



Lavender Notes

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

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Celebrating 27+ years of service and positive change

November 2021 - Volume 27 Issue 11

Robert Fulton Compton

As reported in the October newsletter, long-time LGBTQ activist, Bob Compton, died less than four months before what would have been his 100th birthday on 25th January 2022. Friends are trying to plan a memorial dinner in late January 2022 to celebrate his long and productive life, perhaps in a private room in an East Bay restaurant. Anyone with suggestions about planning that centennial celebration can contact his friend, Paul, at PMatzner1@gmail.com or 510-387-7780. Details of the celebration will be announced in the January newsletter, perhaps requiring RSVP in order to plan the space, program and menu accordingly.

Bob was born in Illinois on January 25th, 1922, attended Northwestern University and UC-Berkeley, getting degrees in Social Work. He was in the Air Force during World War II and served many years as a counselor via the VA (Veteran's Administration).

He kept up with current events through books, media and as an avid subscriber to and reader of such political publications as the *Atlantic*, the *Nation*, and the *New Yorker*. In fact, his caregivers report that he died while he was sitting in a chair, reading a book, a most fitting way for him to move to the next chapter.

He loved to travel and was particularly affected by the time he spent in India, where he developed a strong interest in the Hindu religion. He traveled extensively with his friend of 30+ years, Paul Matzner. He also regularly attended concerts, theater and film events with another old friend, Nels Gonzalves.

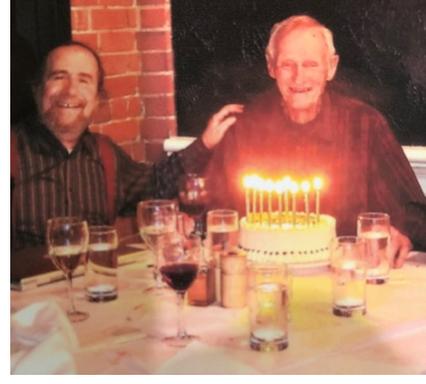
With Bob Carr, he helped organize and was a long-time facilitator of the Pacific Center's support group for older gay men.



Photo, age 3, with favorite dog



Air Force radioman, World War II



celebrating his 95th birthday with Paul

STORIES OF OUR LIVES

Vincent Traugher Meis

Being featured this month is a local (San Leandro) author – whose published novels frequently focus on – or at least include – strong LGBTQ+ characters. He started out in a “small” Midwestern town that mushroomed from 3,800 population to 67,000 in the century before he was born there. Growing up in that town definitely colored many of his subsequent personal and professional decisions, as well as directions later in life.

Vincent Meis (the family pronounces it rhyming with GEESE) was born in Decatur, Illinois, in late July 1951, the third of six children – first three boys and then three girls. The last sister is some 19 years younger than the oldest brother, so there was quite a spread in ages. His father was a dentist. His mother worked off and on at Millikin University in Decatur, first as a speech and theater teacher and later as an admissions counselor. After having five children, she received a Master’s degree from the same university.

“We lived in a lovely neighborhood near a park,” Vincent recalls. “That small town was a great place to grow up. We were a very happy family that did a lot of things together, taking road trips around the country, to Florida, to California, DC and even Canada. On one of those trips, I was accidentally left at a gas station, though one of my brothers finally and mischievously confessed that he noticed earlier that I’d been forgotten. They did come back for me, of course. In spite of all this family fun, however – for whatever reasons – I still couldn’t wait to get out of that little Midwestern town as soon as I could.”



Vincent as a six-year-old cowboy

The family members were practicing – though not particularly devout – Catholics.

“We went to mass every Sunday,” Vincent says, “and certainly on the high holidays, like Christmas and Easter.



Vincent, 9, in reindeer shirt

One early quirk in our family was that our parents had – perhaps somewhat humorously – decided my eldest – and most talkative – brother would be a lawyer; my second brother would follow in Dad’s footsteps, taking over his dental practice; and I, the third son, would become a priest! Of course, none of those predictions came to pass! In fact, however, I was an acolyte and went to Catholic Schools for 1st-8th grades. I was then sent to a Jesuit boarding school in Wisconsin for three years. The Jesuits kept us so busy – somewhat like a military school – that I decided I wanted to go to a coed public school where both boys and girls were having fun, unlike us very-regimented Jesuit schoolboys.”

So Vincent’s Mom gave up her dream of him becoming a priest and his Dad gladly gave up paying tuition to that private school in Wisconsin. Vincent enrolled in Decatur’s MacArthur High School for his senior year.

“After she saw how much happier I was being with my friends in town, my mother had to admit that the change had been for the best,” Vincent recalls. “I was getting to do the normal teenage things like going to parties and ‘dragging Main Street’. Looking back on it, I suppose I missed the opportunity to experiment with the other boys at the boarding school, not that there was much time to do that at a place where we were always occupied from dawn to lights-out!”

In 2019, Vincent attended his 50th high school reunion back in Decatur.



“Straight” at the prom, 1969

“I hadn’t seen most of my classmates in 50 years,” Vincent says, “so it was nice to re-connect with a number of them, mostly women, it seems. Also, I had a live book event at the local library there recently and a number of them – many now on Facebook with me – were happy to note the similarities to where we grew up and the hometown of the hero in my book, ‘The Mayor of Oak Street’. Though there is the batsqueak of autobiography to that book – both that hero and I wound up at Tulane, for example – most of the book is pure fiction.”

When he graduated from MacArthur High in 1969, he decided on Tulane in New Orleans. He was happy that a fellow student he had a crush on wanted to room with him, but they only remained friends. It wasn’t until he was 25 he finally had sex with a man.

“Though I lost my virginity with a woman while I was at Tulane, it was clear to me that I had more crushes on men than I did on women,” Vincent recalls. “The heterosexual sex was fine, but there was an element of passion missing. After graduation, I spent a year working at a state mental hospital in New Hampshire. Then I wound up in San Francisco, where I dated both women and men. I guess I thought of myself as bisexual for about two weeks! I’ve heard many other gay men voice the same experience. Thinking back to that time, I can hardly believe that I ever thought of myself as heterosexual, without that vital emotional component.”

His first gay relationship happened through a series of happenstance events.

"I was in Virginia, visiting one of my women friends from college, when she mentioned she had a good friend in San Francisco that I should meet, since he and I both lived there," Vincent recounts. "As soon as I met him, my whole being said 'This is the ONE!' We were just friends for a while. But walking away from his apartment after we'd had sex for the first time, I was ecstatic, full of joy with none of the expected shame or regret that was supposed to accompany gay sex. It was meant to happen, was a good thing and I really liked this guy!"

They continued seeing each other, Vincent becoming more and more comfortable with his new sexual identity as a happily-coupled gay man at long last.

"Unfortunately, my boyfriend had been in the military, with all the baggage coming with that," Vincent says, "so inevitably I fell in love with him, but he never fell in love with me. I think he dwelt on an unmatchable fantasy boyfriend he'd had early in his life. As far as I know, he's never actually had a boyfriend since, even these 40-plus years later. I did feel incredibly fortunate, however, that I'd had such a positive experience with this first man in my life".

When that relationship was clearly over, Vincent discovered the Stud, a lively bar that used to be on Folsom Street!

"I felt like I'd finally found my tribe at the Stud!" Vincent recalls fondly. "There was such a mix of people there that I felt comfortable taking straight friends and family members there. None of the straight men I took there seemed to mind being flirted with, in fact! I still see that period as a watershed in my evolution from straight somewhat-repressed Midwesterner to openly and happily gay man in the San Francisco Bay area."



Vincent had received his B.A. in Psychology from Tulane and later decided to get a Master's in Psychology at Lone Mountain College, once called Sacred Heart Academy, then College of the Sacred Heart and San Francisco College for Women before admitting men in 1969, then being absorbed by University of San Francisco in 1978.

"I've never really used those psychology degrees to any great extent," Vincent says. "At Lone Mountain, I designed an alternative medicine program where I worked with a psychiatrist who became my advisor. He had this orthomolecular medicine approach, using alternative mental health treatment methods. He used large doses of vitamins and minerals in the diet. The Grace Slick 'feed your head' theory of mental health."

Vincent was supporting himself working in restaurants during this time. Then he decided to do a bit of traveling and see how he might turn his life around, perhaps focusing a bit.

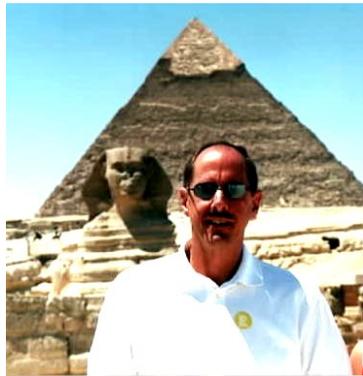
"I went to France for six months, during which time I met a friend who was teaching ESL – English as a Second Language," Vincent says. "He seemed

to have a pretty cool life, so when I came back here, I went to SFSU, earning a Master's in Teaching ESL. And that's what I did for the bulk of the next 35 years! I taught adults in a private language school. Then I happened upon a contract teaching ESL in Saudi Arabia – not a great place for a gay man to spend much time. I didn't even stay there a year, because virtually EVERYTHING that's any fun is illegal there! The students – being groomed for the previously non-existent Saudi Navy – were basically unmanageable! Though they were perfectly charming on a one-to-one basis, they were monsters when they were together in a classroom, so my days there were numbered."



Teaching ESL in the Saudi Navy

This international experience led to him thinking about writing again – something he'd always wanted to do. Working with the Saudis inspired what became his first novel, *Eddie's Desert Rose*. After a stint teaching ESL at CSU-Northridge, he got a job with the North American Institute in Barcelona. Though originally a one-year contract, it evolved into a five-year stint in Spain, a long-term relationship with a Spanish man and lots of opportunities for overseas travel.



Visiting Cuba, 1999; 50th birthday in Egypt, 2001; Bicycling in Tel Aviv, 2014

"That became one of the most magical periods of my life up to that time," Vincent recalls. "I had lots of free time, traveling on all the breaks – Spain, the rest of Europe, North Africa and the Middle East. I developed a community of great friends. My boyfriend and I lived together for most of the time I was there. By the end of five years, however, it seemed clear that our relationship was waning, that I was never really going to feel part of Spanish culture and he would never feel part of American culture if he came with me to the States. So many things didn't really mesh between us – he worked in a hotel, so his time off never coincided with mine – hotels are busy during those holiday breaks when I wanted to travel. So, between 1986 and 1991, I traveled mostly with friends and colleagues, rather than with my lover."

When he returned to San Francisco, Vincent got a job teaching ESL at SF City College, where he basically stayed until he retired early at age 60 and began focusing on his writing. After a series of relationships – including one lover who died – Vincent met his now-husband, Robert.

"We decided early on that we wanted to live together," Vincent recalls. "We looked around to buy a place in Oakland, where he was living, but wound up finding an affordable place here in San Leandro, which is where Robert

actually grew up. My siblings have always been supportive of my gayness and my relationships. My parents were a bit harder to sell. When Mom found out, her first response was we couldn't tell my Dad! In fact, when he subsequently found out, he was pretty simpatico from the outset. Having grown up in Chicago, this wasn't quite a big deal for him. My Mom lived long enough to meet and learn to love Robert – and both parents had come to stay with me and a previous boyfriend in San Francisco before my Dad died. I've been very lucky in that respect. I also have 13 nieces and nephews who've all known and accepted that their uncle is gay – now I have grand-nephews/nieces who all know, as well."

He and Robert were married – by Vincent's sister – in a well-attended and well-celebrated backyard ceremony at their San Leandro home in 2016.



Vincent and his husband, Robert, 2016

"We were both so freaked out by the 2016 Presidential election that we decided we wanted to do something positive for ourselves," Vincent says. "In less than ten days, we organized a very moving and lovely ceremony. We felt like we were making a positive statement. Robert feels close to my family and I feel close to his. He's very out – a private chef working for the same family for over two decades! I have a great relationship with his mother and his sister, who lives in Castro Valley. Robert is a donor

dad to a delightful 13-year-old son, who is very much a part of our lives. He tells his friends that he has two Moms and two Dads and feels free to bring his friends to our house. I'm happy to think that his and future generations are going to be much more casual about these things, rather than snickering about the 'two old maids' around the corner like we did when I was a kid."

Vincent's bucket-list includes continuing his writing career and – whenever feasible again – doing a lot of traveling with Robert. To date, he has published a book of short stories and six novels, another to be published in the near future. (See <https://www.vincentmeis.com/book-inner-page> for more information. His 2021 novel, "The Mayor of Oak Street", is reviewed elsewhere in this issue of *Lavender Notes*.)

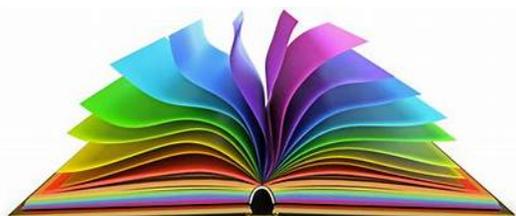
When asked whether he feels like a gay author or merely a writer who includes LGBTQ+ characters in his books, Vincent had the following response:

"You'd think I'd have a pat answer to this question by now," he said. "Though I feature a lot of LGBTQ+ characters in my books, I like to think of myself as a crossover writer, like some of the authors who have managed to write about gay characters and have a wide appeal. 'The Mayor...' is perhaps the gayest of my books, a gay coming-out and coming-of-age story. But my other books are all over the place, including a number of bisexual characters."



Vincent current author portrait; reading his works at the Dog Eared Bookstore, pre-pandemic, 2019

Good luck to you and Robert, Vincent. Hopefully, the pandemic constraints will be lifted soon so we can have you present at a Lavender Seniors event in the near future! Thank you for sharing!

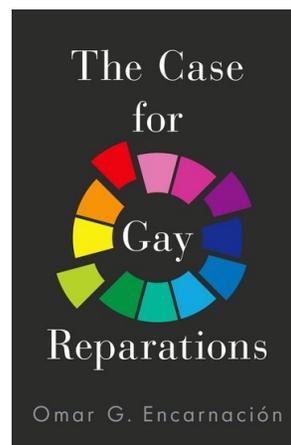


BOOK REVIEW

The Case for Gay Reparations

By Omar G. Encarnación

Encarnación explores the history and trends that affect gay liberation. Here we have the long and depressing saga or massive attempts to crush any expectations of same-sex love. The endless attempts by the Christian right to question any type of love ranging from anti-Communist battles to President Eisenhower to psychiatrists offering psychotherapy. The victims of homophobia frequently fled to the western states, especially cities in California like San Francisco and Los Angeles. They found some friends in the movie industry and producers of live entertainment.



Encarnación is a professor of political studies at Bard College in Annandale-on-Hudson, New York.

Readers will be well rewarded by reading this inspiring work.

- Frank J. Howell

Bonus Book Review

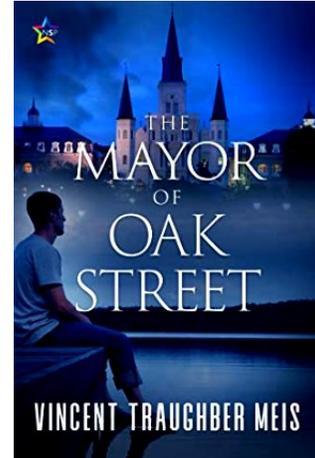
The Mayor of Oak Street

By Vincent Traugher Meis



Every teenager – no matter where s/he falls along the LGBTQ spectrum or Kinsey scale – has idiosyncrasies and eccentricities unique to that person. Our hero in this novel by San Leandro author, Vincent Traugber Meis, is a typical small-town Midwestern boy who mows lawns and delivers newspapers in his Oak Street neighborhood. Because of his omnipresence in the vicinity – he always seems to know what’s going on – he has been dubbed “The Mayor”. What the neighbors don’t know is that he also uses that familiarity to explore the contents of – and subsequently MAP – the insides of their houses, when said neighbors are not at home. He’s not a thief, he’s just nosy/curious!

In the course of his childhood, young Nathan develops quite an obsession for one of his customers, an Ob-Gyn sporting an Armenian-sounding name. So, the good doctor is simply called Dr. B throughout the book. The boy’s real and fantasy interactions with Dr. B provide much of the sexual and dramatic tension throughout the 10-15 years covered in this 365-page coming-out/coming-of-age book, first published in June 2021.



Though there is the odd coincidence in this first-person narrative – requiring at least temporary suspension of belief – this novel has an interesting take on the road to discovery of a somewhat repressed young man whose path may seem familiar to many of us. Some of us, for instance, may have also earned our early pin-money in the mowing-lawns or delivering-newspapers business! Whether we grew up in a “town-without-pity,” a medium-sized city or a metropolitan area, many of Nathan’s thoughts, doubts and actions – successful or otherwise – will likely ring true to readers in our community.

For those who read this novel, try to imagine which current actors might play Nathan and Dr. B if there were ever to be a film version and let me know how they may align with mine.

- Dr. John David Dupree, Oakland, California

[Editor’s Note: Vincent Meis is the subject of this month’s “Stories of Our Lives” column elsewhere in this newsletter.]

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!

Reminder: Lavender Seniors Birthday Program

Lavender Seniors' Friendly Visitor Program – in collaboration with its "Communication Relieves Isolation" program has organized a "birthday acknowledgment" activity with one of our volunteers sending birthday cards to LGBTQ+ seniors and their allies each year.

Anyone whose birthday (year of birth is not necessary, though it is appreciated) hasn't been acknowledged should provide their full name, mailing address and date of birth (with or without year) either via Info@LavenderSeniors.org or by leaving a message at +1-510-736-LGBT and your name will be added to the list. Also, any volunteers who want to assist in this program should make contact, as well.



Letter- and card-writing may seem like a lost art to some, since it appears that many of our grandchildren are not even being taught how to write in script anymore. Many of us aging "Palmer method" script-writers, however, still enjoy seeing a nicely-written card or letter in our snail-mailboxes! It's always nice to be remembered!



MAKE YOUR OWN ECO-FRIENDLY PRODUCT

Eugene Shabelyanau is a new volunteer with Lavender Seniors of the East Bay, though he's a very busy entrepreneur with his own business, SOAPGEEK.

For this month's Second Saturday Zoom gathering, Eugene, a Castro Valley resident, will demonstrate how you can make your own products at home by using his easy-to-follow steps. He'll give us the benefits of being eco-friendly in today's environment while treating ourselves to feeling good.



Eugene at Pride at the Lake, Sept. 2021

Lavender Seniors invites you to a scheduled meeting on Zoom.

Topic: Second Saturday Rainbow Lunch

Time: November 13, 2021 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89671026595?pwd=TGRtYkxhTzZGbWFFTTB1WWpQNfpWZz09>

Meeting ID: 896 7102 6595 Password: 153953

Dial by your location

+1 669 900 9128 US (San Jose)

Meeting ID: 896 7102 6595 Password: 153953



Centers for Elder Independence (CEI) PACE Centers

Helping Seniors Stay in their Homes

Many seniors - no matter where they fit on the Kinsey scale - may wind up reaching a point where maintaining themselves at home may be difficult. Doing the grocery shopping or cooking for one person, for instance, may be too daunting, particularly when experiencing a setback or during a recovery period.

The Centers for Elder Independence (CEI) have various PACE Centers in Alameda and Contra Costa County that can assist in helping seniors stay in their own homes without having to give up that independence. PACE is a national health care model that was birthed right here in the Bay Area 50 years ago by a doctor and a social worker. PACE healthcare is designed exclusively for adults over 55 who need extra help to continue living at home.



Lorraine Morgan, CEI participant, with Dr. Raymond Roque



Dianna Garrett from CEI will join us on Zoom during this month's Third Friday Lunch Bunch to explain how all of that works. Her passion for integrated long-term care developed in 2001 when she struggled with her family to piece together dozens of services for her grandparents when they could not stay at home without additional care. She began looking for ways to become involved and be part of the solution. So, she started consulting with CEI for a few years and then came on staff full-time in the fall of 2005.

Please join us to get information about one of the options for maintaining that independence.

Here are the Zoom coordinates for the Third Friday Lunch Bunch gathering on November 19th:

Lavender Seniors is inviting you to a scheduled Zoom meeting

Topic: Third Friday Lunch Bunch: Helping Keep Seniors in their Homes - CEI

Time: Friday, November 19, 2021 – 12 noon Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85235825964?pwd=WmptRG5SU2RDVUNyQ1hFWGM2NlZOQT09>

Meeting ID: 852 3582 5964 – Passcode: 569546

One tap mobile

+16699009128,85235825964#,*569546# US (San Jose)

Dial by your location: +1 669 900 9128 US (San Jose)

Meeting ID: 852 3582 5964 – Passcode: 569546

We hope to see you at this Zoom gathering – from the comfort of your own home!

Caring For Our Senior LGBTQ+ Partners/Friends and Ourselves

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

Mondays 2:00-3:30 PM. This is the final 2021 group starting Oct 25 and ending Dec 27, 2021. For program information and sign-up, Call: 1-510-736-5428 and leave your phone number, e-mail address, and name. Someone from Lavender Seniors will call you back to discuss the program. Sessions are held via Zoom with HIPAA certification.

This is a no-fee group limited to 10 individuals therefore we request a commitment to attend the entire 10 meetings of the group.

“This support was critical to my success in caregiving, and critical to my personal well being physically and emotionally while caregiving,” stated one participant.

This is beyond peer to peer counseling. Group facilitator is Dr. Melinda Ginne. She is a clinical psychologist with a 40-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.



ONLINE!
WWW.SFTFF.ORG

| november **11-14** 2021

Click [here](#) or on the flyer above for more information or to register.

**TRANS
VISION**



- Mask Required.
- Proof of full vaccination or proof of a negative COVID-19 test taken within 72 hours of the event is required.
- Rapid COVID-19 tests will not be accepted.

Trans Giving Gala: A Day of Remembrance & Thanks

**NOVEMBER 18TH
5:30 PM - 8:30 PM**



'A ROSE IS A ROSE' - GERTRUDE STEIN

**MISSION PARADISE BANQUET HALL
31115 MISSION BLVD, HAYWARD, CA
94544**

Editor's Note: Trans Vision/BACH in partnership with the Oakland LGBTQ Center presents *Trans Giving Gala: An evening of Remembrance and Thanks*. This event will take place during Transgender Awareness Week and will commemorate **Transgender Day of Remembrance**, November 20th.

This is a free event...click [here](#) or on the flyer above to register.



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](#).

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:

(The times are no longer listed in the generic catalog, once you have signed up you will get a link to a catalog with times in your time zone)

LGBTQ Chat Wednesdays, 10/27, 11/10, 11/24, 12/8, 12/22

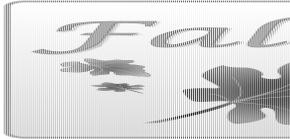
This group is intended for participants who identify as LGBTQ, and is an opportunity to connect with others socially in a supportive environment, where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community. Facilitated by Jerry W. Brown, Covia Senior Director, Affordable Housing

The Magic of Podcasts Mondays, 11/1, 11/15, 12/6, 12/20

Are you ready to meet the people who have created some of the best podcasts for seniors? Many sessions will feature the Podcasters themselves!

Podcasts are simply recorded radio shows. Enjoy the best of current listening without needing a smart device or choosing from overwhelming menus. Whether you are a regular Podcast-listener or are Podcast-curious, come discover intriguing life stories, science, nostalgia, history, and imaginative ideas of interest to mature folks. Facilitated by Marlene West

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.



*****HAPPY 27TH ANNIVERSARY, LAVENDER SENIORS!*****

Out Standing Seniors - Hayward - Sponsored by Pacific Center

Nov 2, 12:30 - 1:30 p.m. (1st Tuesdays)

Meets via Zoom email outstandingseniors2@gmail.com for info.

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

Living OUT in Livermore - Sponsored by Pacific Center

Nov 2, 2:00 - 3:30 p.m. (1st Tuesdays)

Meets via Zoom email Anne@pacificcenter.org for info.

A welcoming space for LGBTQI seniors 50+ to safely share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.

LezBold Peer Support Group

Nov 4 2:00 - 3:00 p.m. (1st Thursday)

Meets via Zoom email lezbolddgroup@pacificcenter.org for info.

Find support and like-minded wonderful people!

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

Nov 4,11,18,25 1:00 - 2:30 p.m. (Thursdays)

email Anne@pacificcenter.org for current meeting information.

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

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

Nov 3,10,17,24 3:30 - 5:00 p.m. (Wednesdays)

email Anne@pacificcenter.org for current meeting information.

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

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

Nov 5,12,19,26 3:00 - 4:30 p.m. (Fridays)

email Anne@pacificcenter.org for current meeting information.

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

*****Nov 7 - 2:00 AM - Set your clocks back to standard time!*****

Lavender Seniors Board Meeting

Nov 10 6:30 - 8:30 p.m. (2nd Wednesday) via Zoom

A portion of this meeting is open to the public.

Lavender Seniors Second Saturday Rainbow Lunch

Nov 13, 12:00 - 2:00 p.m. (Make your own Eco-friendly products - see info above for joining us via Zoom)

Tri-Valley Rainbows - Sponsored by Pacific Center

Nov 18, 5:30 - 7:00 p.m. (3rd Thursday)

Meets via Zoom email Anne@pacificcenter.org for info.

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

Oakland Third Friday Lunch Bunch

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

Nov 19, 12:00 - 2:00 p.m. (Centers for Elder Independence (CEI) PACE Centers - see info above for joining us via Zoom)

Caring For Our Senior LGBTQ Partners/Friends and Ourselves

Oct 27- Dec 27 Mondays 2:00 - 3:30 PM via Zoom (see info above)

Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr

1st Vice President: Melissa West

Treasurer: Carmen Chiong

Secretary: John David Dupree (on hiatus)

Founding Member: Barbara Jue

Lavender Seniors of the East Bay

Message: 510-736-LGBT (510-736-5428)
Friendly Visitor Program: (510) 424-7240 or
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