



Lavender Notes

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

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*Celebrating 24+ years of service and positive change
August 2019 - Volume 26 Issue 8*

STORIES OF OUR LIVES



Ana P. Bagtas, MHA

She rode a water buffalo to her Ilocano-speaking grandfather's rice paddies in a rural area outside of Manila; she participated in an experimental accelerated learning program promoted by Ferdinand Marcos; she watched a beloved and benevolent Marin County uncle die of AIDS; and she has spent most of her career working in numerous programs benefiting vulnerable seniors. Now she has become Lavender Seniors' newest board member, the first "ally" to be featured in this newsletter's "Stories of Our Lives" column.

Ana Bagtas, turning 50 in two months, was born in Manila. Her father was a retired firefighter who had five children in his first marriage, then married a woman 20 years younger than him, with whom he had five more children, including Ana.

"My Dad thought of me as his seventh child," Ana recalls. "Since he considered seven a lucky number, he frequently referred to me as his 'wonder-child'. I was definitely my father's daughter, though it was clear he loved all ten of us deeply."

Ana describes her childhood in Manila as very full, given that eight of the ten siblings all lived together through much of those childhood years, sometimes vying for their parents' attention. Because of their hard-working parents' pre-occupation with making a living, some of the older siblings sometimes filled in as 'acting parents.' In fact, some of the older siblings were almost the same age as Ana's mother.



Ana – age 8 – in traditional costume – already in love with dance

“During a pivotal time in my own development, there were several significant things that happened,” Ana says. “First, three of my adult girl cousins – who moved to Manila from the countryside for work and college – had a very strong influence on me. I would spend weekends and summers at their apartment and watched men come around to court them. I would tag along with them wherever they went. One cousin would take me to the National Bookstore where she worked; I would get to choose as many books, colored crayons and artistic stuff as I wanted. I was very much influenced by the strength of the women in my life and always felt loved and cared for.”

Ana did so well in elementary school that she was skipped two grades.

“Being identified at such an early age as a quick-learner, I was one of 25 students selected for a two-year Accelerated Class (AC) program after going through IQ and analytical skills testing,” Ana recalls. “I was shuttled to a new school outside the area, where my class occupied a special wing of the school. We were put into some life-defining situations where we were integrated with developmentally- and physically-disabled kids during a portion of our day. Some were autistic; some were deaf or blind – even a boy who lived near our family home that I had never known about.

“We learned to be compassionate, how to communicate in ASL, even read to some of the less-developed students. Our class was always told that we were gifted kids, but I often found myself wondering whether I really belonged among my peers of incredibly smart and talented singers, writers, and artists. I recently had contact with a former classmate, who now lives in Tracy, working as a special education teacher, a career choice largely resulting from our experience in that school, I’m sure.”

When Ana reached high school and was integrated back into the regular public school system, she was usually the youngest in her class and graduated at age 15 at the same time as her older sister.

In addition to becoming accepting of differences in cultures, class and abilities, Ana was the sibling who spent the most time with their maternal grandparents in a rural area some distance from Manila. As a result, she was the grandchild who could speak with them in Ilocano, which is very different from Tagalog, commonly believed in the west to be the universal language spoken in the Philippines.

“My grandparents had a rice farm and mango mangroves on land that has been in the family for generations,” Ana recalls. “I have very fond memories of riding out to the rice fields on a water buffalo with my grandfather. Initially, I couldn’t communicate with them, so I was forced to quickly learn Ilocano, which led to my belief that languages came easily to me. In fact, even though English is my second language and I could barely speak it when my family moved to the U.S. from the Philippines, I believe the self-confidence I developed with my grandparents out on the farm and having to adjust to a new language and culture that made me so adaptable.”



Ana (middle) on grandfather’s water buffalo with younger brother (left) and cousin (right)

Though the Catholic religion was a large part of her community during her childhood, Ana was aware that her father experimented with many different religions.

“My father took us to a Mormon church for quite a while and was seriously considering converting to LDS,” Ana recounts. “But when he discovered that there was no alcohol or coffee allowed in that religion, he quickly moved on to something else. He tried Buddhism, studied witchcraft, even read about devil worship. And Mom went along with whatever religion of the month he was

interested in. He was indeed a very spiritual man!"

Unfortunately, in 1983, her father died after a heart attack in the shower at age 59, when Ana was only about 14. Because of her father's spiritual beliefs, in fact, her mother was reluctant to withdraw life-support after considerable hospitalization, thinking that his soul could still be traveling and might come back.

"Though he was very healthy, fit and active – a runner and boxer – he also did a lot of the not-so-healthy things like drinking and smoking," Ana recalls. "He was a retired firefighter who socialized with his friends and colleagues, something that almost inevitably involves alcohol in our neighborhood and among my parents' friends. By western terms, he might've been considered an alcoholic – something that definitely compromised his health – but excessive drinking was not considered an addiction in our culture. It was just how you passed the time."

After the untimely death of her father, their mother moved the five children to the countryside for one year, where Ana graduated Mayantoc High School, which held classes primarily in Ilocano, but also in Tagalog and English.



Ana – graduate of Mayantoc High School at age 15

Meanwhile, one of her father's older brothers – living in Marin County – started supporting their mother and her five now-fatherless children. In fact, this uncle sought and received support from Senators Barbara Boxer and Dianne Feinstein in petitioning for the family to be relocated to the U.S. So at age 15, Ana, her mother and the four siblings arrived in California.



The best existing photo of Ana (left rear), her mother and four siblings at the Manila Airport, 1985, leaving for the U.S.

“We lived for a year or more with my uncle in Novato,” Ana says. “He didn’t have children, so he was quite involved helping my Mom raise me and my three younger siblings. My older sister got married at age 21, leaving education for a while, later going back to get a business degree.”

Another life-changing event occurred soon after they moved out of their uncle’s house. He was diagnosed with AIDS.

“We all knew my uncle was gay, but it was not something to be discussed openly in our culture or in our family,” Ana says. “He was reluctant to accept any help from us – probably because he was ashamed or embarrassed – so it became quite difficult for us and our mother. He would be quite combative whenever we reached out to him. It was only toward the end of his life – he only lived about a year after the diagnosis – that we were allowed to come and visit him in the Mother Teresa hospice where he died. We would watch as my mother held his hand and we all sensed the loneliness that he must’ve felt with no other family around – the closest being in Illinois. I think that experience has affected some of my career choices, as well as my current educational focus – to say nothing of my becoming a board member of Lavender Seniors!”

Ana’s mother, a Certified Nursing Assistant, re-married 25 years ago and returned to the Philippines about eight years ago, though they come to visit in the U.S. at least once a year. Her closest siblings are fairly nearby: one in Marin; two in American Canyon (between Vallejo and Napa) and one recently returned to Pacifica from a stint in Indonesia. Her half-siblings are primarily still in the Philippines.

Ana attended College of Marin, received her Bachelor’s in Economics and Psychology from CSU-Chico, her Master’s in Health Administration from USC and is currently pursuing her PhD in Human Sexuality at the California Institute of Integral Studies. Her research interests include aging, sexuality, dementia, race, plus health and wellness among LGBTQ seniors.

“I have spent my career to date primarily in aging services,” Ana recounts. “My very satisfying job as a manager and then director of a program with the Area Agency on Aging in both Marin and Sonoma Counties, however, was creating quite a commute nightmare for me. I have recently changed jobs, am working as a social services analyst for the City of Alameda and can actually make it to

work from our Alameda home in minutes. This is so much better for me, my husband and my two sons – ages 18 and 6 – and allows me to pursue my PhD.”

Ana met her soul-mate – now her husband and father of their children – in 1997 while she volunteered at a Noe Valley store run by Global Exchange. He interned with Global Exchange while in International Business graduate school. He developed his own import-export business, importing sarongs and other clothing from Thailand. Like Ana, her husband has also traveled extensively, living in Chile, Spain and Israel, fluent in several languages – including Hebrew.

“I’ve had a love of dance and music from my earliest memories,” Ana recalls. “Though I focused on traditional Filipino and modern dance in my younger days, I have become fascinated by West African dance, an interest my drummer husband and I share. I have taken West African dance lessons for over 20 years! Our dancing and drumming community is like family to us – many from other cultures also trying to maintain their languages and traditions. My husband and I love traveling together – our boys always go with us, of course. We both have our advanced scuba certification and have made dives in many exotic places around the globe.”

The couple has plied their scuba-diving skills in such places as the Red Sea, in Egypt, Jordan, Thailand, Aruba, Costa Rica, Panama, Mexico and will be going to Belize this year.



Ana (right) and two dance colleagues

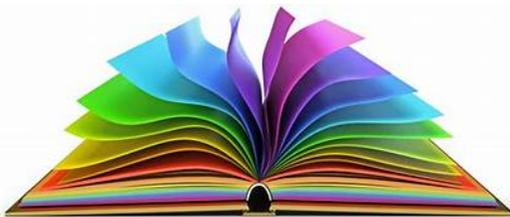
When asked how she takes care of herself in stressful situations that inevitably occur in working with seniors, in her large extended family and her community, she thoughtfully responded:



Ana – age 49 – happy to have only a five-minute commute to work

“Besides scuba diving, weekly dancing, regular swimming, running, morning yoga, meditation, stretching and so on,” Ana said, “maintaining a corps of incredible friends – our drumming and dancing community is closer than our bio-families in many ways – has been very important. Our kids fit in with the other kids. They’re interested in and supportive of other cultures, languages, sexualities, abilities and all of those things that sometimes divide us or make us judgmental, rather than unite us. I’m very proud to help pass such values along to my own kids, as well as to the kids of other people in our close-knit community, as well as in the work that I do.”

Thank you for the vital work you continue doing in the community, Ana, and for joining the Lavender Seniors Board of Directors. The wealth of energy and information you have already shared with us is very much appreciated!



BOOK REVIEW

Mr. Know-It-All: The Tarnished Wisdom of a Filth Elder

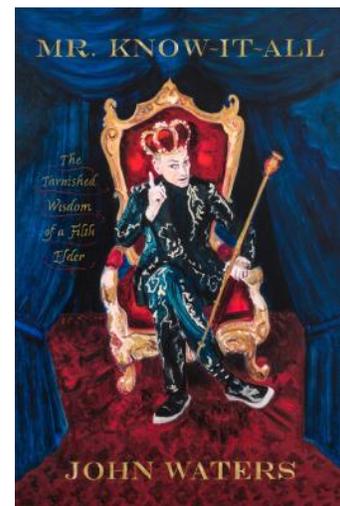
By John Waters

Waters was disappointed by the opinions of the American public but now everyone wants his opinions. His films are now available to all his fans including via the Museum of Modern Art.

Waters is 73 years old and in good health.

His parents were in favor of his wild ideas.

He dazzles us with inside stories about the films he made. These include "Pink Flamingos", "Polyester", "Hairspray" and a



documentary "This Filthy World".

Waters leaves out nothing. Let your fantasies float freely. A must read for all fans.

- Frank J. Howell

CONNECTIONS



Have you moved out of the area, do you want to get in contact with other Lavender Seniors near you or someone you have lost contact with? [Email us](#) and we will try to help out. No information will be shared without your specific permission.

LAVENDER SENIORS FRIENDLY VISITOR PROGRAM HAS VOLUNTEER OPPORTUNITIES AVAILABLE.

Volunteers with the Lavender Seniors Friendly Visitor program are background checked, interviewed and trained, after which they are matched with a senior to visit regularly, usually for a couple hours each week. Visitors can share stories, chat about mutual interests and current events, and if both are willing and able, volunteers can take their seniors out for a walk in the park, a bite to eat, a cup of coffee, shopping or maybe a movie or a trip to the museum.

We ask volunteers to make a commitment of at least six months.

If you are in need of a Friendly Visitor, we can help with that too!

Please contact us at karen@lavenderseniors.org or (510) 424-7240 and we will be in touch with you soon. Thank You!



Second Saturday Rainbow Lunch August 10, Noon-2:00 pm

All Saints Episcopal Church
911 Dowling Blvd, San Leandro

Program: TBA

A catered buffet luncheon will begin at noon, followed by announcements and the program at approximately 1:00. Feel free to bring a potluck dish to share if you wish.

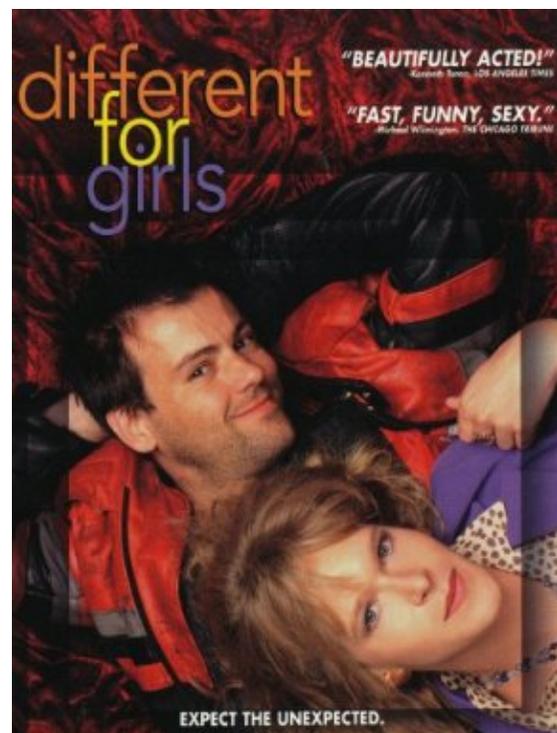


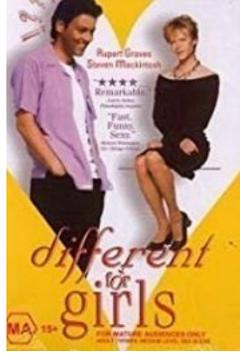
Different for Girls

Kim Foyle (played by Steven Mackintosh) is an attractive ultra-feminine post-operative trans-woman who values her well-structured lifestyle. That routine, however, is disturbed when a car accident re-introduces Kim to Paul Prentice (the handsome Rupert Graves). As teenagers in Catholic high school, where Paul frequently came to the rescue of much-bullied "Karl" (now Kim), the two of them excelled in making trouble, a talent Paul never seems to have outgrown. At first, Paul does not recognize Kim as his childhood pal, Karl, and she does not remind him, fearing rejection. However, a budding romance between them is complicated when Paul becomes aware that Kim used to be his chum, Karl.

Gay men of a certain age are bound to remember Rupert Graves as Scudder, the game-keeper who seduces (coming via a ladder through the second-floor bedroom window) – and ultimately falls in love with – the title character in the 1987 feature film, "Maurice," second of the Merchant-Ivory films to address E.M. Forster's novels. So it was not a stretch to imagine him playing the role of a straight character who might fall in love with a trans-woman who had been his male friend earlier in life.

After their reunion, a couple of disastrous "dates", a run-in with the police and the judicial system, it's unclear whether their new-found reconnection will be worth it in the end. The film includes some nice cameo appearances with Kim's sister (played by Saskia Reeves) – who has problems of her own without dealing with her troublesome brother-become-sister. This somewhat slapstick – though quite pioneering/daring for 1996 – film (now considered a "cult comedy/drama" by many) remains relevant as the community continues to be targeted by still-powerful homophobic and transphobic forces in 2019.





The high-school schoolmates (bullied and protector) meet a decade later, have a rough re-connection and who knows how it'll end?

The film will be showing at 1pm on the Third Wednesday, 21st August, in the fully-accessible Carnegie Lecture Hall at the San Leandro Public Library, 300 Estudillo. Following the showing, there will be a brief evaluation and discussion of the film. The library plans to replace its aging, not-so-efficient projector in a building renovation in December-January-February. This means we may have to revert to the computer-operated projector until that replacement takes place. Or we may have to find another location to keep our rhythm. Stay tuned on that.

Attendees are reminded that the theater is frequently chilly, so that a sweater or light jacket is recommended. Library staff report that temperature is controlled automatically and cannot be altered for any one room in the facility – climate control for books more than people.

The library can be reached via BART (five blocks above the San Leandro station), AC-Transit (two blocks above the E. 14th and Estudillo bus-stop), Bancroft Avenue, Highways 580 or 880. Ample two- and three-hour parking is available.



How Does the 2020 Census Affect Us?

The nation's founders – particularly Jefferson and Madison – were concerned about giving power back to individuals, making certain that each person would be adequately represented in the country's legislatures. That's why the Constitution (Article 1, Section 2) specifically calls for a decennial census of the population, in order to properly apportion representatives in Congress (and eventually, state houses, boards of supervisors, city councils, etc.) By extension, those same figures are used at various levels to calculate which populations should be included for distribution of funds, resources, etc.

The 2000 and 2010 censuses made oblique references to LGBT "relationships", although no questions were asked about individual sexualities or gender

identities.

For the 2020 census, couples living together will be asked to define their relationship to their partners in a new way – "same-sex" or "opposite-sex". The Census Bureau announced the change in its report to Congress on the questions all households will see on questionnaires used for the upcoming national head count.



Though the Trump administration resisted this move, the 2020 census is introducing this differentiation between opposite-sex and same-sex couples in order to improve the bureau's data about same-sex couples. Some demographers anticipate the change may help produce the most comprehensive national data yet on same-sex couples that can better inform public policy affecting LGBT people.

But this will still grossly underestimate numbers of LGBT persons in the U.S. population, simply because only a proportion of such individuals are in marriages, domestic partnerships or "living-together" situations. It will leave out anybody who considers her/him/themself to be "single".

To help us wade through and understand the intricacies of such politicized census decisions – including why it mattered (or not) that the controversial "citizenship" question was fought for so hard by the Trump administration – Third Friday Lunch Bunch attendees will be hearing from Alessia Simmonds, who is in charge of Alameda County's 2020 Census activities.

This month's Lunch Bunch is Friday, 16 August, at the North Oakland Senior Center, 5714 MLK Jr Way (corner of 58th St). As usual, a nutritious buffet lunch will be served promptly at 12 noon (vegetarian options available), followed by a brief break for community announcements around 12:45. Then the program will be turned over to Alessia, followed by adequate time for Q&A. She will be available briefly afterward for answering any personal questions.

Ample parking and entrance to the Center are at the rear of the building off of 58th Street.

[Editor's Note FYI: In July 2018, Democratic senators – led by Kamala Harris – introduced a bill (the Census Equality Act) which would call for including sexual orientation and gender identity questions on census forms by 2030 and for the American Community Survey — a survey that about 1 in 38 households complete every year — by 2020.

The new bill could expand that data-set further to include LGBTQ people who are not in relationships, as well as people whose gender identities do not align with the sex assigned to them at birth.

"The spirit of the census is that no one should go uncounted and no one should be invisible," Harris said. "We must expand data collection efforts to

ensure the LGBTQ community is not only seen, but fully accounted for in terms of government resources provided."

Harris and other Democrats behind the bill say this information could help more LGBTQ people access Medicaid, Section 8 housing vouchers and food aid through the Supplemental Nutritional Assistance Program (SNAP). According to a 2013 report by the Williams Institute, income levels of lesbian, gay and bisexual people are more likely than those of heterosexual people to fall below the federal poverty line.

More comprehensive data about LGBTQ people could also help better enforce civil rights protections against discrimination based on sexual orientation or gender identity and prove those cases in court.

Some data privacy experts worry the information could be used against LGBTQ people, especially when many states still do not have laws banning workplace discrimination based on sexual orientation or gender identity.

The Senate bill would require the Census Bureau to protect all specific sexual orientation and gender identity information it collects under the same privacy standards for other types of data. Federal law prohibits the bureau from releasing any census information that would identify individuals until 72 years after it is collected. But the agency could release anonymized data about specific demographic groups at levels as detailed as a specific neighborhood.

While the bill defines sexual orientation as homosexuality, heterosexuality or bisexuality, it is not clear what response options for sexual orientation or gender identity would actually appear on the Census Bureau's questionnaires. The agency would be asked to conduct research to come up with a plan to develop the new questions within a year after the bill becomes law.

More info: <https://www.npr.org/2018/07/31/634243854/senate-bill-to-require-sexual-orientation-gender-identity-data-by-2030-census>]

CARING FOR OUR SENIOR LGBTQ PARTNERS/FRIENDS AND OURSELVES

A 10-session group serving the full spectrum of senior LGBTQ community members caring for LGBTQ partners/friends and ourselves as we age will begin this month. The group will focus on facing medical conditions and issues of aging through personal exploration, group support, and education.

This is a no-fee group limited to 12 individuals; therefore, we request a commitment to attend the entire series.

Group facilitator is Dr. Melinda Ginne. Dr. Ginne is a clinical psychologist with a 35-year career specializing in geriatrics and the treatment of the psychological aspects of acute, chronic and life-threatening medical illness. She is one of the founding instructors in the Professional Program in Aging and Mental Health at UC Berkeley Extension. In the past two decades she has taught a number of classes and workshops in aging as well as in the psychological aspects of medical illness. She has been active in the LGBTQ

community since 1975.

Sessions will be held at **The Watermark by the Bay** senior residential community, 1440 40th, Emeryville, CA 94608 on Mondays Aug 5 – Oct 21, 2019, 2:30 pm – 4:00 PM (No meeting on Sept 2, Labor Day, and Sept 23).

For sign-up, e-mail Bjue@LavenderSeniors.org. Put in the subject line: Caring for Partners. Include your phone number, name, and e-mail address. You will receive a confirmation call.

For program information: Barbara Jue, 510 755-5691 or e-mail Bjue@LavenderSeniors.org.

Transportation from MacArthur BART station: Board Emery-Go-Round Shellmound/Powell Shuttle or the AC Transit bus #57. The bus stop is a short walk from the next block just west of the The Watermark by the Bay, 1440 40th St. building.

There is a stop light across 40th Street with cross walk directly in front of the The Watermark by the Bay.

Ample free parking is immediately across 40th Street at the open parking lot near Panera Bread and Target.

Sponsored by:
Lavender Seniors the East Bay.
Generous Grants from the Darby Betts Fund,
Horizons Foundation, the East Bay Foundation on Aging & the
Grass Roots Gay Rights Foundation



Lavender Seniors Silver Anniversary!

A site for the Silver (25th) Anniversary Celebration of the founding of Lavender Seniors of the East Bay has been decided upon. Eve's Waterfront Restaurant at #15 Embarcadero near Jack London Square will be the venue for the quarter-century celebration from 11:30am-3pm on Saturday, 9th November. Please mark your calendars! We want to see everybody there! This celebration will displace the usual Second Saturday Rainbow Lunch that month.



The Silver Anniversary planning committee is working diligently to finalize the program, meal menu, any entertainers/speakers, awards and other logistical issues between now and November. Stay tuned on that – more information forthcoming in the September newsletter.

There are so many things to celebrate this year, in spite of a political situation that can be depressing; celebrations could include at least the following:

- Founding of Lavender Seniors 25 years ago
- The Stonewall Rebellion 50 years ago
- The Moon Landing 50 years ago
- Same-sex lovers of Sally Ride (the first known LGBT astronaut – lover Tam O’Shaughnessy) and of Bayard Rustin (“The Man Homophobia Almost Erased from History” – organizer of 1963 March on Washington - lover Walter Naegle) were the first LGBT widows to receive posthumous American Medals of Freedom on behalf of their partners, almost exactly 6 years ago (11/20/2013, from Barack Obama)
- D-Day Landings 75 years ago
- Birth of Leonardo da Vinci 500 years ago

Anyone interested in helping the committee with planning this event – or volunteering during the lead-up to or on the day of the event – please contact Info@LavenderSeniors.org.

PREVENT ELDER ABUSE A PUBLIC FORUM

**FRIDAY, AUGUST 23, 2019
2 – 4 PM**

**SAN LEANDRO SENIOR COMMUNITY CENTER
13909 East 14 STREET**

Join seniors and dependent adults with Alameda County Elder & Dependent Multi-Disciplinary Team & the Alameda County District Attorney’s office to share and identify gaps in services that the community has experienced.

Share your ideas for lessening/eliminating those gaps in services. A drawing for a small quilt will be held at the end of the program. Call customer service at the San Leandro Senior Community Center for information: 510 577-3462.



Pride is in the Air...let us know about your celebrations!

[Silicon Valley](#), August 24, Plaza de César Chávez Park, 1 Paseo De San Antonio, San Jose, CA
[Oakland](#), September 8, PARADE kicks off 11:00 am at Broadway & 14th St., FESTIVAL 11:00 am-7:00 pm.

Editors Note: Hyperlinks to websites available in blue

Well Connected

Enriching lives and supporting well-being.

(FORMERLY SENIOR CENTER WITHOUT WALLS)

Community Phone Calls

This award-winning program offers activities, education, support groups, and friendly conversation over the phone or online.

Just a few of the things offered:

LGBTQ Chat 2nd and 4th Mondays, 1:00pm - 2:00pm

This group is open to all LGBTQ older adults to connect with others socially in a supportive environment where participants can share individual and collective experiences. Facilitated by Ariel Mellinger, ASW, Support and Wellness Coordinator, Openhouse SF

Music's Memory Lane Tuesdays, 6:00pm – 6:45pm

Each week we'll discuss a hit song, vintage television variety show, or a memorable musician in music history. From Big Band music to the Beatles, we'll dive into our recollections of concerts, lyricists, and pop culture. Facilitated by Steve Maraccini

Perplexing Questions Sundays, 2:00pm – 2:30pm

Have you ever wondered how a fly can walk upside down on the ceiling? Or how a camel can go so long without water? Find out the answers to some head-scratching questions. Facilitated by Sharon Schwartz

View the Current catalog of community phone calls [here](#). Check the [website](#) for more information. To participate in these or other Well Connected telephone activities, or to learn more about their programs, call 877-797-7299 or email coviaconnections@covia.org.

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 [LGBT Caring Community Online Support Group](#).



THIS MONTH'S EVENTS

Out Standing Seniors - Sponsored by Pacific Center

August 6 & 20 12:30 - 2:00 p.m. (1st and 3rd Tuesdays)

Hayward Senior Center, 22325 N. Third Street, Hayward

[Join Meet-Up](#)

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

LezBold Peer Support Group

August 1 & 15, 12:30 p.m. (1st and 3rd Thursdays)

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

Find support and like-minded wonderful people!

Older & Out Therapy Group - Berkeley - Sponsored by Pacific Center

August 2, 9, 16, 23, 30 3:15 p.m. (Fridays)

North Berkeley Senior Center, 901 Hearst Ave, Berkeley

Free drop-in therapy group for LGBTQ community members age 60+

Older & Out Therapy Group - Oakland - Sponsored by Pacific Center

August 2, 9, 16, 23, 30 2:15 p.m. (Fridays)

Oakland LGBTQ Community Center, 3207 Lakeshore Ave., Oakland

Free drop-in therapy group for LGBTQ community members age 60+

Older & Out Therapy Group - Hayward - Sponsored by Pacific Center

August 5, 12, 19, 26 1:15 p.m. (Mondays)

Hayward Senior Center, 22325 N. Third Street, Hayward

Caring for Our Senior Partners/Friends/Ourselves

August 5, 12, 19, 26 2:30 p.m. (Mondays)

Registration required see info above.

Rainbow Seniors - Sponsored by Pacific Center & Lavender Seniors

August 13 & 27, 12:30 - 2:00 p.m. (2nd & 4th Tuesdays)

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

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

Living OUT in Livermore - Sponsored by Pacific Center

August 13, 2:00 - 3:30 p.m. (2nd Tuesdays)

Robert Livermore Community Center Senior Services, 4444 East Avenue, Livermore 94550 [Join Meet-Up](#)

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

Lavender Seniors Board Meeting

August 14, 6:30 - 8:30 p.m. (2nd Wednesday)

4300 Bermuda, Oakland

A portion of this meeting is open to the public.

Senior Gay Men's Group

August 1, 8, 15, 22, 29 1:30 p.m. (Weekly on 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!

Lavender Seniors Second Saturday Rainbow Lunch

August 10, noon - 2:00 p.m.

All Saints Episcopal Church, 911 Dowling Blvd., San Leandro

This month's program: "TBA" (see info above)

Lavender Seniors LGBTQ Film Series

August 21, 1:00 - 3:00 p.m. (3rd Wednesday)

San Leandro Library, 300 Estudillo, San Leandro

This month's movie: "Different for Girls" (see info above)

Tri-Valley Rainbows - Sponsored by Pacific Center

August 15, 5:30 - 7:00 p.m. (3rd Thursday)

City of Dublin Senior Center, 7600 Amador Valley Blvd., Dublin 94568

[Join Meet-up](#)

A Peer Support Group is a safe & confidential space for LGBT Seniors 50+ to share thoughts, feelings, resources, information & to support one another.

Oakland Third Friday Lunch Bunch

Sponsored by City of Oakland Aging/Adult Services & Lavender Seniors of the East Bay

August 16, 12:00 - 2:00 p.m.

North Oakland Senior Center, 5714 Martin Luther King Jr. Way, Oakland

This month's program: "2020 Census" (see info above)

Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr

Vice President: Gwendolyn M. Boozé

Treasurer: Carmen Chiong

Secretary: John David Dupree

Founding Member: Barbara Jue

Communication Director: Melissa West

Member: Ana Bagtas

Lavender Seniors of the East Bay

Message: 510-736-LGBT (510-736-5428)

Friendly Visitor Program: (510) 424-7240 or

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