



Lavender Seniors of the East Bay

a Program of the Oakland LGBTQ Community Center

Celebrating 30 years of outstanding service and positive change

☐ March 2024 ☐ Volume 30 Issue 3



Happy March to all! From St. Patrick's Day (3/17) and Holi (3/25) to International Women's Day (3/8) and Trans Day of Visibility (3/31), March gives us plenty to celebrate and be grateful for as the first day Spring arrives (3/19). Don't forget Daylight savings time (3/10) too! In this issue of Lavender Notes, we've included a list of activities for you to have something to celebrate every day!

Guinness world record holder, Lavender Legend and friend of Lavender Seniors, Coach Holly Reese will return to Third Friday Lunch Bunch for another amazing fall prevention workshop! Our last event with Coach Holly was at capacity so sign up now - you do not want to miss out. Social Seniors is also on tap and will close out the month full of awesome activities, so wear Green and come out for some fun!

LAMBDA Literary Award winner, Jewell Gomez debuts "Unpacking P'Town" at the New Conservatory Theater Center in San Francisco this month and we are taking a lucky group to see a matinee performance on Sunday March 17th! Check out March Activities for your chance to be a part of the fun.

Due to a recent security breach at one of our host facilities, we are *reenforcing* the RSVP policy for all of our activities and events. Please do not drop-in unless you have RSVP'd. All guests receive a confirmation email as a courtesy and the new RSVP form allows you to easily add events to your personal calendar as well. If you have accessibility concerns, please contact Elder Services directly. Help us, help you by making sure the safety of our staff and guests are protected!

It is only through the support of community members like you, that our program and services can exist. Please click [here](#) if you would like to sponsor and support

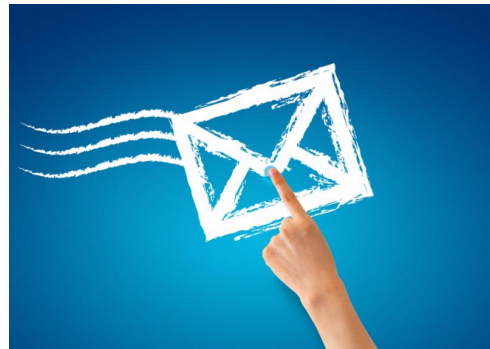
Lavender Seniors and our Elder Services Program, as we continue to serve the amazing LGBTQ+ Senior and Elder community in Oakland and the East Bay.

In gratitude and love,
Jessie R. Spivey
Director of Elder Services, Oakland LGBTQ Community Center

SPECIAL ANNOUNCEMENT

Snail Mail Recipients

In an effort to streamline production, manage cost and reduce waste, we are attempting to establish contact with all snail mail recipients of the Lavender Notes Newsletter. You will receive a call and/or email and have the option to continue receiving a physical copy of Lavender Notes. *If you do not respond by March 31st, you will be removed from the mailing list.* If you receive both the hard copy and e-version, you will be asked to move to the e-version. Thank you for understanding!



Update your address book!

Please make sure to update your contacts and address book with the correct phone number and email to stay up to date with all of our programs and activities:

(510) 882-2286
info@lavenderseniors.org
info@lavenderseniors.ccsend.com

You can always get connected with our Elder Services Director and Elder Services Coordinator directly, but please use our main line **(510)-882-2286/(510)781-2921** for general inquiries. *Please share with your networks and be advised that **(510) 736-5428** or **(510) 736-INFO** are no longer connected to Lavender Seniors.*

Unpacking P'Town debuts at NCTC

Every summer, former vaudevillians Buster, Lydia, Minty, and Scottie reunite in Provincetown to drink, dance, and forget about the real world. But this year is

different. It's 1959, the fight for Civil Rights is heating up, and a restlessness hangs heavy in the humid air. In between the reminiscing, this chosen family is forced to face changes they've been hiding from for so long. Completing the *Word and Music* trilogy by LAMBDA Literary Award winner Jewelle Gomez, *Unpacking in P'town* is a world premiere portrait of the queer artists of color who paved the way for others to live out loud.

"Gomez is a real storyteller, maybe one of our best" –*Bay Area Reporter*



New Conservatory Theatre Center Presents
Unpacking in P'town
By Jewelle Gomez
Directed by Kimberly Ridgeway
World Premiere Commission
March 1-31, 2024

Tickets at nctcsf.org/unpacking-in-ptown

STORIES 
OF OUR LIVES



Life of a Lavender Legend

Holly Reese is evidence that a body in motion will stay in motion, even when the universe throws some impossible barriers in the way. Holly went from a life threatening, debilitating illness which she writes about in her memoir *Rising from the Abyss: My Journey into and out of Chronic Illness* to a Guinness World Record holder!

Holly began life adopted by “2 awesome people” with a brother who is just 4 months younger because her mother got pregnant during the adoption process. She and her brother, Jamie, were raised in Pennsylvania by loving and supportive parents. She was a self-described “tomboy who liked to chop wood.” She was interested in martial arts at an early age, so when her parents said they would enroll her when she could pay for a year’s worth of classes, she got to work with her own lawn mowing business. She explained, “It took about a year to save up, so I think they had forgotten,” but she has trained in various martial arts since the age of 12, earning black belts in Tae Kwon Do and Choy Lay Fut Kung Fu. While Holly was the only girl in her classes for the first 3 years, she is happy to see kids of all genders doing martial arts now because she believes it teaches awareness of our bodies, self-confidence, and leadership. She also credits her practice for teaching her things that would help her recover from her illness in her forties.

While identifying as spiritual now, Holly explains, “I rebelled against the Sunday School teachings of the Baptist church my family attended. I questioned everything.” She prefers to think what she wants to think and does not like the power infused in organized religion.

Education came easy as she always liked school. When Holly got into MIT for Electrical Engineering, she describes it as going from “the smartest to the dumbest.” The rigor of classes and the high workload was challenging for most students so they would form study groups and bond over the academic struggles. It was also a male-dominated environment, but Holly would find community and more with the rugby team.

During high school Holly wasn’t interested in dating and wasn’t aware of her

sexuality. “It was small-town Pennsylvania, so it didn’t really come up. I always had a different ‘favorite girl friend’ from year to year, but I didn’t really understand why,” she reflected. When she joined the women’s rugby team in college the “lightbulb” came on. She dated different members of the team, settling with a long-term partner through graduation. They moved out to Berkeley together, but eventually went separate ways. When coming out to her family they were the same supportive people Holly had always counted on. Her mother did ask if she had done anything wrong, so Holly reassured her that it was nothing like that. Her dad didn’t have anything to say about it and her brother was fine with the news.

After arriving in California, Holly continued to follow her athletic passions through softball and continuing rugby with the Berkeley All Blues, a competitive, member-run team of USA Rugby. She continued to date within the athletic scene, but lost touch with many people when she became ill. Since recovering she has focused on building her business over romance. Holly had always wanted to help people with their health, but “Medical School was longer than Engineering.” However, after 10 years in the field she decided to leave engineering and get her Masters in Oriental Medicine from Meiji in San Francisco (now AIMC in Berkeley). Her parents did not understand why she would want to leave a lucrative field to practice Eastern medicine, but like always they supported her. She is currently working on her doctorate in Health Education and Promotion at Walden University.

In 1998 Holly was running her own acupuncture business out of a chiropractic office, but her mom got sick. She considered moving home because “Aunt Dot filled me in that mom was on a liver transplant list”. She wanted to go take care of her, but her mom quickly passed away by 1999. Holly did return to Pennsylvania to help her dad sell the taxi company that her parents had run and to help him adjust to his new life without her mom. After the loss she was “emotionally messed up for a while” and found it hard to practice acupuncture because she wasn’t prepared to “help others when she couldn’t help mom.”



Holly and her brother James



Holly and her friend Robin at MIT



Holly doing indoor skydiving at iFly



Holly and friend at SF Pride 1988



Holly in at a recent Renaissance Fair



Holly working with personal training client

Following September 11, 2001, Holly was feeling emotionally pent up. She wanted to help people and was accepted by the Berkeley Police Department. She was accepted and sent to train at the Sacramento Police Academy. She was conflicted because she realized that a lot of police work felt like she would have to “be mean to people.” While in the Academy she had a shoulder injury and was placed on medical leave. The department did want her to return, but she saw it as a sign that she wasn’t on the right path.

Just as she was entering her forties, she fell ill with Mixed Connective Tissue Disorder (MCTD). The prognosis was bleak, the symptoms debilitating, and her health deteriorated to a point near death. “But in the face of adversity, I chose life and healing,” she explained, “and my recovery from the brink of death to robust health stands as a testament to the transformative power of holistic health practices and the determination of the human spirit.” This ten-year journey led to the birth of her memoir *Rising from the Abyss: My Journey into and out of Chronic Illness* in 2012.

If not for martial arts, acupuncture, and alternative medicine awareness, Holly believes she would be dead. She learned how to develop mental processes to keep moving, despite feeling like her cells were on fire. At first, she was put on a lot of pain medication. They caused brain fog, so she quit the medications “cold turkey” at which point her health “really sunk.” At the worst point, her hands had almost frozen in place. She was starving to death because she couldn’t digest solids, so she started to juice. Getting those nutrients and calories into her body allowed her to “walk instead of crawl.” She did a lot of inner work and visualizing, and the fire started to reduce to the point where her hands started working and she could do acupuncture to herself. Since her recovery the symptoms are mostly gone, but there are remnants like residual tightness, and numbness in her face. She used to have panic attacks because could not feel herself breathing. Holly couldn’t taste anything for a long time but has gotten some of her sense of taste back. Her response to the lingering effects - who cares?

After about a decade of illness, Holly moved into recovery. Since then, she has had

the opportunity to focus on her interests and hobbies. She loves to “fly in wind tunnels” which involves stepping into a big round room where you are pushed into the air by a jet engine. She relates this passion to her skydiving experiences in New Zealand, her “favorite place on planet.” She likes that the people are nice, and they have “every climate and environment.” She has had the opportunity to visit twice for about a month each time to see her “dear friend,” Keshama.

Holly used to be involved with East Bay Search and Rescue. She liked the skills it instilled and enjoys nature and hiking. She also says that the people are great. Now she is a volunteer DJ for Starlight Strut at Lake Merritt Dance Center on the 2nd Saturday of the month. While instructors teach the 2-step, swing, and line dancing, Holly announces the kind of song and plays the music for women of center (they are trans inclusive).

On July 30th, 2022, Holly embarked on a quest to set a Guinness World Record (GWR) for the most standard palm-based pushups completed by a woman in one hour. There was not existing record for this category, so GWR set a high bar with a minimum of 1000 pushups. On February 4th, 2024 – Guinness World Records announced that they certified that on September 30, 2023, coinciding with National Fall Prevention Month, Holly Reese obliterated her original record of 1,036 push-ups with an awe-inspiring new total of 1,207 push-ups in an hour. Her passion now is teaching older adults how to have the healthy active lifestyle they want. Holly believes you can start your life at any age. When you use your desire to commit to action anything is possible. *Jennifer Pardini & Jamie McGrath, Volunteer Writers for Lavender Notes*

To get to know more about Holly’s work, join us for Lavender Seniors Third Friday Lunch Bunch on March 15th.

If you or someone that you know are interested in being featured in Stories of Our Lives, please email: info@lavenderseniors.org



March Activities



Third Friday
Lunch Bunch

**RSVP
REQUIRED**

Fall Prevention Workshop
featuring
Lavender Legend
Coach **Holly Reese**

Friday March 15th @ 12:30pm
North Oakland Senior Center
5714 MLK Way

Oakland
LGBTQ COMMUNITY CENTER

LAVENDER SENIORS
of the East Bay

AGING & ADULT SERVICES
CITY OF OAKLAND

Elder Services
A Program of The Oakland LGBTQ Community Center

HEALTH Coach

For more info please call **510-882-2286** or email: info@lavenderseniors.org

Mar 15

Third Friday Lunch Bunch

Please join us for Lavender Seniors Third Friday Lunch Bunch. Our Green themed luncheon will include lunch for registered guests and a special fall prevention presentation by Lavender Legend, Coach Holly Reese. Wear Green for a special treat!

[Register](#)

Free



Mar 17

Unpacking in P'Town

Interested in joining us to see "Unpacking in P'Town" at The San Francisco New Conservatory Theater Center? Use the button below to submit your interest. Submitting a registration does not guarantee a ticket. Tickets will be offered on a first come first served basis. Please do not call - all ticket holders will be contacted.

[Register](#)

Free



SOCIAL SENIORS

EVERY LAST FRIDAY 12:00PM

RSVP REQUIRED

A MONTHLY SOCIAL FOR LGBTQ+ SENIORS
THE WATERMARK, 1440 40TH STREET, EMERYVILLE, CA 94608
FOR MORE INFO PLEASE CALL 510-882-2286 OR EMAIL: [INFO@LAVENDERSENIORS.ORG](mailto:info@lavenderseniors.org)

Mar 29

March Social Seniors

Please join us for Social Seniors at The Watermark. Lunch provided for registered guests. Wear Green for a special treat!

Register

Free

International Women's Day Concert

Community Women's Orchestra

presents

International Women's Day Concert



It's About Love



Featuring
Mary Fineman, Soloist



March 3, 2024 at 4 pm
First Presbyterian Church of Oakland

Martha Stoddard
Music Director and Conductor

Tickets and Information at
www.communitywomensorchestra.org



COMMUNITY
WOMEN'S
ORCHESTRA



The Community Women's Orchestra presents an International Women's Day Concert, It's About Love, in a concert of orchestral music exclusively by women composers. The program features award-winning Oakland composer Mary Fineman performing with the orchestra in her orchestral song cycle, It's About Love. Also on the program are the popular D'un matin de Printemps by Lili Boulanger, Cecile Chaminade's Callirhoë Suite, Op. 37, and the seldom heard Faust Overture of Emilie Mayer.

Together a celebration of rich and diverse music, these four captivating compositions by Mayer, Chaminade, Boulanger and Fineman stand as a testament to the extraordinary achievements of women composers.

Saturday March 3rd, 2024, at 4:00pm
First Presbyterian Church of Oakland

Tickets and information: <https://www.communitywomensorchestra.org>

Tickets

Daily Holidays and Observances in March 2024

March 1

Baby Sleep Day
Employee Appreciation Day
National Black Women in Jazz and the Arts Day
National Horse Protection Day
National Peanut Butter Lover's Day
National Pig Day
National Play Outside Day
National Wedding Planning Day
National Welsh Corgi Day
Plan a Solo Vacation Day
Share a Smile Day
World Compliment Day
World Music Therapy Day
World Seagrass Day

March 2

International Rescue Cat Day
National Banana Cream Pie Day
National Old Stuff Day
National Read Across America Day
World Teen Mental Wellness Day

March 3

National Anthem Day
National Day of Unplugging
National Mulled Wine Day
World Hearing Day
World Wildlife Day

March 4

Marching Music Day
National Backcountry Ski Day
National Dance The Waltz Day
National Grammar Day
National Pound Cake Day

March 11

International Fanny Pack Day
National Johnny Appleseed Day
National Napping Day
National Oatmeal Nut Waffles Day
National Proposal Day
World Plumbing Day

March 12

Girl Scouts' Birthday
National Plant a Flower Day
National Working Moms Day

March 13

National Coconut Torte Day
National Earmuff Day
National Good Samaritan Day
National Jewel Day
National K9 Veterans Day

March 14

Celebrate Scientists Day
International Day of Mathematics
National Children's Craft Day
National Equal Pay Day
National Learn About Butterflies Day
National Organize Your Home Office Day
National Pi Day
National Potato Chip Day
National Save a Spider Day
National Write Your Story Day
Science Education Day
World Kidney Day

March 15

Ides of March

March 21

International Color Day
International Day of Forests
National Common Courtesy Day
National Crunchy Taco Day
National Fragrance Day
National French Bread Day
National Healthy Fats Day
National Memory Day
National Renewable Energy Day
National Rosie The Riveter Day
National Single Parent Day
World Down Syndrome Day
World Poetry Day

March 22

American Red Cross Giving Day
International Day of the Seal
International Talk Like William Shatner Day
National Goof Off Day
World Water Day

March 23

Cuddly Kitten Day
National Chia Day
National Chip and Dip Day
National Puppy Day
National Tamale Day
Purim
World Meteorological Day

March 24

National Cheesesteak Day
National Chocolate Covered Raisin Day
National Cocktail Day
Palm Sunday

National Snack Day

National Sons Day

World Obesity Day

March 5

National Cheese Doodle Day

March 6

National Dentists Day

National Dress Day

National Frozen Food Day

National Oreo Cookie Day

National White Chocolate Cheesecake Day

World Tennis Day

March 7

National Cereal Day

National Flapjack Day

Sock Monkey Day

March 8

Discover What Your Name Means Day

International Women's Day

National Peanut Cluster Day

National Proofreading Day

National Retro Video Game Day

March 9

National American Paddlefish Day

National Barbie Day

National Get Over It Day

National Meatball Day

Popcorn Lover's Day

March 10

Daylight Savings

Harriet Tubman Day

International Bagpipe Day

Middle Name Pride Day

National Dry Shampoo Day

National Mario Day

National Pack Your Lunch Day

National Women and Girls HIV/AIDS Awareness
Day

Ramadan (begins at sundown)

Skirt Day

World Sleep Day

March 16

National Artichoke Day

National Corn Dog Day

National Freedom of Information Day

National Panda Day

National Quilting Day

National Vaccination Day

March 17

National Corned Beef and Cabbage Day

National Preschool Teacher Appreciation Day

St. Patrick's Day

March 18

Global Recycling Day

International Sports Car Racing Day

National Awkward Moments Day

National Sloppy Joe Day

Save the Florida Panther Day

Transit Driver Appreciation Day

March 19

International Read to Me Day

National Agriculture Day

National Backyard Day

National Certified Nurses Day

National Chocolate Caramel Day

National Let's Laugh Day

National Poultry Day

Spring Equinox

March 20

International Day of Happiness

National Proposal Day

National Quilting Day

National Ravioli Day

Spring Equinox

World Flour Day

World Oral Health Day

World Storytelling Day

World Tuberculosis Day

March 25

Holi

Tolkien Reading Day

Waffle Day

Walk in the Sand Day

March 26

Epilepsy Awareness Day

Make Up Your Own Holiday Day

National Spinach Day

Solitude Day

Wear a Hat Day

March 27

Manatee Appreciation Day

National Scribble Day

National Spanish Paella Day

World Theatre Day

March 28

National Black Forest Cake Day

National Hot Tub Day

National Something on a Stick Day

Respect Your Cat Day

March 29

Good Friday

International Mermaid Day

National Mom and Pop Business Owners Day

National Pita Day

National Vietnam War Veterans Day

World Piano Day

March 30

National Doctors' Day

National Folding Laundry Day

National Pencil Day

National Virtual Vacation Day

Take a Walk in the Park Day

World Bipolar Day

March 31

Crayola Crayon Day

Easter

Eiffel Tower Day

International Transgender Day of Visibility

National Farm Workers Day

National Prom Day

National Tater Day



NEW - The Heart to Art Project

Cohort 1 Currently in-session

Cohort 2 Fall 2024

Bi-weekly on Tuesdays 4:30pm - 6:30pm

In-person at The Oakland LGBTQ Community Center

A new art program for LGBTQ+ Seniors facilitated by local Artist Derrick Bell.

No drop-ins, pre-registration is required. For more info about next cohort, please call 510-882-2286 or email: info@lavenderseniors.org.

Lavender Seniors Third Friday Lunch Bunch

March 15th 12:30pm - 2:30pm (Third Fridays)

In-person at The North Oakland Senior Center

A monthly luncheon for LGBTQ+ Seniors/Elders. A guest speaker or informative presentation is followed by a lunch provided for registered guests. FREE but RSVP is required to attend. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

NEW - LGBTQIA+ Elders Therapy Group

Wednesdays 1:00pm - 2:00pm

In-person at The Oakland LGBTQ Community Center

This group provides a therapeutic space in which LGBTQIA+ (includes questioning) older adults, age 55+, feel welcome to express their thoughts and feelings in an environment that is non-judgmental, inclusive and supportive. The group process works to reduce isolation, stigma and discrimination related to LGBTQIA+ identities, mental health issues and all the issues that affect each group members life. This group meets weekly for multi-week sessions. No Drop-ins. Pre-Registration is required to participate. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Social Seniors

March 29th 12:00pm - 2:30pm (Last Fridays)

In-person at The Watermark Emeryville

A monthly social group for LGBTQ+ Seniors/Elders. A themed luncheon that usually includes music and/or performances. Lunch is provided for registered guests. FREE but RSVP is required to attend. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Bay Area Old Lesbians Organizing for Change (OLOC)

Online and In-Person

For further information or to be included in the Bay Area OLOC email list, contact Pat Cull at patcull70@gmail.com or 415-637-5002.

Black Women Connect

Every 3rd Sunday

In-person at The Oakland LGBTQ Community Center

This groups designed for Black Lesbian and Queer Women to connect, network, build community, have engaging conversations and authentically express themselves in a safe, inter-generational space. For inquiries or to RSVP, please email Dawn Edwards at ms.edwards73@gmail.com.

NEW - Senior Gay Men's Affinity Group

Coming soon...

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for Senior Gay Men ages 55+. Group start date and facilitator TBA. For more info or to be added to the mailing list, please call 510-882-2286 or email: info@lavenderseniors.org.

NEW - Senior Lesbian Women's Affinity Group

Coming soon...

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for Senior Lesbian Women ages 55+. Group start date and facilitator TBA. For more info or to be added to the mailing list, please call 510-882-2286 or email: info@lavenderseniors.org.

NEW - Trans Masc Affinity Support Group

Every second Wednesday 7:00pm - 8:30pm

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for community members who identify as Trans Masculine only. For more info, please call 510-882-2286.

NEW - Older & Out

Every Monday

In-person at The Oakland LGBTQ Community Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Older & Out

Starting Friday March 8th

In-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Older & Out via Zoom

Starting Tuesday March 5th

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Older & Out Social

1st Thursdays 1:00pm - 3:00pm

In-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth with support from North Berkeley Senior Center. For more info, please call Keith, 510-685-7691 or email: kcarroll@lmi.net.

Older & Out Social via Zoom

Second Wednesdays 4:00pm - 5:00pm

In-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org.

Outstanding Seniors

1st Tuesdays 12:30pm - 1:30pm via Zoom

A safe & confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources, information & to support one another. It is a drop-in peer group, facilitated by trained peers. For more info, please email: OutStandingSeniors2@gmail.com.

Rainbow Seniors

2nd & 4th Tuesdays 12:30pm - 2:00pm

In-person at The San Leandro Senior Center

Rainbow Seniors LGBTQ Peer Support Group is a safe & confidential space for LGBTQ seniors (50+) to share thoughts, feelings, resources, information & to support one another. It is a peer support group, facilitated by trained peers. For more info and to join email: rainbowseniors@pacificcenter.org.

Tri-Valley Rainbows

3rd Thursdays 5:30pm-7:30pm via Zoom

Tri-Valley Rainbows is a safe & confidential peer support group for LGBTQIA+ older adults age 50+ to share thoughts, feelings, resources, information & to support one another. It is a drop-in peer group, facilitated by trained peers. For more info + link to join email: trivalleyrainbows@pacificcenter.org.

Resource Hub



Jessie R. Spivey (he/him)
Director of Elder Services



Julian Leus (they/them)
Elder Services Coordinator

[Sign up](#)

The Oakland LGBTQ Community Center is now offering Direct Services and Case Management for seniors and elders. The Center's Elder Services promotes a positive and healthy quality of life for senior and elder LGBTQ+ individuals 55+ by ensuring they continue to be supported, respected, and connected as they advance in age. We collaborate with existing agencies working with LGBTQ+ seniors to connect people to needed resources and work to identify gaps in services so that we can find ways to fill those gaps. We also host support groups and activities designed to help keep LGBTQ+ seniors and elders engaged with other seniors/elders and younger members of our community.

The Center's Elder Services Program participants also have access to other Center services to include:

- Transportation Assistance*
- Food Pantry
- Emergency Rental Assistance*

- Mental Health Subsidies*
- HIV/STI testing and treatment
- PEP/PrEP enrollment
- Benefits Enrollment
- Linkage to Primary Care
- Care Management & Service Coordination Assistance

*rental/transportation assistance and other subsidies are limited and provided to qualified enrolled program participants as they become available.

To get enrolled and connected to our Elder Services Coordinator for direct services and case management, call 510-882-2286 or email: info@lavenderseniors.org.



The Center's Food Pantry Is Open
Monday thru Friday, 1pm-4pm
 Please call 510-882-2286 for more information.

Let's Get Excited About...

SEXUAL HEALTH

The **Glenn Burke Clinic** offers our community high-quality, full-service, STI & HIV prevention and treatment services, to help you to stay sexually healthy all year long.

  Schedule an appointment by using the QR Code or call 510-781-2639

The Glenn Burke Wellness Clinic is a project of the Oakland LGBTQ Community Center



A recovery meeting for LGBTQIA+ Black, Indigenous, and People of Color.

Mondays 7pm - 8:15pm
Starting May 15th at the
Oakland LGBTQ Community Center

This is a discussion meeting with different topics read each week.

For information contact
The Oakland LGBTQ Community Center
Call 1(510) 882-2286 or visit their website at



Narcotics Anonymous®

Every Tuesday @ 7pm



LGBTQIA+ Elders Therapy Group

WEDNESDAYS IN-PERSON AT
THE OAKLAND LGBTQ CENTER
FACILITATED BY GRACE WALCOT, AMFT



Participants must be pre-screened by Facilitator
For more info:
510-882-2286
info@lavenderseniors.org

A new program for LGBTQ+ Seniors

THE HEART TO ART PROJECT
DERRICK BELL ART

THE MISSION:
USING ART AS THERAPY
TO HELP HEAL,
INSPIRE, AND
EMPOWER US TO
BECOME THE BEST
VERSION OF
OURSELVES.

Art! Healing! Empowerment!

Tuesdays
The Oakland LGBTQ Center

featuring Derrick Bell

For sign up info: info@lavenderseniors.org



Older & Out

Free support group
for LGBTQIA+ older
adults age 55+

Oakland - Mondays
Online - Tuesdays
North Berkeley - Fridays

To join us and /or learn more information, please
call us at (510) 548 - 8283 or email us
olderandoutgroups@pacificcenter.org




**MONTHLY SOCIALS FOR
LGBTQIA+
OLDER ADULTS (55+)**

Online: Second Wednesdays 4PM-5PM
OR
In-Person: First Thursdays at
North Berkeley Senior Center 1PM-3PM

To join us and /or learn more information, please
call us at (510) 548 - 8283 or email us
olderandoutgroups@pacificcenter.org



Pride Month Celebration

OAKLAND RAINBOW FAIR

In Oakland's new
LGBTQ
cultural district

Save the date
SUNDAY, JUNE 9TH 2024
11AM-6:00PM

LIVE ENTERTAINMENT, VENDOR AND FOOD
BOOTHs, CHILDREN'S PLAY AREA AND MORE!

For information, please call or visit our website
510-882-2286 or visit www.oaklandlgbtqcenter.org



Location
Splashpad Park
@ Grand & Lakeside

Join Black Women Connect

When **Every 3rd Sunday**
Time **11am-1:00pm**

This group is designed for Black Lesbian and Queer Women to
connect, network, build community, have engaging
conversations, and authentically express themselves
in a safe, inter-generational space.

Connect

Oakland LGBTQ Community
Center 3207 Lakeshore Ave
(RAND AVE ENTRANCE)

Refreshments provided

For inquiries or to RSVP, please email
Dawn Edwards at: ms.edwards73@gmail.com





City of Oakland Senior Centers

Four senior centers are located throughout the City of Oakland and managed by the City's Human Services Department - Aging & Adult Services Division. Senior centers provide social, recreational, nutritional and educational activities to older adults in our community.

<https://www.oaklandca.gov/resources/senior-centers>

Downtown Oakland (DOSC)

200 Grand Ave | Oakland, CA 94610
(510) 238-3284 | DOSC@oaklandca.gov

East Oakland (EOSC)

9255 Edes Street | Oakland, CA 94603
(510) 615-5731 | EOSC@oaklandca.gov

North Oakland (NOSC)

5714 Martin Luther King, Jr. Way | Oakland, CA 94609
(510) 597-5085 | NOSC@oaklandca.gov

West Oakland (WOSC)

1724 Adeline St | Oakland, CA 94607
(510) 238-7016 | WOSC@oaklandca.gov

Pacific Center for Human Growth

Founded in 1973, Pacific Center for Human Growth is the oldest LGBTQIA+ center in the Bay Area, the third oldest in the nation, and operates the only sliding scale mental health clinic for LGBTQIA+ and QTBIPOC people and their families in Alameda County.

<https://www.pacificcenter.org/>
2130 Center St Suite 200 | Berkeley, CA 94704
(510) 548-8283 | info@pacificcenter.org

Rainbow Community Center

The Rainbow Community Center of Contra Costa County started in 1995 and continues to envision a society that embraces acceptance, safety and equality for all, regardless of sexual orientation or gender identity.

<https://www.rainbowcc.org/>

2380 Salvio Street, Suite 301 | Concord, CA 94520

(925) 692-0090 | rcc@rainbowcc.org

Community Phone Calls

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

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.

Friendly Voices Phone Buddies for Seniors

Our mission is to create a vital human connection for isolated seniors through weekly phone conversations with trained, compassionate volunteers.

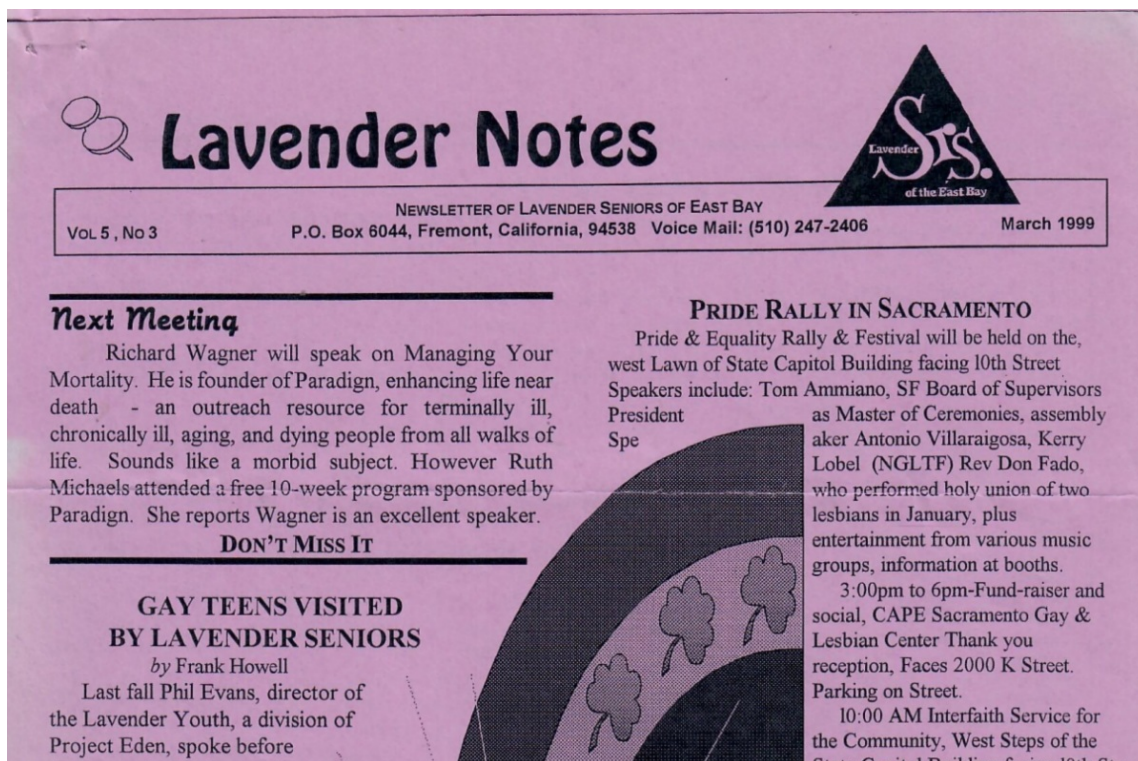
Sign up [here](#) or call (650) 395-8017

<https://friendlyvoices.org/>

Lavender Notes Archives

In lieu of LSEB 30th anniversary, we are collecting any and all media, memorabilia, photos from Lavender Seniors history and past issues of Lavender Notes not found on our website, <https://lavenderseniors.org/newsletter/>.

If you would like to contribute to the collection to help preserve the legacy of LSEB, please call 510-882-2286 or email: info@lavenderseniors.org.



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

Mailing Address:
490 Lake Park Ave. #10530,

Oakland, CA 94610-8019

Donations:

Please make all checks payable to "The Oakland LGBTQ Center" and include "Lavender Seniors" in the memo section

510-882-2286

info@lavenderseniors.org

<http://www.lavenderseniors.org>

<http://www.oaklandlgbtqcenter.org>

Contact

Donate

Lavender Seniors | % Oakland LGBTQ Community Center, 490 Lake Park Ave. #10530,
Oakland, CA 94610-8019

[Unsubscribe_jessie@oaklandlgbtqcenter.org](mailto:unsubscribe_jessie@oaklandlgbtqcenter.org)

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Sent by info@lavenderseniors.ccsend.com powered by



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