm-3pm on the First Friday and Third Tuesday of each month at RCC (schedule may change for holidays, etc. please call to confirm).

Attendees are requested to RSVP to help us prepare enough food for all!

For more information or to RSVP, please contact RCC's Senior's Program Manager, Michael Lim 925.692.0090 ext. 337 or michael@rainbowcc.org

**This project is supported by Concord Pleasant Hill Health District and CDBG of Walnut Creek and Contra Costa County.*

** Counseling and Case Management Support is available as requested.

***LGBTQ+ seniors are also eligible to access the center's pantry that operates every Thursday morning.

Check out their [Calendar](#) for more activities!



NEW CONSERVATORY THEATRE CENTER CELEBRATES 35 YEARS

2016-2017 Season Presentations

+ **DANIEL'S HUSBAND** - Jan 20 - Feb 26, 2017

West Coast Premiere
by Michael McKeever

+ **LEAVING THE BLUES** Mar 3- April 2, 2017

A Play with Music by Jewelle Gomez
World Premiere

+ **EVERYTHING THAT'S BEAUTIFUL** March 17 - April 23, 2017

by Elyzabeth Gregory Wilder
World Premiere

+ **SORDID LIVES** May 12 - Jun 11, 2017

by Del Shores
SF Premiere

+ **WARPLAY** Jun 2- Jul 2, 2017

by JC Lee
World Premiere

Subscription Packages provide heavy discounts.

Go to <http://www.nctcsf.org/shows/subscribe> for more details.
25 Van Ness Ave. San Francisco, CA 94102
415.861.8972



LGBT Online Support Group for Caregivers

If you are lesbian, gay, bisexual, or transgender and caring for someone with ongoing health problems . . . ***you are not alone!*** Family Caregiver Alliance's online LGBT Caring Community Support Group connects you with others facing the day-to-day challenges of caregiving. If you're assisting someone with Alzheimer's, stroke, Parkinson's, traumatic brain injury, or other chronic health problems, you can get support from the convenience of your home.

Share experiences, resources, and ideas in a supportive, caring environment. Available 24 hours a day, all you need is e-mail, and it's free! Visit www.caregiver.org.

Women caring for their women partners support group has open slots...

Feel overwhelmed caring for your female partner? Don't feel like you fit in at the usual support groups?

Lavender Seniors of the East Bay is proud to announce its first support group for Women caring for their woman partners.



Every other Friday at 1pm
2041 Bancroft Way, Suite 307 Berkeley

If you are a woman caring for a sick, elderly or disabled woman partner, join us.

Facilitated by Dr. Shannon Dubach

Please R.S.V.P. to Patricia at
patricia@LavenderSeniors.org
(510) 574-2091

\$10 donation as able. No one turned away for not donating.



SENIOR CENTER

Without Walls

Community Phone Calls

Just a few of the things offered:

LGBTQ Chat 2nd and 4th Mondays, 2/13, 2/27, 3/13, 3/27 1:00pm - 2:00pm

This group is open to all LGBTQ seniors and is an opportunity to connect with others socially in a supportive environment where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community. Facilitated by Sylvia Vargas, Openhouse Friendly Visitor Manager

Personal Storytelling Tuesdays, 2/21, 3/21 3:00pm - 4:00pm

Under the guidance of Master Storytelling Mary Gay Ducey, Stagebridge Storytellers have been exploring the art of Personal Storytelling. Our tellers have taken personal memories, thoughts, and even ramblings and turned them into engaging personal narratives. In this call-in Storytelling Concert, you will hear these stories come alive! Facilitated by Stagebridge, California

Gratitude 1/9 - 4/9 Morning Gratitude Every Day 9:00am - 9:30am Afternoon Gratitude Mondays - Fridays 12:00pm - 12:30pm Saturdays 4:00pm - 4:30pm Sundays 1:00pm - 1:30pm

Call our daily Gratitude Groups to share what you feel grateful for in a safe and welcoming space. Listen to others share as well for an inspiring way to begin each day! Facilitated by Kaevalya Banks, Kathleen Torres, Tom White, Lynn Rayburn, Vi C., Nicolette Noyes, and Patt Schroeder

View the [Winter catalog](#) of community phone calls [here](#). To participate in these or other Senior Center Without Walls (SCWW) telephone activities, or to learn more about SCWW programs, call 877-797-7299 or email info@seniorcenterwithoutwalls.org.



A Proving Ground for the
Future of Opera

The Merola Opera Program invites Lavender Seniors members to a special evening of vocal technique and musical coaching.

On Wednesday, March 1, 7:00 - 8:30 pm, at the Herbst Theatre (401 Van Ness Avenue), please join us for Church and State: The separation between coach and voice teacher, where we will learn how opera singers prepare for a role. San Francisco Opera Centers' Director Sheri Greenawald and Director of Musical Studies Mark Morash are joined by San Francisco Opera Adler Fellows, illuminating the differences between vocal technique and musical coaching, and how they complement each other.

Admission is free with advance registration. Seating is not reserved and on a first-come basis. Reservations that do not follow requirements will not be processed:

1. Please send your name (first and last) and organization you are affiliated with to: rpimentel@merola.org.
2. You may bring one (1) guest. You must submit their name (first and last) plus their email.
3. Each guest will receive a confirmation email.

Please, do not reserve unless you are 100% certain you and your guest can attend. Reservations accepted until Wednesday, February 22, 5 pm or on a space-available basis until capacity is reached.

Merola Opera Program celebrates our 60th Anniversary in sparking the future of opera and serves as the cornerstone of San Francisco Opera's training and performance progression for promising young artists. Each summer, young artists from the United States and around the world are brought to San Francisco for 12 weeks of intensive studies and performance opportunities under the guidance of renowned teachers and performers. Merola alums include opera superstars Joyce DiDonato, Patricia Racette, Susan Graham, Thomas Hampson, Leona Mitchell, Anna Netrebko, Villazón, Deborah Voigt, and Dolora Zajick among many others. For more information on the Merola Opera Program, [click here](#).

We hope you can join us for what should be a very exciting evening!

Ruben B. Pimentel, Jr.

Director of Marketing & Communications

Merola Opera Program

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FEBRUARY



THIS MONTH'S EVENTS

Out Standing Seniors, Hayward

February 7 & 21* 11:30 a.m.-2:00 p.m. (1st and 3rd Tuesdays)

Hayward Senior Center, 22325 N. Third Street, Hayward

A safe and confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.

**On February 21st we will be celebrating our 4th anniversary off site. We will NOT be at the senior center.*

Queerly Aging Lesbians

February 2 & 16, 1:30 p.m. (1st and 3rd Thursdays)

The Pacific Center, 2712 Telegraph Avenue (at Derby), Berkeley

Find support and like-minded wonderful people!

Gay Straight Alliance

February 9, 11:00am-noon, (2nd Thursdays)

Fremont Senior Center, 40086 Paseo Padre Parkway, Fremont

See information above.

Rainbow Seniors

February 14 & 28 12:30-2:00 (2nd & 4th Tuesdays)

San Leandro Senior Center, 13909 E 14th St, San Leandro

A safe and confidential space for LGBT seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.

Lavender Seniors Advisory Board Meeting

February 8, 6:00-8:00 p.m. (Wed before San Leandro Potluck Lunch)

San Leandro Library, 300 Estudillo, San Leandro

A portion of this meeting is open to the public.

Senior Men's Group

February 9 & 23 1:30 p.m. (2nd and 4th Thursdays)

The Pacific Center, 2712 Telegraph Avenue, Berkeley

Co-sponsor: The Pacific Center, 510-548-8283

Feel alone? Need to find space to be yourself and chat with others? Join us!

San Leandro Potluck

February 11, noon-2:00pm

All Saints Episcopal Church, 911 Dowling, San Leandro 94578

Come relax for a couple of hours. Share the love, meet others, talk and laugh!

This month's program: Chinese Paper-making craft (see info above)

Lavender Seniors Film Series

February 15, 1:00-3:00pm

San Leandro Library, 300 Estudillo, San Leandro

This month's movie: Cloudburst (see info above)

Our Space Intergenerational Community Dinner

February 16, 5:30-7:00 p.m. (3rd Thursday of each month)

Our Space, 22245 Main St in Hayward

Contact stephanie@baycyouth.org for information

Oakland Lunch Bunch

Sponsored by City of Oakland Aging & Adult Services

February 17, 12:00-2:00 p.m. (3rd Friday of each month)

North Oakland Senior Center, 5714 Martin Luther King Jr. Way, Oakland
This month's program: Celebrating Black History Month (see info above)

Women caring for their woman partners

Every other Friday at 1pm

Please R.S.V.P. to Patricia at patricia@LavenderSeniors.org (510) 574-2091

Facilitated by Dr. Shannon Dubach

2041 Bancroft Way, Suite 307 Berkeley

If you are a woman caring for a sick elderly or disabled woman partner, join us.

Lavender Seniors of the East Bay Board of Advisors

Chair: Victor Aguilar Jr.

Secretary: John David Dupree

Treasurer: Carmen Chiong

Editor: Beckie Underwood

Barbara Jue

Interim Board Member:

mica-Meri Furnari

Lavender Seniors

is a project of

LIFE ElderCare



Like us on Facebook

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