



Lavender Notes

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January 2023- Volume 29 Issue 1



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Judith Masur

Though many people might not be familiar with the concept of “Tikkun Olam,” it has been a guiding principle throughout the life of this month’s featured LGBTQ+ senior. Translated literally from the Hebrew as “repair the world” or – in more contemporary language – “engage in social action to improve the world,” the tradition became quite important to Judith at an early age.

Born in New York City in February 1946, Judith has one brother, three years younger, who is a character actor, one-time President of the Screen Actors Guild, currently living in upstate New York. Though their parents were born in the U.S., their grandparents were Ashkenazi Jews who fled Russia and Poland at the turn of the 20th century.

“Though my grandmothers both kept Kosher,” Judith says, “my parents would best be described as partially observant. We went to temple on holidays and participated with the grandparents in most of the Jewish traditions they brought with them across the Atlantic – always lots of good food! These practices



Dad, Mom, Judith, Richard—Yonkers, 1950

were important to me, a way of feeling the sacredness of ordinary acts. In fact, part of growing up Jewish was learning to pay attention and notice what was going on around me. Though each of my parents only had one sibling, our grandparents had many siblings, meaning we had lots of cousins in our lives.”

Though the family initially lived in the Bronx in a largely Jewish neighborhood, after Judith was born they moved to an apartment and then into a house in mixed neighborhoods in Yonkers. Judith’s parents had earned degrees from Hunter and City College when education there was free. She learned her love of foreign languages from her grandfather, who spoke five European languages: Russian, Polish, German, French and English, in addition to his native Yiddish.

“My parents and grandparents all had a profound influence on me in one way or another,” Judith says. “For instance, my Dad had a very checkered career in the sense that he changed jobs a lot – something I’ve done in my life, as well. Until I was 11, he worked as a ‘point man’ for a pharmaceutical firm, explaining pharmaceuticals before and after the sale, eventually opening his own drugstore in Manhattan. Much later he became a teacher. My mother was a writer, producer, director and fundraiser of PTA musicals who should’ve been an actress. She taught ESL, English, and speech in a high school for over 20 years! When my brother and I were kids, she worked as head counselor at a summer camp so we could go to camp. Both my parents were able to pivot and learn new jobs as that became necessary. Though my mother stuck with teaching, I doubted I could stay at the same job for that long, so I tried my wings and became accomplished at many things, like my father did.”

Judith succeeded in both academics and athletics during elementary school. She batted clean-up and played first base on her baseball team. By high school, however, her love of the sport had become overwhelmed by early society-induced self-body-shaming.

“As a fat kid, I hated my gym suit and felt bad about my body from such a young age,” Judith recalls. “I’d been editor of my junior high yearbook and on the high school newspaper, but I turned away from sports and focused on academics, which I also loved and was good at! I took a six-hour test to be accepted into a wonderful Columbia University program, the Science Honors Project, which put high school students into college-level courses. That meant school six days a week, commuting into the city on Saturdays with other highly-motivated students!”

Though she was aware of her attraction to women as early as 4th or 5th grade, Judith never really came out until much later in life.

“My social life at Roosevelt High School – which doesn’t exist anymore – was marginal, at best,” Judith recalls. “The only formal ‘date’ I had was for the senior prom – with a guy who couldn’t find a date himself. I had a ‘boyfriend’ for a quick minute in junior high, just to prove I could do it, I think, but when he put his arm around me on the bus one time, it totally creeped me out. On the other hand, I’d had a ROARING crush on one of the 5th grade teachers. My whole body would vibrate if I was standing anywhere near her. This should

have been a clue, but really nobody dared talk about such things then. Each time I tried to experiment with another girl, her mom came in and interrupted us. It would be another decade or more before I would overcome my fear of being 'caught' in the act. Looking at my back story, I know I was aware of gay male teachers and the butch lesbian gym teacher. But it was all just too scary!"

After her 1964 high school graduation, Judith chose Bryn Mawr – about 90 miles from New York, 13 miles from Philadelphia – for her college education.

"I wanted to get some distance between me and home," Judith says. "I chose Bryn Mawr because it was beautiful and they treated me with respect. They didn't send grades home, they had self-government and communicated with students on beautiful elegant small square Crane's stationery! In some ways, I was way out of my class, coming from an upper-working-class family in Yonkers. When I went into my first French lit class – with one summer and the equivalent of two years of high school French – some of the other girls had spent summers on the French Riviera. They were ready for a class taught totally in French – I wasn't. Like the child of resourceful children of immigrants that I was, though, I figured it out – I managed to survive that culture- and class-shock. I loved being at an all-women's school and did everything I needed to do to succeed. I got a broad liberal arts education as an English major, continuing my love for languages by taking French, Latin and Greek. Languages are truly the doorway to a full experience of the world!"

Judith wasn't out at all at Bryn Mawr, but did experience a radicalizing event as a sophomore.

"Some dorm-mates and I were called to a most humiliating meeting in a senior's room," Judith says. "A sexual relationship between the senior and a freshman had been discovered and the authorities seemed determined to make a spectacle of it. Though the administration let the senior graduate, the younger girl was told she had to call home, come out to her parents and not return to school unless she was seeing a psychiatrist! It was so unfair! I was immediately radicalized! I had respected the school administration up until that moment, but they lost my respect by their cruel handling of the situation. Unfortunately, I was too afraid to openly support these two women at the time, but in the years since I graduated and came out myself, I have done my part to push Bryn Mawr toward justice on this issue. In fact, in 2016, I donated some of my papers and art to establish the first deliberately-named 'lesbian archive' there!"

Judith and her brother have always been involved in the arts, largely due to their mother's influence. While Richard chose acting as his life's work, Judith has been more involved in visual arts, writing, painting, printmaking, sculpture, and readers theater.

"Unlike my brother, I was somewhat insecure about memorizing lines," Judith recalls, "so, though I did some acting in college plays, I stuck to poetry and making cartoons for the college newspaper. As president of the Arts Council, I organized the college's first film series. It was a decade or so later that I discovered how my writing and artistic skills and, through Mothertongue

and other readers theaters, my love of the performing arts, could be put to work in social activism!"

Judith decided that – rather than going to graduate school right away – she would take off for Europe and broaden her horizons.

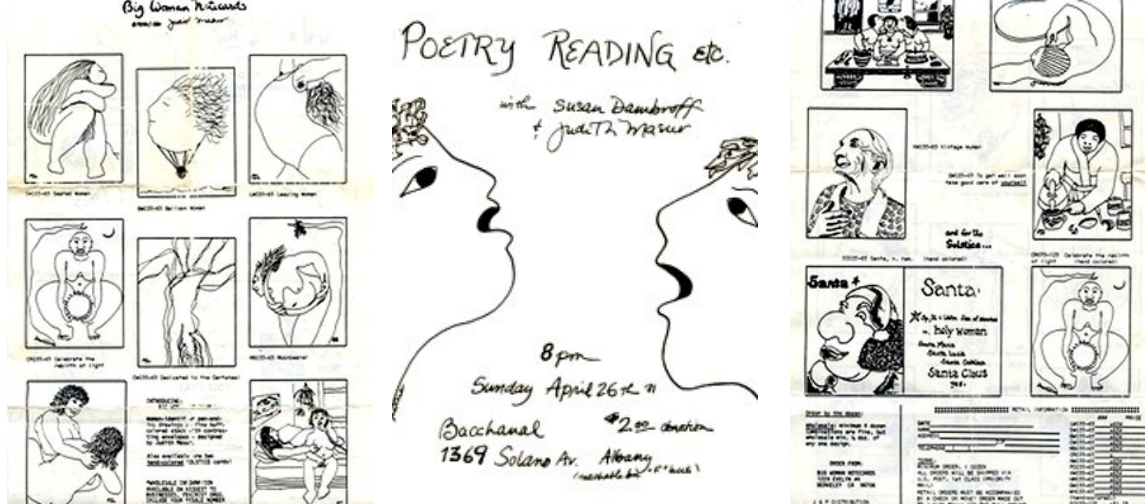
"Though I'd originally thought I would go to England after college and be a barmaid or somesuch, I wound up in Florence, Italy, in 1968," Judith recalls. "I was determined not to stay in a youth hostel, like I had on a 1966 trip, where I'd hitched around Europe with a friend and worked on a dig in Glastonbury, UK. Instead, I stayed at La Casa Familia in the City Center, where a number of young Italian women were living away from their families – five girls to a room. I was determined to learn Italian and was successful at a variety of jobs: working at a leather-goods store, selling gloves in the open market. There the challenge was to try to decide – perhaps just by looking at an approaching potential customer's shoes – what language to speak with them! I was a life model at the Accademia di Belle Arti di Firenze, I was an extra in a movie – lots of adventures. But I was living my life as a straight woman, something that constricted me from blossoming into the person I was meant to be. I couldn't imagine becoming some man's wife. Looking back, I realize I was saving myself for my lesbian life!"



Judith and brother, Richard

After two years overseas, Judith returned to graduate school at Columbia in Manhattan. Though she wanted to return to Europe, she followed her mother's example and taught ESL and Special Education in the New York City school system. She knew, however, this wouldn't be her life's career. In New York she got her initial taste of feminism in consciousness-raising groups and met and made friends with her first out lesbians. She returned to Italy – to Milan – for a year before making a very circuitous move to California, to be near her brother, who had diagnosed one of the reasons for her frequent job-changing: "I think you just get bored!" On her way to California, however, she had quite an adventure via VW van to Mexico, walking through Chiapas to Palenque, by air to Costa Rica for a while, then flying back to Vancouver and finally down to the Bay Area, which would remain her home off-and-on for much of her life.

"In 1976, I arrived in San Francisco – evidently a haven for lesbians and gay men – during a public transportation strike – and the best time for a budding lesbian to come out," Judith recalls. "The diversity of women, people in general and neighborhoods was just what I valued as a New Yorker! I decided I wanted to live here. Having lived in Europe, I was able to talk my way into a job selling wine wholesale, then became a secretary, a job I was not really fit for. I saw *Mothertongue* for the first time in 1977 and instantly knew where my heart would take me. What a fantastic group of women! In those days, we might perform six scripts in different venues simultaneously: colleges, cafes, bookstores and conferences, like the one on Women and Violence. It was the booming era of lesbian magazines like *Broomstick* and *Off Our Back*; women's bookstores: Old Wives Tales in SF, A Woman's Place and Mama Bear's in Oakland; lesbian bars like Maud's & Peg's in SF and the Bacchanal in Albany. I was in heaven – a hub of social action. I began sharing my imagery, making flyers for conferences and events, starting a business called Big Women's Notecards, one of the first lines of lesbian notecards in the U.S.!"



Judith's imagery: Big Women's Notecards – Poetry Reading – Holiday Notecards, including illustrated Jewish Haggadahs



Judith discovering the Bay Area

In 1977, Judith got involved on the board of San Francisco Women's Centers and played a small role in development of the SF Women's Building, which has hosted so many crucial programs and events over the years. She joined other Jewish lesbians in supporting each other. In addition to writing and performing with Mothertongue, she was a founding member of Fat Lip Readers Theater and the Jewish Lesbian Writers Group. She trained and worked for many years as a bodyworker, a Practitioner and Tutor of Trager® Psychophysical Integration.

"When I started writing and performing in Fat Lip," she says, "I decided to stop dieting, perhaps for the first time in my life. I became a fat icon, focusing on fat oppression and size liberation."

In the '80s, she tried various jobs, with several bouts of unemployment. In 1985 she got trained as a programmer at the Computer Learning Center, landing jobs with Sprint & Pacific Bell.

"At Pac Bell I worked under several unpleasant managers," Judith recalls, "including one who told me I could not take off Yom Kippur and work Christmas in exchange. 'We didn't hire Jews in the old days,' he said, at our first official meeting. Fortunately, after I got my journeyman's status three years later as a programmer in the accounting department, a lesbian running PacBell's New Products Division heard about me, came down and hired me from the belly of the beast. In the world of dysfunctional family systems that was Pac Bell, I was working with 'heroes' now, doing exciting things like helping prepare for roll-out of the first voicemail product. It was up to me to write tests that could potentially break those programs. I also helped start a women's organization in the company. I stayed there for five years, which has helped me in retirement, since I still get a tiny pension from that job."

Meanwhile, in 1980, Judith met the love of her life, Jessica Barshay, with whom she had an 18-year relationship.

"I was taking a clown class in Berkeley given by 'Fly by Night,' Terry

Sendgraff's performing company. It was in that class that my clown Prosciutto was born. Jess was looking for somebody to help her with Italian conversation, and she was actually referred by a friend to my clown, Prosciutto, as a fluent Italian speaker! By 1981, we were established in the community as a couple. We had five wonderful years together, traveling, living together and supporting each other. We were two feisty Jewish dykes, evenly matched and fun-loving. Jess was also a devout Buddhist. Sadly, in our fifth year together, she became disabled with Chronic Fatigue (CFIDS) and environmental illness (EI), which brought crushing fatigue, pain and cognitive losses like people today experience with long-Covid. She had to stop working, and then so did I. Our relationship became totally focused on her health. The next 13 years were very difficult."



Swinging with Sara - Preparing Jessica for Commitment Ceremony, Preparing for End-of-Life

The couple left the Bay area in 1993 searching for a healthier southwestern climate, away from industry and agriculture. They moved first to Prescott, Arizona. In the southwest, Judith was finally able to spend some time exploring her life as a visual artist.

"Though much of my focus during those Southwestern years was caregiving with Jess," Judith says, "I also explored some of the missing pieces in my own puzzle. I took a job at Prescott College, I began working in colors – instead of only black-and-white. You have to remember that – though Prescott was a beautiful place – it also had 26 churches and very active anti-gay groups like Focus on the Family. I started a writing group and began printmaking, creating monotypes as a way to play with color before committing it to the page. One of the criticisms of my book, *Dragon of the Day* – about a little butch dragon named Clarissa and a knight who had dreams of making puff pastry – had been that there were no color illustrations in it. The fact that I worked color into my life during one of the starkest periods of my life – Jess was so sick, after all – is a wonder to me."



In her "Fat Power" T-Shirt – with members of Fat Lip Readers Theater– in the OLOC "This is what an Old Lesbian looks like" T-shirt

In 1997, Judith and Jess moved to Santa Fe, New Mexico. After 13 years of suffering with CFIDS and EI, Jess had come to the end of her desire to live.

"During that last year in Santa Fe, Jess wanted us to document her dying process," Judith says, "So we made 25 hours of video and 30 hours of audio documenting conversations between Jess and me, as well as other friends, about her decision to die. She took her own life in October of 1998. Afterwards I resumed my printmaking at Community College. Eventually I took editing classes and made some small films from that material, but I dealt with much of my emotion by writing. Unfortunately, I got caught in the 2008 real estate meltdown, losing my house. In 2010 I moved back to the East Bay, to Emeryville, where I loved living until, after 8 years on the waiting list, I finally got accepted into senior housing at Redwood Gardens in Berkeley. Lately I am very involved in reorganizing and revitalizing the Library of books donated by residents."

In addition to her ongoing role in Mothertongue (they performed for Lavender Seniors in November!), she is a big promoter of Bay Area Lesbian Archives and a many-talented artist.



Some of Judith's many talents: performing with Mothertongue – as a sculptor – and as a filmmaker

When she came out to her parents in 1978, their initial reaction was surprisingly negative.

"Jess and I were invited to a family Bar Mitzvah in the '80s. My parents warned me not to come. It would shame the family. We went anyway. I felt it was important to be out to them and other family members. My octogenarian Great Aunt Tillie cried at first, but quickly embraced me as her beloved niece, as did all my other relatives. My mother and I eventually made peace with each other. I feel it is part of my "Tikkun Olam" to help people learn to accept and deal kindly with each other. Now I want to focus on my own serenity, publishing my writing, and selling my monotypes, vessels and sculptures."



Judith and one of her vessels

Wishing you all success, Judith, and thanking you for your many contributions to the LGBTQ+ community, near and far!

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 info@lavenderseniors.org or (510) 736-5428 and we will be in touch with you soon. Thank You!



Continuing on Zoom for at least Two Months

Lavender Seniors Virtual Support Group

While Lavender Seniors of the East Bay is going through its transition from independent non-profit organization to becoming a program of the Oakland LGBTQ+ Community Center, it is unclear what will happen to the long-standing Second Saturday Rainbow Lunch. Prior to Covid, of course, this event was being held at the All Saints Episcopal Church in San Leandro and featured a nutritious meal followed by community announcements and a program.

The pandemic required reverting strictly to Zoom from March 2020 until the current time, although the church has notified us that they are now open to resuming in-person activities in their facility. For that to happen, however, would involve identifying a program person to take over (e.g., arranging a program, reserving the venue, ordering and paying for the food, etc.). The people who were doing that prior to Covid are resigning during this transition.

In the short-term, however (Second Saturdays in January and February), we will offer that program in hopes that someone will come forward to continue managing that event each month. During this transition, however, the Second Saturday Rainbow Lunch will morph into simply a virtual support group for LGBTQ+ seniors, similar to the one that is held every-other-Friday via the

Rainbow Community Center in Contra Costa County (contact Christopher Holden or Christian Aguirre at 925-692-0090 for more information).

If nobody steps forward to take on the role of managing the Second Saturday Rainbow Lunch by mid-February 2023, the program will likely go on hiatus, as well, for the foreseeable future.

Meanwhile, here are the Zoom coordinates for the January and February sessions of the Second Saturday Rainbow lunch:

Lavender Seniors invites you to a scheduled **Saturday Rainbow Lunch** on Zoom.

Topic: Second Saturday Rainbow Lunch

Time: Jan 14, 2023 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89671026595>

Meeting ID: 896 7102 6595

One tap mobile

+16469313860,,89671026595# US

Dial by your location

+1 669 900 9128 US (San Jose)

Meeting ID: 896 7102 6595



Smoking and Ongoing Risks to the LGBTQ+ Community

The sometimes-forgotten history of the LGBTQ+ community is that for much of the 20th century – and some of the 21st – the primary semi-legitimate meeting places were smoke-filled bars. The result for many of a certain age in our community has been various “substance-abuse” issues: alcohol, drugs and nicotine. Twelve-step groups focused on our community have been developed all over the world to help confront the resulting multiple-addictions that continue to plague us. AA, NA, Al-Anon and countless other approaches have helped members of our community free ourselves from our various demons.

The fact is that LGBTQ+ folks use tobacco products nearly twice as much as the general population for many reasons, including ongoing homophobia, transphobia, as well as other discrimination experienced by non-binary and gender non-specific individuals. It’s also true that Big Tobacco



Brian, Amaya and Jimmy at Concord event

deliberately targets our communities to get us to smoke more. Even Hollywood and indie films continue to depict the “romantic” hero/heroine who can’t carry on an intelligent conversation without a cocktail in one hand and a cigarette in the other!

This month’s Third Friday Lunch Bunch, 20th January, 12:30-2:30pm, will kick off the new year with discussions of how both smokers and non-smokers are fighting back for our health. The leaders will be Brian Davis, Amaya Wooding and

Jimmy Ancira of LGBTQ Minus Tobacco!

LGBTQ Minus Tobacco’s staff have been active in the community for many years. Brian is a gay East Bay senior who was involved in the marriage equality movement. Amaya is a young Chinese-Filipino, trans lesbian, who fought successfully for fully LGBTQ-inclusive sex education in her home community of Fremont. Jimmy is a young Latinx gay man who lives in Oakland and has worked to protect us from HIV/AIDS. Now they all bring that commitment to the fight for LGBTQ health and against the tobacco industry.



Jimmy and Amaya at Castro Street Fair

Check out their photos here and find out more about them (and LGBTQ Minus Tobacco) at lgbtqminustobacco.org/about-us . They’re looking forward to meeting you in January!

Because of the continuing need to have individually-packaged meals through the pandemic, we need to request RSVPs from people who want to attend the Third Friday Lunch Bunch at the North Oakland Senior Center, 5714 MLK Jr Way (corner 58th Street). The entrance and parking lot are at the rear of the Center off 58th Street.

Menus rotate four cycles per year. The choices for this first session of 2023 will be vegetarian or non-vegetarian (turkey or tuna) sandwiches, plus a cookie for dessert. To RSVP and have a meal waiting for you, please do one of the following:

- Those who are members of the North Oakland Senior Center (NOSC) should RSVP to NOSC@oaklandca.gov or by calling 510-597-5085, being sure to include your meal preference.
- Those NOT members of NOSC should RSVP to JohnDavid@LavenderSeniors.org, listing name, phone number, email address and meal preference.

Hope to see you there.

Lavender Seniors and the Oakland LGBTQ+ Community Center

As mentioned in several previous newsletters, Lavender Seniors of the East Bay is in transition mode. This organization – which is currently 28+ years old

– is hoping to become a program of the Oakland LGBTQ+ Community Center in the new year. The Center’s CEO, Joe Hawkins, and three of his staff were on-hand at the Third Friday Lunch Bunch on 16th December to discuss how that transition and integration process will ideally take place. The tentative plan – pending final negotiations between the two organizations – would likely be:

- The Lavender Seniors of the East Bay 501(c)3 status will be put on hiatus initially for two years, placing LSEB as a program of the Center under OLGBTQCC non-profit status
- Five of LSEB’s ten programs will, hopefully, remain seamlessly active through the Center (The Friendly Visitor Program; The Caring for our LGBTQ Partners/Friends/Ourselves support groups; The monthly newsletter, *Lavender Notes* ; The website, www.LavenderSeniors.org; The Third Friday Lunch Bunch held at North Oakland Senior Center)
- The Second Saturday Rainbow Lunch (on Zoom) will tentatively morph into a support group for LGBTQ+ seniors – similar to the one the Rainbow Community Center in Contra Costa County holds every-other-Friday – for keeping people connected. If a facilitator for such a virtual support group has not been identified by the end of February 2023, this group will be put on hiatus, as well.
- Some of the other programs (e.g., the Third Wednesday LGBTQ+ Film Series) may be resumed if/when program facilitators, venues, etc., have been identified.
- An LSEB Advisory Council will be attached to the Center to help guide programming that targets LSEB-type services for LGBTQ+ seniors. Several resigning Board members have agreed to be part of that Advisory Council for a limited time, until more members have been identified from the community.

As with any transition, there may be the odd bump in the road, but everyone will be doing their best to continue providing quality services to LGBTQ+ seniors in the East Bay! We know, for example, that the Third Friday Lunch Bunch for January and February has already been scheduled, as are the “Stories of Our Lives” and other newsletter features for those first two months of the new year!

Meanwhile, for those who were unable to make it to the Third Friday Lunch Bunch for the symbolic passing of the torch between LSEB and the OLGBTQCC, as well as some of the Oakland Gay Men’s Chorus serenading outgoing LSEB board, staff and volunteers, a few photos will summarize the ongoing LGBTQ+ community collaboration:



Photos from left to right:

- John David Dupree, Lavender Seniors Board; Wally Bee, Baritone with Oakland Gay Men’s Chorus; Carmen Chiong, Lavender Seniors Board; Joe Hawkins, CEO, Oakland LGBTQ+ Center
 - Members of the Oakland Gay Men’s Chorus Serenading Outgoing Lavender Seniors Board, Staff and Volunteers
 - Carmen Chiong, Lavender Seniors; Joe Hawkins, Oakland LGBTQ+ Center; John David Dupree, Lavender Seniors
-



WISDOM! LAUGHTER! CONNECTION!

Discover LGBTQ+ aging strategies and community support as you share your unique life experiences and sense of humor with your Lesbian, Gay, Bisexual and Transgender peers!

OA505 Section 5121

INTRODUCTORY CLASS

Wednesdays 11 am –1 pm January 18–May 24, 2023

**Offered Free Online via Zoom
OPEN TO ALL CALIFORNIA RESIDENTS!**



**Instructor: Gary "Buz" Hermes MA
LGBTQ+ Aging Consultant**

Buz has facilitated workshops, classes, and discussion groups for the LGBTQ+ community for over thirty years. He now loves sharing his passion for empowering aging strategies with his peers. More bio info at <https://profiles.santarosa.edu/gary-hermes>

**For more information contact Buz at
ghermes@santarosa.edu or (707) 227-6935**

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LGBTQ+ Community Support: Caregiving for our Families and Friends

This online support group LGBTQ+ Community Support Caregiving for our

Families and Friends offers a place for lesbian, gay, bisexual, and transgender caregivers of adults with chronic health problems to discuss the unique issues of caring for their loved ones.

Subscribe to [LGBTQ+ 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, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26

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 Kay George

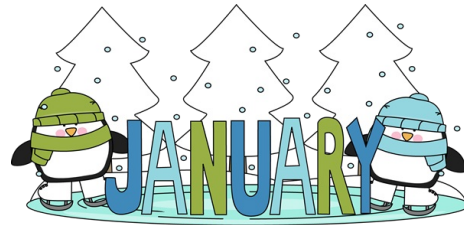
Growing an Elder Community Mondays, 1/2 – 3/6

In community, we will discover what is beautiful about the latter stages of life, and how getting older, including as a disabled or homebound person, can contribute positively to our culture. This is an opportunity to experience what is noble about being human in the world. A limited number of copies of the book, *The Tao of Aging* will be made available by the author, and it is also available for purchase on Amazon.com. Facilitated by David "Lucky" Goff, PhD

Living Life with No Regrets Fridays, 1/27 – 3/3

As we get older, we can sometimes look back on our lives with a sense of regret. We may wish we had made different choices, or that we had taken more risks. It's important to know that regret is a normal part of life. Everyone has at least one regret - what matters most is that we learn from it and move forward. Join us as we lovingly face our regrets and work through them together. You'll discover that it's never too late to start living a life with no regrets. Facilitated by Nurbaya Hamzah and Manjyot Samran, Masters in Counseling Students, Palo Alto University, CA

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



Out Standing Seniors - Hayward - Sponsored by Pacific Center

Jan 3 12:30 - 1:30 p.m. (1st Tuesday)

Meets via Zoom email outstandingseniors@pacificcenter.org 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

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

Meets via Zoom email livingoutlivermore@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

Jan 5, 2:00 - 3:00 p.m. (1st Thursday)

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

Find support and like-minded wonderful people!

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

Zoom - runs in 9 week sessions

Jan 3, 10, 17, 24 3:30 - 5:00 p.m. (Tuesdays)

Please email olderandoutgroups@pacificcenter.org for more information. No drop-ins. Intake is required for attendance.

Free therapy group for LGBTQIA+ community members age 55+

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

person at Oakland LGBTQ Community Center - runs in 9 week sessions

Jan 4, 11, 18, 25; Feb 1; 1:15pm - 2:45pm (Wednesdays)

Please email olderandoutgroups@pacificcenter.org for more information.

Intake is required for attendance.

Free therapy group for LGBTQIA+ community members age 55+

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

person at N. Berkeley Senior Center - runs in 9 week sessions

Jan 6, 13, 20, 27; 3:00 - 4:30 p.m. (Fridays)

Please email olderandoutgroups@pacificcenter.org for more information.

Intake is required for attendance.

Free therapy group for LGBTQIA+ community members age 55+

Rainbow Seniors

Jan 10 & 24 12:30 p.m. (2nd & 4th Tuesdays)

San Leandro Senior Community Center

email rainbowseniors@pacificcenter.org for info.

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

Lavender Seniors Board Meeting
Jan 11 6:30 - 8:30 p.m. (2nd Wednesday) via Zoom
A portion of this meeting is open to the public.

Lavender Seniors Rainbow Lunch
Jan 14 12:00 - 2:00 p.m. (Second Saturday)
This month's program: ("Virtual Support Group"- see info above for joining us via Zoom)

Tri-Valley Rainbows - Sponsored by Pacific Center
Jan 19 5:30 - 7:00 p.m. (3rd Thursday)
Meets via Zoom email trivalleyrainbows@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
Jan 20 12:30 - 2:30 p.m. (Third Friday)
North Oakland Senior Center
This month's program: ("Smoking & On Going Risks"- see info above)

Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr
Vice President: Melissa West
Treasurer: Carmen Chiong
Secretary: Dr. John David Dupree

Founding Member: Barbara Jue
Member: Khilynn Fowler
Member: Nolan Quinabo

Lavender Seniors of the East Bay

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