



# Lavender Notes

***Lavender Seniors of the East Bay  
a Program of the  
Oakland LGBTQ Community Center***

[Volunteer](#)

[Donate  
with  
PayPal](#)

*Celebrating 28+ years of service and positive change*

*April 2023- Volume 29 Issue 4*

## STORIES OF OUR LIVES

### The Rev. Justin Russell Cannon

Since Stonewall, many plays, films, short stories, novels – and even a trilogy – have been produced about LGBTQ people trying to figure out how to reconcile their “queerness” with their religious beliefs. This month’s “Stories of Our Lives” focuses on the dramatic journey of a community member – Episcopalian from birth – struggling through several personal epiphanies and iterations to come out the other side of that reconciliation stronger and more intact.



Justin, age 2, Detroit

Justin Cannon was born in July 1984 in Detroit, Michigan, the youngest of three sons. His parents had met in an intentional community affiliated with the neighborhood Episcopal Church, Church of the Messiah. His parents were very religious, including the fact that his mother was a lay associate in the church.

“Our family and community were very religious,” Justin recalls. “We went to Sunday School and church every week, said grace before dinner, attended prayer meetings and other church activities from my earliest memories. Though that original faith-based communal arrangement of five or six families dissolved when I was a toddler, we ended up in a ‘corner co-op’ of five houses all in relationship to each other and involved with activities connected to the church. My playmates were

mostly kids I knew from that setting. That early theme of wanting – or perhaps needing – to belong in community has motivated me all my life.”

He did well academically and socially at Detroit’s Golightly Education Center through his first five grades.



Justin, age 4, rainbow jacket

“After I finished fifth grade, we moved 80 miles north to Lexington, a fairly rural beach-town on Lake Huron in Michigan’s ‘thumb’ region. My parents had bought a cottage there earlier with an inheritance from my grandmother, but eventually needed to decide between the two homes. Middle School ended up being one of the darkest periods of my life to date. As the ‘new kid’ in middle school, I was targeted as the tall kid, the red-haired kid, the kid who always raised his hand with answers, on top of having braces and all the rest. I was tormented, frequently visited the school counselor, and became afraid to ride the school bus so my parents picked me up instead. I was bullied and at times just wanted it all to end.”

Then – soon after 8th grade had begun in September 1997 – he had the first of several epiphanies that has helped guide his movements through the current day.



Justin baptism, Detroit River, Belle Isle, Age 7

“At age 13, during a prayer service in our friends’ living room, I had a life-changing spiritual experience,” Justin recalls. “While a song was being sung, I was flooded with the feeling of being loved by something bigger than myself, something bigger than even the bullies! Prior to that experience, I had mostly felt bored with church – and God seemed distant. But from that point on, the spark of God’s love that I felt led me to want to be a ‘Lover’ when I grew up – one who shows God’s love to the world.”

During his years at Croswell-Lexington High School, Justin developed an interest in French and wrestled with coming to understand his sexuality.

“I had a total of three girlfriends in high school,” Justin recalls, “largely because I thought that’s what I was supposed to do. The first was like a soul-mate – I truly loved her, but I had no interest in a sexual dimension of the relationship which was avoided altogether. Another ended after just one week or so, mainly because she was very interested in being physical and I knew that wasn’t something I wanted. The third was platonic, but we were dating, and she grew to be my best friend at the time.”

Justin applied to several colleges, but was most drawn to Earlham, a Quaker liberal arts school in Richmond, Indiana, where he started out with a Religion major and French minor. During his freshman year, he caught himself having a visceral reaction to a “Letter to the Editor” submitted to the school newspaper by one Edward.

“This very homophobic opinion piece quoted Leviticus and other anti-gay

'clobber passages' in the Bible," Justin recalls. "I found his letter to the editor hilarious because it lacked real theological grounding, so I wrote a rebuttal. It was while writing that response that I admitted to myself that I wasn't just defending my gay friends, but that I was gay. But I only admitted this to MYSELF. This confession to myself led me into a year-and-a-half of studying the Bible to determine what is actually said about homosexuals."

This period spurred Justin's protracted struggle between being a Religion major who wanted to become an Episcopal priest and uncertainty about where homosexuality stood within the Christian faith.

"In high school, I think I put my own homosexuality in a box and up on a shelf to ignore and deal with someday," Justin says. "I just was not processing it at the time. When I wrote that response to the Letter to the Editor, however, that box fell off that shelf, broke into pieces and its contents scattered all over the floor! This was now something I had to deal with and figure out. I was a Religion major in dire need of a spiritual director, which is standard for anyone pursuing ordination. I sought out the school's chaplain, Trayce, an openly gay and partnered Quaker minister. She supported me in my spiritual journey, and I remember wanting so badly to come out to her during my struggle. I didn't because once you name something, it's not like you can unsay it. After digging through the Bible on my own for all those months, I could find nothing in the Bible to justify Christian-based homophobia. Virtually all of the anti-gay 'clobber passages' had been taken out of context. There was nothing in the Bible that I found which condemned loving, gay relationships."

At age 17, when in high school, Justin traveled to France alone, which marked the beginning of his world travels. In college, his sophomore year he spent a semester in French-speaking Martinique, an island in the Caribbean, and that following summer retraced his previous journey through France, this time with a female friend from college. In between the trips to Martinique and France, he experienced the third of those profound and life-changing personal revelations.

"I'd been having bladder issues," he says, "and sought out medical and lab visits for urinalyses, urethral swabs and so on, with no resulting diagnoses. When I came home, my Mom suggested I talk to a woman who'd met me as a toddler, but who hadn't seen me since then. Kathleen was in New Mexico, described by my mother as an 'intuitive'. Though Mom insisted that Kathleen could 'read' me on the phone, I was skeptical, to say the least. I was not going to give her any details! She needed to prove herself to me! She explained that she would read my chakras as a starting point and she proceeded.

"She described my crown chakra, which was the connection to the Divine, as clear and very strong; my third eye was the realm of intuition and perhaps my strongest area; my throat was clear; my heart was very open in terms of loving outward, but in terms of letting love in, she said there was a wall and I would only let it in so far. My solar plexus was fine. When she got to my sacral – or groin – chakra, though, she seemed astounded at how problematic it was! This chakra was so murky and cloudy, she described it as a choppy ocean that I couldn't get to the other side of. She explained this was the chakra connected to sexuality, relationships, and interpersonal connection. Then she asked me, point-blank, if I was gay! I immediately said 'NO' but soon realized I was being dishonest to a woman who was trying to help me. Moments later, I

corrected my answer and Kathleen and I proceeded to talk about my sexuality which I had fought dealing with for so long.

"She explained that the physical manifestations were all a result of held-in emotions and fighting this part of myself. Having never had a sexual relationship with anyone, male or female, talking to Kathleen was the first time I had shared this part of myself openly."

The next day – right before departing for a month in France – Justin came out to his mother as a first step in moving forward with his life.

"I realize now how unfair it was to tell her and insist she not tell anybody else – even my Dad," Justin recounts. "By the time I returned from France, she told me that I had to tell him. She said he was suspecting I'd got somebody pregnant, was on drugs or was gay! When I came out to him in August – before my junior year in college – he assured me they would always love me, although he wasn't sure yet what God might think about this. When I told my brother, Daniel, strangely he told me that he'd just had a dream the night before that I'd told him that!"



Justin, Mom and Dad, 2008

To help his family deal with their own responses to his coming out, he wrote up all the research he'd done on perceived Biblical condemnation of homosexuality, which he found actually did not exist. His Bishop in Michigan assisted him to self-publish the resulting document – 1,000 copies, initially – to distribute to interested individuals, organizations, and congregations. Justin used his web-creation skills, starting TruthSetsFree.net. This set off a flurry of requests for interviews,

presentations and workshops over the next few years.

"This was the era when openly-gay Gene Robinson was being consecrated as Bishop of New Hampshire and interest in LGBTQ issues was very high," Justin recalls. "I was interviewed by the Advocate, the Los Angeles Times, OutQ Radio, the New York Times, Out Magazine, Instinct Magazine and many others between 2003 and 2006. I was asked to hold workshops – even at Earlham – on reconciling the Bible, Christianity and Homosexuality. I spoke at churches in Ohio and Michigan. By the time I graduated in 2006, I had also started the first gay Christian dating site – Rainbow Christians. It was a very classy site – no nudity, no shirtless photos, etc. We probably had over 3,000 members, some of whom wrote me letters thanking me for helping them meet the love of their life. I, however, never met anybody on the site."

The next step in becoming an Episcopalian priest is going to seminary. In his attempt to be nominated by his home church in Lexington, Michigan, the first committee gave him a positive recommendation, but the Vestry vote was against him, allegedly because they perceived he was focused more on gay issues than religious issues, even though his LGBT work had been spiritually-focused.

"Sexual orientation was a protected class in the Episcopal Church by then, and



they shouldn't have been able to deny me access to holy orders on that count," Justin recalls. "So my Bishop advised me to just attend Seminary and we'd deal with the nominating process later. I ended up transferring to the Diocese of California and being sponsored by All Souls, Berkeley, which turned out to be a good thing, since there I was accepted, respected and celebrated for all aspects of who I am."

During his three years at Church Divinity School of the Pacific in Berkeley – 2006-09 – he still struggled somewhat with figuring out his beliefs around sexual ethics. He sought assistance at the nearby Center for Lesbian and Gay Studies on Holy Hill, where he connected with his spiritual director, though it wasn't something the man normally did.

"I'd been brought up to believe many things about sex that I had to contend with," Justin says. "I was taught that there should be no sex before marriage and things like that. The summer before seminary, after college, I met a guy at a queer event in Port Huron and he was my first official boyfriend. While in seminary, I dated a fellow for several years. As I journeyed towards being ordained, I sorted out my own personal beliefs on sex, marriage, cohabitation, and the like. Towards the end of seminary, as I prepared for ordination and to be able to focus on the ministry ahead of me, I sold Rainbow Christians, toned down my LGBTQ activities and decided on next steps for me, personally and professionally. The summer before my 2011 ordination, I had another reconciliation to deal with: my love of nature and how that fits into working within an institution that was mostly oriented around being within walls. I received a grant to explore the environmental connection to my faith. I visited many environmental ministries, including one in Santa Fe, NM, called Worship in the Wilderness. Finding a way to meet with and worship God in the outdoors was exactly what I'd been looking for. I have since formed a successful ministry via HolyHikes.org. There are more than 20 Holy Hikes ministries around the country now, a network I oversee."



Rev. Justin leading Holy Hikes through the woods and to the beach

Justin was ordained as an Episcopal priest at Grace Cathedral in San Francisco in 2011, under the sponsorship of All Souls and Saint Clements, both in Berkeley, where he was embraced and celebrated. After a three-year stint in Moraga, he has spent the last seven years as Rector of All Saints Episcopal Church, San Leandro. After figuring out one way to the spiritual/professional life he'd always hoped for, Justin still longed to find a soul-mate to share his life with.

"I've known forever that I wanted to be married some day and share my life with someone," Justin says. "I explored many different dating platforms, but was looking for something that would be lasting as opposed to one-time flings."

I could tell pretty quickly from a first dinner or coffee date if there was potential for something more. It was on Tinder – lo and behold – that I was matched with Max, who described himself as a Santa Rosa landscape designer, who loves good food, wine, hiking and identifying plants for people! Our first texting chats revolved almost exclusively around our love of nature and, particularly, plants. In fact, I'd say Max's religion is plants, not Christianity. Many would've thought we were super-nerds during those first discussions about nature. We finally met for the first time November 26th, 2016, going out to dinner in San Rafael. Because of my rigorous holiday schedule, our second very magical date wasn't until December 16th. Both of us subconsciously wondering if the other was a true hiker, we decided to take the nine-mile hike out to Alamere Falls at Point Reyes in Marin County. That second date was magical and I was definitely interested in this guy."

The rest, as they say, is history. Their third date was Christmas Eve, after which Justin left for a month visiting Michigan family. Max moved in with Justin in March 2017. A month later, they bought a house and moved in there, five minutes from All Saints.



Justin and Max – snapped on film at the falls by a lesbian couple

"Max and I went back to Alamere Falls December 15th, 2017," Justin says, "to commemorate our second date, chilled a bottle of champagne in the waterfall, and that's where I proposed to him! We were engaged for a year and had our wedding in the redwoods on December 15th, 2018, with both of our families – from Santa Rosa, Lexington and around the country – as well as parishioners and friends. We had reserved a space in the Roberts Regional Recreation Area in

Oakland. In fact, we hiked to our wedding. Max and I were dropped off at the Canyon Meadows trailhead and hiked up with our wedding outfits in our backpacks! On the invitations, everybody was asked to bring their own chairs. We changed in the bathrooms after the hike and had a magnificent day there, followed by a splendid reception at St. Clements on Claremont in Berkeley. It, too, was magical. We couldn't have asked for a more perfect wedding day."



Justin, Max, Family and Friends – Roberts Regional Recreation Area – December 15th, 2018

The couple spent their December honeymoon in sunny Costa Rica. Justin has traveled internationally (e.g., teaching English for summer of 2006 in Quanzhou, Fujian Province, China; trips to Europe and the Caribbean). His family took frequent road trips during his



Justin & Max at Alamere Falls,  
February 2023

childhood throughout Canada, more than 40 of the contiguous United States, visiting national parks and such. He and Max will surely be traveling a lot together, as well, but one of their all-time favorite destinations will likely continue to be Alamere Falls, which is where the two just hiked on Valentine's Day.

All best to both of you and yours from Lavender Seniors and the Oakland LGBTQ Community Center! Thanks for sharing so much of your life with us!



## Attention, Writers!

The "Stories of Our Lives" column has been one of the most popular features of the monthly *Lavender Notes* newsletter for nearly a decade; one of the ways of helping us all feel part of a larger inclusive community!

We are hoping that someone – or perhaps a tag-team of someones (dare we suggest a "committee"? – will step forward and carry on the tradition. This includes interviewing members of the (mostly local) LGBTQ+ community, gathering photos from the various chapters of his/her/their lives, writing a draft for review (additions, subtractions and corrections) by person(s) being featured, incorporating the changes and submitting the final draft to the editor by the deadline (usually the 24th or 25th of the month – e.g., the final draft of the "Stories..." featured in this April newsletter was the 24th of March).

People featured so far have ranged in age from 19 to 99 and virtually everywhere in-between, though the focus has been on seniors, age 50+. We have featured several long-term couples. We have featured one straight person who served on our Board of Directors for several years (always grateful for allies). We have tried to achieve a balance of L-G-B-T-Q-I-A-2S; black-white-Asian-Latinx-Native American; Christian-Jewish-Muslim-Buddhist-Sikh-Hindu-Atheist, etc.; as well as people representing the range of socio-economic backgrounds, abilities, educational levels, etc.

Anyone – or any tag-team of anyones – who might be interested in carrying on this tradition should contact Jesse Spivey, Director of Elder Services at the Oakland LGBTQ+ Community Center: [jessie@oaklandlgbtqcenter.org](mailto:jessie@oaklandlgbtqcenter.org) or +1 (510) 781-2926. Meanwhile, dozens of examples can be seen at our website: <https://lavenderseniors.org/newsletter/> - just clicking on any month, you can review the "Stories..." that have been written and archived there over the years.

Because of transpositions necessary between Constant Contact (our newsletter format) and our website, the archived versions there may seem a bit choppy rather than flowing as smoothly as they actually do in the monthly newsletters sent both by e-mail and snail-mail to our readers. Otherwise, the content is

the same.

For those who might be interested email [jessie@oaklandlgbtqcenter.org](mailto:jessie@oaklandlgbtqcenter.org) for a checklist of what is involved each month.

If no writer(s) step up to the plate, this will likely (and disappointingly), be the final "Stories of Our Lives" published in this newsletter.

**Come on forward, writers, and help keep this tradition alive!**

---

## 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](mailto:info@lavenderseniors.org) and we will be in touch with you soon. Thank You!

---



**"Expect Nothing but Change  
and You'll Never be Disappointed"**

(John W. Gardner, creator of Common Cause)

## Second Saturday Program Going on Hiatus

It was decided – and announced at the March Zoom gathering – that the Second Saturday Rainbow Lunch is going on hiatus for now. Incorporating all of the "Aging in Place" services at Oakland's LGBTQ+ Community Center – including Lavender Seniors activities – is more complicated than one might expect, so there is currently nobody who can take on managing any Second Saturday programming.



Begun (best estimate) 15+ years ago as the Second Saturday Potluck, the program was designed to provide a place for LGBTQ+ seniors, who were working or studying during the week, to gather for social interaction on the weekend. It was held at two different San Leandro churches before it finally landed a "permanent" home at All Saints Episcopal Church in San Leandro the 4-5 years before Covid closed everything down. Several people had complained that it was becoming a hardship – or something they were borderline dreading – to have to work/school all week and then have to get up on Saturday morning and prepare something for the 12-2pm "potluck." So the Board of Directors decided to start providing a catered lunch so people could just enjoy their Saturday afternoons in society with other LGBTQ+ seniors.

As mentioned in earlier newsletters, once the activities had to either resort to Zoom – or be canceled (e.g., the monthly LGBTQ+ Film Series at the San Leandro Public Library) – the Second Saturday attendance dropped precipitously from 15-25 people (in-person) to 8-12 people (virtual meetings). In fact, last month's "Women's Month" Zoom meeting on 11th March was only attended by six people, though it was declared pretty amazing by all who attended – one participant said it was the "warmest and most cordial" meeting she'd attended in a long time, "full of much personal sharing!"

So if anyone is interested in taking charge of continuing that activity, he/she/they should contact Jesse Spivey, Director of Elder Services at Oakland LGBTQ+ Community Center: [jessie@oaklandlgbtqcenter.org](mailto:jessie@oaklandlgbtqcenter.org) or +1 (510) 781-2926. The time and date has been reserved by Lavender Seniors on Zoom through 9th December, when the organization would traditionally have held a popular holiday party at some central venue like Harry's Hofbrau in San Leandro (which was done 2015-19).

To see the types of programs that have been presented over the years, check out examples at: <https://lavenderseniors.org/newsletter/> - just clicking on any month, you can review the "Second Saturday" programs that have been written about in the newsletter over the years.

The Center is planning to offer a LAST Friday in-person gathering for LGBTQ+ seniors, beginning the 31st of March. See the attached announcement flyer (below) in this newsletter.

---

# Third Friday Lunch Bunch

Every **Third Friday @ 12:30pm**  
North Oakland Senior Center  
5714 MLK Way



Please call **510-781-2926** or email: [jessie@oaklandlgbtqcenter.org](mailto:jessie@oaklandlgbtqcenter.org) to **RSVP**



## Eight Dimensions of Wellness – Glenn Burke Clinic

Many LGBTQ+ seniors may not be well-acquainted with the health and wellness services that have been offered by the Glenn Burke Wellness Clinic at the Oakland LGBTQ+ Community Center since December 2020. The focus of this month's Third Friday Lunch Bunch will be presentations by the Center's Wellness Coordinators and Glenn Burke Wellness Clinic staff.



In addition to discussing these eight dimensions, the staff will better describe the new and existing programs available at the center, the services provided by their Wellness Coordinators and the Glenn Burke Wellness Clinic, named after the first out Major League Baseball player.

The menu choices for this month's meeting will be:

- Vegetarian Mediterranean Plate (Hummus, tabbouleh, falafel, dolmas, Greek salad, and sliced pita)
- Non-vegetarian Mediterranean Plate (Chicken, hummus, tabbouleh, falafel, dolmas, and sliced pita bread)

So that the right amount of food can be ordered from the caterer, RSVPs will be required by Tuesday, the 18th of April. The RSVP can be accomplished as follows.

- Follow this link to an RSVP form, complete and click "submit": <https://forms.gle/D84VcJXGMbZURSMj8>
- Email or phone Jessie Spivey, Director of Elder Services at the Oakland LGBTQ+ Center, [Jessie@OaklandLGBTQCenter.org](mailto:Jessie@OaklandLGBTQCenter.org) (510-781-2926) if you have any problems or questions.

The Third Friday Lunch Bunch is held from 12:30-2:30pm at the North Oakland



Senior Center, 5714 MLK Jr Way (corner of 58th Street). The parking lot and entrance are at the rear of the building (off 58th Street).

---



**SOCIAL SENIORS**

Oakland  
LGBTQ COMMUNITY CENTER

LAST FRIDAY  
OF EVERY  
MONTH

**A NEW SOCIAL GATHERING FOR LGBTQ SENIORS**  
**STARTING MARCH 31ST 12:30PM @ THE OAKLAND LGBTQ COMMUNITY CENTER**  
**CALL 510-781-2926 OR EMAIL: [JESSIE@OAKLANDLGBTQCENTER.ORG](mailto:jessie@oaklandlgbtqcenter.org) FOR RSVP LINK**

---

## Pioneers of Queer Cinema

BAMPFA ([website](#))

2155 Center Street, Berkeley

March 3–May 3, 2023

Cosponsored by Frameline

What's driven most queer filmmakers who've made pointedly queer film for more than sixty years now hasn't

been the quest for fame or fortune (those weren't really even options), or even the idea of making foundational and "important" work. It was simply the desire to bring into cinematic existence something of the world as they saw, lived, dreamed, and quite often defied it. Gay and lesbian and queer filmmakers (the terms aren't necessarily synonymous or interchangeable) have





historically been both custodians and makers of history, all at once. That so many of them have fallen through the cracks of history is both ironic—and not.

*Pioneers of Queer Cinema* is an attempt to recover some American queer films that are now little-known, and many rarely ever seen at all, and put them in conversation with a relative handful of works now deemed classics—with the latter group ranging from Kenneth Anger’s short *Fireworks* (1947) to some of the heady ‘90s fare that made up the movement film scholar and historian B. Ruby Rich dubbed “New Queer Cinema” in 1992. The shorts and feature films in this program, both narrative and documentary, are just a sliver of the works that were at the forefront of slowly shifting perceptions of and conversations about the queer community, for both queer and non-queer audiences alike.  
—Ernest Hardy, *Pioneers of Queer Cinema* catalog

BAMPFA's selections from the UCLA Film & Television Archive tour focus on locally made cinema; a number of local filmmakers, critics, and scholars will be in person. Three works from *Pioneers of Queer Cinema* were recognized by the National Film Registry in 2022: *Behind Every Good Man* (April 27), *Tongues Untied* (May 3), and *Word Is Out* (April 2). Of related interest, see *Lizzie Borden’s New York Feminisms Trilogy*.

---



For those who may not be aware, do-at-home self-test kits are available for HIV, an important component of the CDC's current "Let's Stop HIV Together" promotion ([cdc.gov/HIVSelfTesting](https://www.cdc.gov/HIVSelfTesting))

### What is a rapid HIV self-test kit?

► A kit that contains everything you need to test for HIV.

It allows you to test in the privacy of your own space, on your own time. It's fast and easy. You can get your results in as little as 20 minutes.

### How do I use an HIV self-test?

3 Fast and Easy Steps

- 1 SWAB**  
Run the test swab across your gums.
- 2 INSERT**  
Insert swab into the test tube.
- 3 RESULTS**  
Get your results in as little as 20 minutes.

### Where can I get an HIV self-test?

► Many health departments and organizations offer free self-tests online, or you can purchase one at a pharmacy.

**Get your FREE HIV self-test**

Learn more about self-testing and how to get free HIV self-tests at [cdc.gov/HIVSelfTesting](https://www.cdc.gov/HIVSelfTesting)

### ON YOUR TIME. IN YOUR SPACE.

Some things you can't control. But you can control when, where, how and with whom you take an #HIV Self-test. Get 2 HIV self-tests and test together. Learn more about HIV self-testing at <https://www.cdc.gov/hiv/basics/hiv-testing/hiv-self-tests.html>:

- ✓ Can be done in your own space.
- ✓ Can have results ready within 20 minutes.
- ✓ Can be purchased at pharmacies, online, or may be available for a free or reduced cost in your community.



## 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.

# 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, 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

#### Noggin Joggin' Thursdays, 4/13 – 4/27

Let's get those dendrites going and spice up our brains! We will have exercises that may not always be easy but will be a fun way of joggin' our noggins. We're sure to have a great time along the way. Facilitated by Nicolette Noyes

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](mailto:coviaconnections@covia.org).



Out Standing Seniors - Hayward - Sponsored by Pacific Center

Apr 4 12:30 - 1:30 p.m. (1st Tuesday)

Meets via Zoom email [outstandingseniors@pacificcenter.org](mailto: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

Apr 4 2:00 - 3:30 p.m. (1st Tuesdays)

Meets via Zoom email [livingoutlivermore@pacificcenter.org](mailto: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.*

Older & Out Therapy Group - Hayward - Sponsored by Pacific Center Meets via Zoom Tuesdays 3:30 - 5:00 p.m.

Please email [olderandoutgroups@pacificcenter.org](mailto: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

Wednesdays 1:15pm - 2:45pm

Please email [olderandoutgroups@pacificcenter.org](mailto: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

Fridays 3:00 - 4:30 p.m.

Please email [olderandoutgroups@pacificcenter.org](mailto:olderandoutgroups@pacificcenter.org) for more information.

Intake is required for attendance.

*Free therapy group for LGBTQIA+ community members age 55+*

Rainbow Seniors

Apr 11 & 25 12:30 p.m. (2nd & 4th Tuesdays)

San Leandro Senior Community Center

email [rainbowseniors@pacificcenter.org](mailto: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.*

Tri-Valley Rainbows - Sponsored by Pacific Center

Apr 20 5:30 - 7:00 p.m. (3rd Thursday)

Meets via Zoom email [trivalleyrainbows@pacificcenter.org](mailto: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 & Oakland LGBTQ Community Center

Apr 21 12:30 - 2:30 p.m. (Third Friday)

North Oakland Senior Center

*See flyer & info above for registration info. This month's program: '8 Dimensions of Wellness'*

Social Seniors - Last Friday

April 28 12:30 p.m.

Oakland LGBTQ Community Center

*See flyer above for registration info.*

---



**Lavender Seniors of the East Bay**  
**a Program of the Oakland LGBTQ Community Center**  
**Advisory Council**

**Victor Aguilar Jr**  
**Melissa West**  
**Dr. John David Dupree**  
**Beckie Underwood**  
**Dr. Melinda Ginne**

**Barbara Jue**  
**Khilynn Fowler**  
**Nolan Quinabo**  
**Karen Anderson**  
**Estelle Eskenazi**

**Lavender Seniors of the East Bay**  
**a Program of the Oakland LGBTQ Community Center**

**Message: 510-736-LGBT (510-736-5428)**  
**info@lavenderseniors.org**

**Mailing Address:**  
**490 Lake Park Ave. #10530**  
**Oakland, CA 94610-8019**

**Website: <http://lavenderseniors.org>**

**Newsletter Editorial**  
**Board:**  
**Beckie Underwood**  
**John David Dupree**

**Contact**  
**Us**



Lavender Seniors | 4100 Redwood Rd, Suite 20A #240, Oakland, CA 94619

[Unsubscribe beckie@lavenderseniors.org](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by beckie@lavenderseniors.org powered by



Try email marketing for free today!