



# Lavender Notes

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

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*Celebrating 26+ years of service and positive change*

*August 2021 - Volume 27 Issue 8*

**STORIES  
OF OUR LIVES**

## Richard Riffer

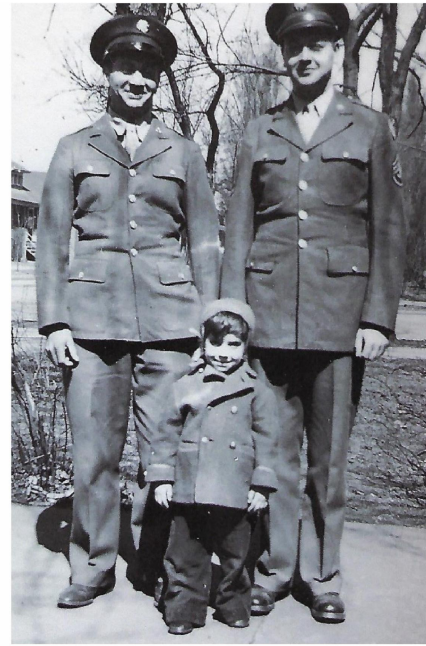
Current seniors – whether LGBTQ+ or not – have experienced many changes over their decades on this planet. Our featured LGBTQ+ senior this month – because of his global awareness and strong trans-Atlantic family and professional connections – brings a rich perspective on both the progress – and, sometimes, steps backward – during his lifetime.

Born in Chicago in December 1939 – two months after Hitler invaded Poland and two years before the bombing of Pearl Harbor – Richard Riffer and his twin, Eugene, were born the third and fourth sons into a traditional Jewish and working-class family. They actually lived across the state-line in Whiting, Indiana, a small heavily-polluted city known in those days as a “sundown” town, which meant there were no African-Americans allowed “in town” after sundown.

“Unfortunately, my twin brother died at age three of Tay-Sachs Disease, which affects primarily Ashkenazi Jews of Eastern European descent,” Richard recalls sadly. “By the time Eugene died, he was blind and helpless, putting tremendous stress, particularly on our mother. I’m a Tay-Sachs carrier, too, which is consistent with the situation world-wide – about half of the members of families like ours are carriers. The good news is that, with improving genome technologies like CRISPR, Tay-Sachs – which is very rare – sickle-cell anemia and similar such genetic disorders will likely be a thing of the past in the next generation or two.”

Some of his earliest memories are from during and after World War II, a period which heavily affected his family, largely via local, national and international anti-Semitism.

"My grandparents fled the pogroms of Belarus in the early 1900s," Richard recounts. "All family members remaining in Europe were murdered by the Nazis by 1943. My maternal grandfather served in the Russian Army during the Russo-Japanese War, where – as a Jew – he was highly-restricted, but also in demand for his math skills. He also used his klezmer skills in the military band. Since his need for eating kosher foods was routinely left unmet, he was malnourished and sick when he arrived in the U.S. He was killed by a Chicago mugger. In the '40s and '50s, it was commonplace for Jews in my hometown to be the victims of anti-Semitic attacks from other East European immigrants – including our teachers – even after the horrors of the Holocaust!"



Richard, age 4, with two of his uncles in uniform - 1944

Five of Richard's uncles served in that war, including one who served at Normandy and another in the Pacific theater. They all survived, though returning to anti-Semitic discrimination in the U.S. was disheartening

The role his family's Judaism played in his life has varied over the years.

"We attended shul regularly and observed Jewish holidays," Richard recalls. "I had my bar mitzvah in December 1952, in conjunction with my 13<sup>th</sup> birthday. I began working that same year, holding numerous jobs, like Western Union telegram deliverer, movie theater usher for 40 cents an hour, door-to-door salesman, telegrapher for the New York Central Railroad, tutor and translator. Today, though I don't consider myself religious, I am well-read in Jewish history, culture and literature. Prior to the pandemic, I belonged to a Yiddish conversation group, mostly seniors from Brooklyn and the Bronx, including Holocaust survivors."

Richard attended elementary/secondary school in the Whiting School system. Though he had friends of all races and ethnicities – male and female – he never had a dating-type social life.

"As a child, it was evident to me that I was 'different'," Richard says. "A gradual awareness of the implications of that was frightening and foreboding. Remember, after all, that I grew up in the '40s and '50s, when even discussing homosexuality was pretty much forbidden, to say nothing of actually being considered homosexual yourself! Children are not stupid, however, and I quickly learned survival techniques. No child deserves to have to cope with this pressure, without adult support from family and, if



necessary, professional help.”

In the adjacent Sunday School photo – taken one year after Roosevelt’s death (Richard in front row, striped shirt, age 6) – his brother, Ken, is right behind him. One of his favorite cousins, Joanne (upper left) had considerable influence over him in many ways, most particularly his subsequent musical interests. She became principal cellist in the Chicago Chamber Orchestra and introduced him to the Shostakovich string quartets.

After high school graduation, Richard won coveted Merit and Merck Scholarships to attend Indiana University in Bloomington, where he received his B.S. in chemistry, summa cum laude. He had been inspired in the chemistry field by an IU professor who pronounced Richard as a

freshman to be the best chemistry student he’d encountered in eleven years. So, on Labor Day weekend, 1961, at age 21, he hopped on the Santa Fe Railway’s San Francisco Chief and headed west for Berkeley, where he knew nobody and had very little cash. He was attracted by the stellar reputation of UC-Berkeley’s Chemistry Department, which remain so to this day.

“I worked my way through graduate school, mostly full-time,” Richard recalls. “I was a teaching assistant in organic chemistry for Melvin Calvin, who won the Nobel Prize in 1961. I was awarded my MS in 1963 and PhD in 1967 in organic and biochemistry. I subsequently continued studies at UCSF Medical Center in epidemiology, immunology and toxicology, plus particle physics at UCB. The research I’d done for my dissertation was presented by my PhD committee chairman to the Royal Institute of Technology, Stockholm, in June 1966. It’s interesting to note that UCB has so many Nobel laureates that they have their own parking lot! Either way, my education set the stage for a research and teaching career that spanned 40 wonderful years!”

Richard led a joint cancer project between UCB and Lenox Hill Hospital in Manhattan. That project is credited with developing one of the oldest and most successful breast cancer drugs to date – tamoxifen. He also led a joint air pollution study between UCB and the Hebrew University in Jerusalem. Both projects required frequent travel between the collaborating sites. During this period, he registered two patents, one on ion exchange and one in enzyme analysis.

“I left UCB when the air pollution study was moved to UC-Riverside,” Richard says. “There was no way I was going to leave Berkeley! I became the Chief Chemist for C&H Sugar, where one of our many accomplishments was developing the flavor for Honey Nut Cheerios, which became the world’s favorite breakfast cereal at one point! I was a consultant to the U.S. Department of Agriculture. I have lectured in Berlin, Marseilles, Montréal, UC-Davis, Sonoma State and the California Culinary Academy in St. Helena. I declined an invitation to lecture in Havana, because I didn’t want to deal with the CIA.”



When he retired in January 1999, he received congratulations from colleagues around the world, including France, the U.K., Canada, Brazil and India.

Richard dates his coming-out as early 1971, when he was 31.

"At the time, it was still dangerous even here in the Bay Area," Richard recalls. "One had to be careful. Full acceptability, even in liberal San Francisco, has been relatively recent and still not universal. I have never really had 'the' conversation with any of my family, though I'm certain that my Mom knew and would be too embarrassed to talk about it. She was living with me when she died at age 99, having seen me and my – mostly gay and lesbian – friends in many different situations. My father died when I was a teenager. I'm sure my brothers – with whom I've always had close relationships – were aware, as well, but it's never been discussed with them or the other relatives back in the Midwest. For the last few years of her life, our mother spent one-third of the year with each of us three surviving brothers."



Richard and his brother, Ken, at King's Canyon, 1970

Richard has a life-long love of playing and listening to music, as well as attending performances of music, dance and theater.



Richard studying Bach Cello Suites, 1975

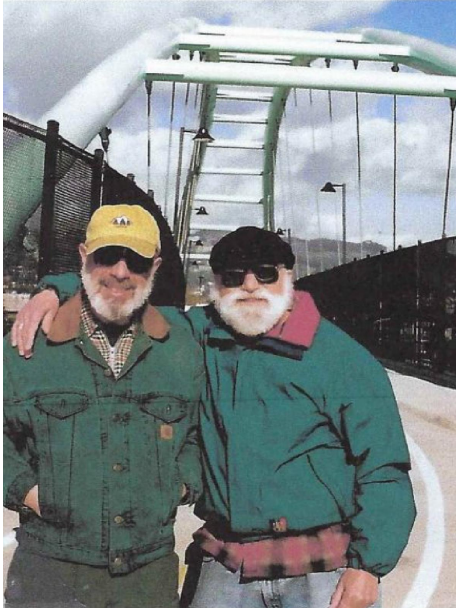
"I have played in bands, orchestras and chamber music groups for 50 years," he says. "I became proficient in cello, oboe, alto sax and recorder. At one time, I played in a quartet with a violinist who was the granddaughter of the great Danish physicist, Niels Bohr. On another somewhat international note, I became acquainted with the widow of Admiral Chester W. Nimitz, of World War II and local freeway fame, when she and I lived in the same building here in Berkeley."

He has also been a dedicated volunteer, delivering meals-on-wheels, working with the Berkeley Blind Center, senior centers and nursing homes. He worked with the Berkeley Historical Society, the Berkeley Architectural

Heritage Association and was an officer of the Berkeley ACLU, which subsequently became part of the San Francisco chapter.

In 2000, when the Oakland East Bay Gay Men's Chorus\* began their inaugural performances, Richard attended and met Jerry Fishman, the man who was to become the love of his life.

"I was 60 years old and already retired," Richard recalls wistfully. "We had so much fun together for nearly two decades that I



Richard and Jerry, Berkeley Pedestrian Bridge, 2010

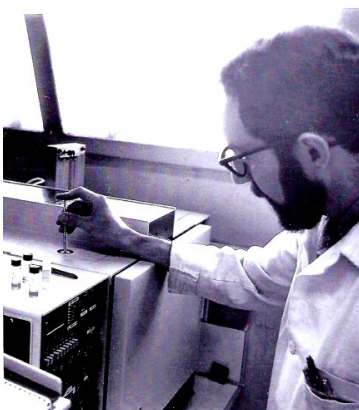
consider myself enormously lucky to have had him in my life. Though we both kept our own condos during much of the time, we spent nearly every day with each other at one or the other of our places. We traveled together, continued our season tickets to the opera, the symphony, the ballet and several theater groups. Unfortunately, during the last couple years of his life, he was unable to adequately care for himself, so we moved him into my space where I could take care of him. We regularly attended Lavender Seniors events, like the Second Saturday and Third Friday Lunch Bunch, as well as most of the LGBTQ-themed film series they offered each month at the San Leandro Public Library.

Everywhere he went, even to the end – whether on a walker or eventually in a wheelchair – he always had his arms wide open to give and receive the warmest hugs from the many friends we had made over the years. After he died in December 2018, about 300 friends came to his memorial at the Berkeley Jewish Community Center. I am still in regular contact with his family, as well as with my own two brothers, who are currently living in senior care facilities in Southern California and Arizona.”

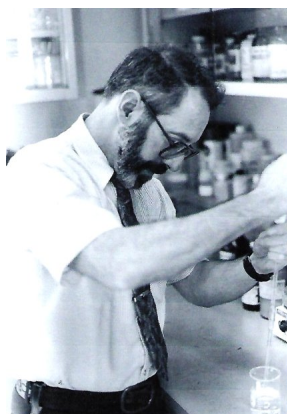
Richard recounts many anecdotes from his travels and his years as a dedicated scientist.

“I’ve been in most of Europe, including Soviet Leningrad, 46 of the 50 states, Mexico, Canada, Israel, China, Japan, Macao and Hong Kong,” he recalls. “I delayed visiting Spain until after Franco’s fascist regime fell in 1975. I’ve also visited Berkeley colleagues and their families in Stockholm, Vienna and Göttingen, Germany. I was in divided Berlin in 1965 and passed through Checkpoint Charlie into the Communist sector. I was removed from the bus and interrogated by the Secret Police, perhaps because they hadn’t seen a living Jew in 20 years!”

A few highlights of Richard’s professional life – where his French and German language skills were particularly useful – and volunteer activities over the years:



Preparing Samples for Cancer Project, 1968



Spiking Radioactive Tracers, 1970



Judging Science Fair Entries, 1990

"Today I am pretty limited by disability," Richard says, "Of course, I miss Jerry very much. But I am fairly content with my situation and grateful to remain independent. I spend the days reading and listening to classical music, with occasional visits from friends. I keep in touch with family and friends by phone, e-mail, and even – something not so popular these days – I still enjoy sending and receiving good old-fashioned snail mail!"

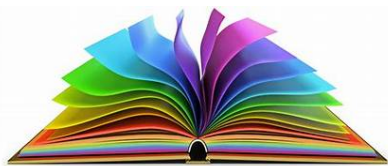
Thank you very much for your contributions through the years, Richard, and for sharing a bit of your very interesting history with Lavender Seniors! All best for the rest of 2021 and beyond!

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\*The organization dropped the "East Bay" from their name in 2017, becoming known as simply the Oakland Gay Men's Chorus.

\* \* \* \* \* **Correction** \* \* \* \* \*

It has been brought to our attention that we inadvertently misspelled former Oakland Mayor Jean Quan's surname in last month's "Stories of Our Lives". We were surprised to note that - after four of us "proofread" the story, none of us - who all knew better - noticed the misspelling. Apologies. And thanks to those who informed us. (We have corrected it in the version on our website.)



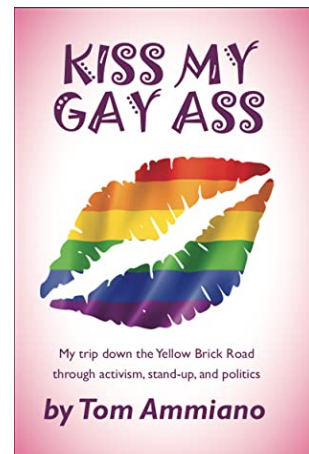
## BOOK REVIEW

### **Kiss My Gay Ass**

**My Trip Down the Yellow Brick Road through  
Activism, Stand-up and Politics**

by Tom Ammiano

Ammiano takes us through years of politics, as far back as 1978. He has led the battle for teachers and LGBTs. He was featured as himself in the Hollywood biopic, *Milk*. In the book, there are intriguing questions about movie stars and others.



Ammiano served on the San Francisco Board of Education and the Board of Supervisors. He then was elected to the California State Assembly.

All details are here. It's easy to enjoy. Don't spare yourself.

- Frank J. Howell

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### Bonus Book Review

### **What Belongs to You**

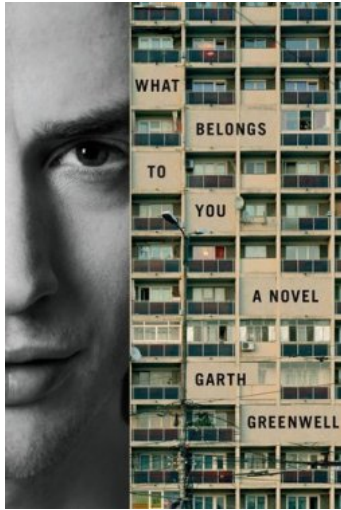
By Garth Greenwell



This much-praised and many-awarded "first novel" is short



(less than 200 pages), but has been highly lauded for the density of outstanding prose throughout. Taking place – perhaps oddly enough – mostly in Bulgaria – this is the story of a young American expatriate teacher in Sofia and a charismatic young male hustler that he runs into while checking out a well-known gay cruising spot in the subterranean bathrooms below the capital city's National Palace of Culture.



Our narrator has escaped a hostile situation, growing up gay in the South. His father has basically thrown him out and disowned him after his stepmother “discovered” (and read thoroughly) his diary recounting his lusting after his closest friend. The friend – like most people in the novel – is identified only by an initial (e.g., R., K., etc.). The only exception to that particular nomenclature is Mitko, the gorgeous and enigmatic young male prostitute he takes a shine to and who comes in and out of his life through three or four years of this novel.

Some critics have pointed out that Greenwell has a loose relationship with traditional punctuation. For example, some of his paragraphs are two or three pages long, with only the odd comma or period peppered here and there. Nonetheless, most critics have praised his capacity to mesmerize readers with his colorful descriptions of everything in a particular scene and common-sense but mostly clipped dialogue between the few main characters.

This reader (and my husband – we frequently spend a couple hours per day reading to each other – particularly when we were stranded in another country through the pandemic) found it exhausting sometimes to experience the give-and-take, back-and-forth nature of the narrator's “relationship” with Mitko. The reader longs for some sort of resolution at various junctures along the way. But it's clear that the narrator's reaction to what he's finding in his new recovering-from-Eastern-Bloc-Communism choice of living situations continues to mirror reactions to his checkered/troubled childhood and young adulthood. It's also obvious that his relationship with both his biological parents remains difficult to him throughout his life.

For any readers who may have never had a one-night stand involving paid-for sex with a prostitute – much less involving several years of longing, then rejecting, then longing again for that object of desire – this may be a difficult read. But for anybody who has ever felt an aching desire for – and societal prohibition against – having an experience or a person from your fantasy world, this short book might help explain what happened in that reader's own life.



Garth Greenwell

This book has been translated into 14 languages, after being named Best New Novel of the Year (2016) by over 50 publications in nine countries. Garth Greenwell lives in Iowa City, IA, with his partner, Luís Muñoz, a widely-published Granada-born poet and Professor in the Spanish and Portuguese Departments of the University of Iowa.

The 50+ authors, critics, publishers and reviewers whose plaudits grace the book jacket and the first eight pages of the book certainly recommend this novel. So do I.

- Dr. John David Dupree, Oakland, California

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## 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.

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### 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](mailto:karen@lavenderseniors.org) or (510) 424-7240 and we will be in touch with you soon. Thank You!

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## 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](mailto: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





## Sorting Out Finances / Health Care / Legal Issues

As we get older, simple things may not seem as simple as they used to be. Some Lavender Seniors have discovered, for instance, that even signing up for Medicare after age 65 can be more complicated than necessary if you might've thought it made sense just to keep your employee private insurance coverage for a year or two. You might wind up with a lifetime penalty!

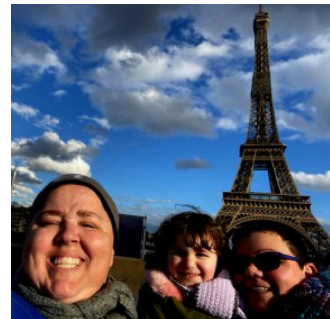


This month's presenter comes to us from (LAS/HICAP) Legal Assistance for Seniors/Health Insurance Counseling and Advocacy Program. Jenny Pardini is the Community Education Coordinator with the organization. She'll describe and explain the following:

- Challenges to access and visibility in the health care system
- The impact on coverage since marriage laws changed in 2015.
- Information about pertinent services for transgender beneficiaries.
- Estate planning areas to consider.
- Identifying fraud and abuse and where to report it.

### About our presenter:

Jenny was introduced to LGBTQ+ activism when she founded the Gay-Straight Alliance at Carlmont High School in 1999. She has a BA in French from San Francisco State University. After receiving her degree, she taught French in Bay Area high schools, then worked for Olivia Travel, before finding her place in the Older Adult Services field in 2017. She lives in Hayward with her wife, Connie, and their 5-year-old daughter, Frankie. Jenny looks forward to one day being a Lavender Senior herself.



Jenny and family in Paris

Here are the Zoom coordinates for Saturday, 14th August, from 12 noon until 2pm:

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

Topic: Second Saturday Rainbow Lunch: LAS/HICAP

Date/Time: Saturday, 14th August 2021 – 12 noon to 2pm Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89671026595?pwd=TGRtYkxaTzZGbWFFTTB1WWpQNFpWZz09>

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

Hope to see you there!



## Are We Ever Going to Meet Face-to-Face Again?

The Covid-19 pandemic has turned most everything upside-down for nearly a year-and-a-half (world-wide). Many Alameda and Contra Costa County LGBTQ+ seniors and their allies have been asking when we will be able to meet for in-person lunches, presentations and other sorts of gatherings that we'd grown accustomed to (and looked forward to) until at least mid-March 2020. Though nobody has the definitive crystal ball for which direction things will go in the near- and long-term, we've asked Scott Means, Oakland's Aging and Adult Services Manager, to explain a bit about how the re-opening process is currently being staged in at least the four Senior Centers operated by the City of Oakland.

One thing people might not be aware of is that – prior to the pandemic – there were about 30 active senior centers in Alameda County and about 15 active senior centers in Contra Costa County. Some catered to specific segments of the population (e.g., Japanese American Services of the East Bay and the Jewish Community Center in Berkeley; plus East Bay Korean-American Senior Service Center and Hong Lok Senior Center in Oakland). How many of those centers have remained active or intend to re-open – and, if so, when – is still uncertain. Anybody interested in checking out a senior center convenient to them is invited to do so and update Lavender Seniors if they find any of the listed information (see probably-incomplete list below this story) is outdated and/or just plain incorrect. We intend to put a corrected version of this list on our website at some point later this year, as soon as we feel it's fairly accurate and, thus, helpful to LGBTQ+ seniors and their allies.

Scott – who spoke to us in June 2018 about Oakland's bid to become designated as a WHO "Aging-Friendly City" – says the following about what he'll be discussing with us:

"The primary subjects I will talk about will be:

Reopening: What has happened so far and what we project will happen given the

information we will have in August.

Community and Membership: It will be productive to discuss the “new normal” we are transitioning into. The world has changed, so let’s form the environment we are landing on together.”

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Here are the Zoom coordinates for the Third Friday Lunch Bunch gathering on August 20th:

Lavender Seniors is inviting you to a scheduled Zoom meeting.

Topic: Third Friday Lunch Bunch

Time: Friday, Aug 20, 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

Find your local number: <https://us02web.zoom.us/j/85235825964?pwd=WmptRG5SU2RDVUNyQ1hFWGM2NlZOQT09>

We hope to see you for this important update on what sort of process to expect in re-opening.

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## Alameda County / Contra Costa County Senior Centers (pre-pandemic – 12/31/19 – unknown accuracy today)

### Alameda County

#### Alameda:

Mastick Senior Center, 1155 Santa Clara Ave., Alameda, CA 94501 – Phone: 510-747-7500

Website: [www.mastickcenter.com](http://www.mastickcenter.com)

#### Albany:

Albany Senior Center, 846 Masonic Ave., Albany, CA 94706 – Phone: 510-524-9122

Website: [www.albanyca.org](http://www.albanyca.org)

#### Berkeley:

Japanese American Services of the East Bay (JASEB), 1710 Carlton, Berkeley, CA 94704

Phones: (Channing Way) 510-848-3560 and (Carlton Street): 510-883-1106

Website: [www.altrue.net/site/jaseb/](http://www.altrue.net/site/jaseb/)



**Jewish Community Center of the East Bay**, 1414 Walnut, Berkeley, CA 94709  
Phone: 510-848-0237 – Website: [www.brjcc.org](http://www.brjcc.org)

**New Light Senior Center**, 2901 California Street Berkeley, CA 94703 Phone: 510-549-2666

**North Berkeley Senior Center**, 1901 Hearst, Berkeley, CA 94709 – Phone: 510-981-5190  
Website: [www.ci.berkeley.ca.us/seniors](http://www.ci.berkeley.ca.us/seniors)

**South Berkeley Senior Center**, 2939 Ellis Street, Berkeley, CA 94703 Phone: 510-981-5170  
Website: [www.ci.berkeley.ca.us/seniors/](http://www.ci.berkeley.ca.us/seniors/)

**West Berkeley Senior Center**, 1900 Sixth Street Berkeley, CA 94710 – Phone: 510-981-5180  
Website: [www.ci.berkeley.ca.us/seniors](http://www.ci.berkeley.ca.us/seniors)

#### **Castro Valley:**

**Kenneth Aitken Senior & Community Center**, 17800 Redwood Rd., Castro Valley, CA 94546  
– Phone: 510-881-6738 Website Address: [www.haywardrec.org](http://www.haywardrec.org)

#### **Dublin:**

**Dublin Senior Center**, 7600 Amador Valley Blvd. Dublin, CA 94568 – Phone: 925-556-4511  
Website: [www.ci.dublin.ca.us](http://www.ci.dublin.ca.us)

#### **Emeryville:**

**Emeryville Senior Center**, 4321 Salem Street, Emeryville, CA 94608 – Phone: 510-596-3730  
Website: [www.ci.emeryville.ca.us](http://www.ci.emeryville.ca.us)

#### **Fremont:**

**Fremont Multi-Service Senior Center**, 40086 Paseo Padre Parkway Fremont, CA 94538  
Phone: 510-790-6600 – Website: [www.fremont.gov/](http://www.fremont.gov/)

#### **Hayward:**

**Hayward Area Senior Center**, 22325 North 3rd St., Hayward, CA 94546 – Phone: 510-881-6766  
Website: [www.haywardrec.org](http://www.haywardrec.org)

#### **Livermore:**

**Livermore Senior Services Center**, 4444 East Ave., Livermore, CA 94550 Phone: 1-925-373-5760  
Website: [www.larpd.dst.ca.us](http://www.larpd.dst.ca.us)

#### **Newark:**

**Newark Senior Center**, 7401 Enterprise Drive Newark, CA 94560 Phone: 510-742-4840  
Website: [www.newark.org](http://www.newark.org)

#### **Oakland:**

**Downtown Oakland Senior Center**, Veterans Memorial Building, 200 Grand, Oakland, CA  
Phone: 510-238-3284 – Website: <https://www.oaklandca.gov/topics/downtown-oakland-senior-center>

**East Bay Korean American Senior Service Center**, 1723 Telegraph, Oakland, CA 94612  
Phone: 510-763-0736 (Korean); 510-763-1879 (English) Director Email:  
[ebkassc@sbcglobal.net](mailto:ebkassc@sbcglobal.net)

**East Oakland Senior Center**, 9255 Edes Avenue Oakland, CA 94603 Phone: 510-615-5731  
Website: <https://www.oaklandca.gov/topics/east-oakland-senior-center>

**Fruitvale-San Antonio Senior Center**, 3301 E. 12th Street, Suite 201 Oakland, CA 94601  
Phone: 510-535-6123 – Website: [www.unitycouncil.org](http://www.unitycouncil.org)

**Golden Ages Senior Activities Center/Lounge**, Eastmont Mall (upper level) Bancroft and  
73rd Avenue Oakland, CA 94605 – Phone: 510-562-1990

**Hong Lok Senior Center**, 275 Seventh Street, Oakland, CA 94607 – Phone: 510-763-9017  
Website : [www.fambridges.org/7\\_street.html](http://www.fambridges.org/7_street.html)

**Korean Community Center of the East Bay**, 4390 Telegraph, Suite A, Oakland, CA 94609  
Phone: 510-547-2662 – Website: [www.kcceb.org](http://www.kcceb.org)

**North Oakland Senior Center**, 5714 MLK Jr. Way Oakland, CA 94609 – Phone: 510-597-  
5085 – Website: <https://www.oaklandca.gov/topics/north-oakland-senior-center>

**Seton Senior Center** (Vietnamese) 106 International Blvd., Oakland, CA 94606  
Phone: 510-663-4681 – Website: [www.setonsenior.org](http://www.setonsenior.org)

**St. Mary's Center** (Drop in Center), 925 Brockhurst, Oakland, CA 94608 Phone: 510-923-  
9600 Website: [www.stmaryscenter.org](http://www.stmaryscenter.org)

**West Oakland Multipurpose Senior Center**, 1724 Adeline, Oakland, CA 94607  
Phone: 510-238-7016 – Website: <https://www.oaklandca.gov/topics/west-oakland-senior-center>

#### **Pleasanton:**

**Pleasanton Senior Center**, 5353 Sunol Blvd. Pleasanton, CA 94566 – Phone: 1-925-931-  
5365 Website: [www.ci.pleasanton.ca.us/rec\\_seniors.html](http://www.ci.pleasanton.ca.us/rec_seniors.html)

#### **San Leandro:**

**The Marina Community Center**, 15301 Wicks, San Leandro, CA 94579 Phone: 510-577-  
3462 Website:  
[https://www.sanleandro.org/depts/rec/facilities/marina\\_community\\_center/default.asp](https://www.sanleandro.org/depts/rec/facilities/marina_community_center/default.asp)

**Senior Community Center**, 13909 E. 14<sup>th</sup> St, San Leandro CA 94578 – Phone 510-577-  
7990  
Website: [https://www.sanleandro.org/depts/rec/facilities/senior\\_community\\_center/](https://www.sanleandro.org/depts/rec/facilities/senior_community_center/)

#### **Union City:**

**Ruggieri Senior Center**, 33997 Alvarado-Niles, Union City, CA 94587 – Phone: 510-489-  
6629 Website: [www.ci.union-city.ca.us](http://www.ci.union-city.ca.us)

#### **Contra Costa County**

**Antioch:**

**Antioch Senior Center**, 415 W 2nd St, Antioch, CA 94509 – Phone **(925) 778-1158**

Website: <https://www.antiochca.gov/recreation/senior-center/>

**Brentwood:**

**Brentwood Senior Activity Center**, 193 Griffith, Brentwood, CA 94513 – Phone **925-516-5380**

Website: <https://www.brentwoodca.gov/>

**Concord:**

**Concord Senior Citizens Center**, 2727 Parkside, Concord, CA 94519 – Phone **925-671-3320**

Website: <http://cityofconcord.org/> or (photo)

<http://www.cityofconcord.org/DocumentCenter/View/883/Concord-Senior-Citizens-Center?bidId=>

**Danville:**

**Danville Senior Center**, 115 E Prospect Ave, Danville, CA 94526 – Phone **(925) 314-3490**

Website: <https://www.danville.ca.gov/200/Seniors>

**El Cerrito:**

**Open House Senior Center**, 10940 San Pablo, El Cerrito, CA 94530 – Phone **(510) 559-7677**

Website: <http://www.el-cerrito.org/597/Adult>

**Hercules:**

**Hercules Senior Center**, 111 Civic Dr, Hercules, CA 94547 – Phone **(510) 799-8219**

Website: <https://www.ci.hercules.ca.us/government/parks-recreation/50-adult-activities>

**Lafayette:**

**Lafayette Senior Services Center**, 500 St Marys, Lafayette, CA 94549 – Phone **925-284-5050**

Website: <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services>

**Martinez:**

**Martinez Senior Center**, 818 Green St, Martinez, CA 94553 – Phone: **(925) 370-8770**

Website: <https://www.cityofmartinez.org/depts/recreation/senior/default.asp>

**Pinole:**

**Pinole Senior Center**, 2500 Charles Ave, Pinole, CA 94564 – Phone **(510) 724-9800**

Website: <https://www.ci.pinole.ca.us/cms/one.aspx?portalId=10947056&pageId=14639442>

**Pittsburg:**



Pittsburg Center Center, 300 Presidio Ln, Pittsburg, CA 94565 – Phone(925) 252-4890  
Website: [https://seniorcenter.us/sc/pittsburg\\_senior\\_center\\_pittsburg\\_ca](https://seniorcenter.us/sc/pittsburg_senior_center_pittsburg_ca)

**Pleasant Hill:**

Pleasant Hill Senior Center, 233 Gregory Ln, Pleasant Hill, CA 94523 – Phone(925) 798-8788  
Website: <https://pleasanthillrec.com/341/Seniors>

**Richmond:**

Richmond Senior Center, 2525 Macdonald Av, Richmond, CA 94804 – Phone(510) 307-8085  
Website: <http://www.ci.richmond.ca.us/2179/Richmond-Senior-Center>

**San Pablo:**

San Pablo Senior Center, 1943 Church Ln, San Pablo, CA 94806 – Phone(510) 215-3090  
Website: [https://seniorcenter.us/sc/church\\_lane\\_senior\\_center\\_san\\_pablo\\_ca](https://seniorcenter.us/sc/church_lane_senior_center_san_pablo_ca)

**Walnut Creek:**

Walnut Creek Seniors Club, 1375 Civic Dr, Walnut Creek, CA 94596 – Phone(925) 943-5851  
Website: <https://www.walnut-creek.org/departments/arts-and-recreation/recreation-parks/adults-50/walnut-creek-seniors-club>



## 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](#).

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# 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 2nd and 4th Wednesdays

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

#### Story Time

Thursdays, thru 8/26

Saturdays, 7/31, 8/14, 8/28

What are your favorite short stories? Have you read or written anything you'd like to read? We also read books in serial form each week. Anyone is welcome to participate....or you may prefer to just listen to the magic provided by others. Facilitated by Pat Brunetti and 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 - Sponsored by Pacific Center

Aug 3 & 17, 12:30 - 1:30 p.m. (1st and 3rd Tuesdays)

Meets outside on 1st Tues. and via Zoom on 3rd Tues.

email [outstandingseniors2@gmail.com](mailto: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

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

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

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

Meets via Zoom email [lezboldgroup@pacificcenter.org](mailto:lezboldgroup@pacificcenter.org) for info.

*Find support and like-minded wonderful people!*

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

Aug 5,12,19,26 1:00 - 2:30 p.m. (Thursdays)

email [Anne@pacificcenter.org](mailto: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

Aug 4,11,18,25 3:30 - 5:00 p.m. (Wednesdays)

email [Anne@pacificcenter.org](mailto:Anne@pacificcenter.org) for current meeting information.

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

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

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

email [Anne@pacificcenter.org](mailto:Anne@pacificcenter.org) for current meeting information.

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

#### Lavender Seniors Board Meeting

Aug 11 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

Aug 14, 12:00 - 2:00 p.m. (LAS/HICAP - see info above for joining us via Zoom)

#### Tri-Valley Rainbows - Sponsored by Pacific Center

Aug 19, 5:30 - 7:00 p.m. (3rd Thursday)

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

Aug 20, 12:00 - 2:00 p.m. (Oakland Senior Centers reopening status - see info above for joining us via Zoom)

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## 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  
[karen@lavenderseniors.org](mailto:karen@lavenderseniors.org)

Mailing Address:  
4100 Redwood Rd, Ste 20A #240  
Oakland, CA 94619

Website: <http://lavenderseniors.org>

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

**Contact  
Us**

