



Lavender Seniors of the East Bay

a Program of the Oakland LGBTQ Community Center

*Celebrating 30+ years of outstanding service and positive change
May 2025, Volume 31 Issue 5*



Happy Older Americans Month, Happy AANHPI Heritage Month, and Happy Pride Season!

We are celebrating Older Americans Month at Third Friday Lunch Bunch on 5/16. Come out for a special day of fun (and a few surprises) as we enjoy a delicious lunch and great company while honoring our Lavender Senior community.

You can **RSVP** for May's Third Friday Lunch Bunch by clicking [HERE](#)

Unfortunately, Social Seniors will be postponed this month.

Please save the date for the highly anticipated return of East Bay Senior Pride coming 6/13 - Early RSVP recommended!

RSVP for East Bay Senior Pride: <https://eastbayseniorpride2025.eventbrite.com>

In gratitude and love,
Jessie R. Spivey (he/him)
Director of Elder Services

Your support is needed now more than ever. Please click [here](#) to donate.



A packed house for April's Third Friday Lunch Bunch featuring a presentation from Johanna Holden, Development Director from OLGBTQCC.



Program participant Alexis H., checking out the Mediterranean themed lunch at Social Seniors.

Aging in America Documentary to premiere on PBS



A new documentary airing on PBS starting May 1, “Aging in America: Survive or Thrive,” tells the story of that journey and the work left to do using pioneering gerontologist Robert Butler’s Pulitzer Prize-winning book, “Why Survive? Being Old In America,” as a lens. The documentary features older adults and family caregivers from across the country sharing their stories as they navigate the complexities of aging. Experts discuss the issues and share age-friendly solutions that can improve aging for all.

<https://aginginamericasurviveorthrive.com/>



Book Review

First-born Sons

By Vincent Traugher Meis



My husband and I spend 4-6 of California's "winter" months (January-June) in small-town Costa Rica, where we have more time to read to each other than we do in Oakland. We finally got around to reading this 2022 book – downloaded as an e-book two years ago – last month. One of several books written by Vincent Traugher Meis, an openly-gay local (San Leandro) author, this is the third of his novels that we have reviewed here at Lavender Seniors.

Vincent has anticipated the considerable challenges of tackling a modified meta-sequel, following up with a number of the most beloved characters from some of his earlier novels. Four of the key characters in this 391-page book are the Burd siblings from *Four Calling Burds*, his 2019 novel, along with characters introduced in other earlier publications. Keeping straight the ages, sexual orientations, socio-political leanings and personalities – difficult for the reader – was probably difficult for the author, as well. There were times when we longed for a genealogical "Appendix" like William Faulkner included in several of his novels, like *The Sound and the Fury*, containing generations of (fictional) Compson family history.

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The four Burd siblings (brothers Augie and Lio, sisters AJ and M) comprise an extremely eclectic combination of characters.

Augie (white) and his husband, Reuben (Latino), have fathered a mixed-race son (a teenager now) who wants desperately to meet his biological mother (black), a surrogate not particularly willing to meet with the son and his gay fathers. One of the attempts to stall on the son’s obsession is to make an unlikely trip to Thailand, where they meet a British family (black wife, white husband, sexually fluid son and daughter, both mixed-race, as well). Augie and Reuben’s son falls for the English family daughter – plus the gay fathers (particularly Augie) have sexual fantasies (and some realities) with the young apparently-polyamorous son from England.

Sister AJ is in a complicated relationship with a Mexican man who once abducted and held her and her brother hostage while the siblings were on vacation south of the border. She’s also dealing frantically with her ex-husband, who has taken a shine to the Proud Boys, threatening (tragically) to get their oldest son involved in right-wing political activities.

Sister M spends much of the book trying to figure out how to tell her husband that she’s planning to transition from female to transman. Taking a cruise and spending time on a ship quarantined by Covid doesn’t play the role M has hoped for in easing conversations about that transition with her long-term husband.

Brother Lio (also once held hostage in Mexico by his sister’s current beau) primarily plays the role of comforter/mediator in taking the edge off of his siblings’ multi-faceted problems and excitements.

Throw in Byron and Lamar (a black, now-blinded DJ whose career is sidelined by Covid), from one previous Meis novel, plus Rebecca and George from another Meis book (George becomes involved with Lamar) and you have a potentially very complicated network of cross-pollinating relationships. Reading each chapter may take a paragraph or six to understand where you are and which of the siblings (or hangers-on) are being dealt with here.

Vincent does an amazing job of weaving in contemporary issues like George Floyd’s murder, Black Lives Matter, Breonna Taylor’s death by police, controversies over pandemic issues like masking and need for vaccination development, etc., into whatever memories each reader might have of that disturbing era of American history. The final chapter (34) takes place in October 2020 (a few months before the first Covid vaccines are released). Many of the loose ends are tied up, though there are few details of how some of those resolutions may have evolved. AJ has married Chato (her one-time abductor); Lamar is moving in with George (a couple decades his senior); and a backyard barbeque is planned to celebrate all of the developments.

The book ends somewhat abruptly with a California earthquake shaking the group, knocking bottles off the shelf, etc., perhaps symbolically ending with the message that most of the characters have survived the Covid pandemic, one nephew is dead, the murderers of one of the characters’ lovers have been retributively killed long ago and now it’s time for everybody to move on. There are multi-faceted and complicated situations galore to be resolved. Characters are very Diverse, fairly Equitable and mostly Inclusive (dare we say this is a DEI novel?!)



Vincent (left) and his husband, Robert, San Leandro



Vincent giving a pre-pandemic reading at Dog-Eared Bookstore, 2019

For more about Vincent, see “Stories of Our Lives,” November 2021:

<https://lavenderseniors.org/wp-content/uploads/2021/10/Lavender-Notes-November-2021.pdf>

- Dr. John David Dupree, Tinamastes, Costa Rica

May Activities

Third Friday **Lunch Bunch**

**RSVP
REQUIRED**

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



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



May 16

Third Friday Lunch Bunch

Join us on 5/16 for a very special Third Friday Lunch Bunch at the North Oakland Senior Center celebrating Older Americans Month and featuring the Lavender Awards! We will also be joined by the Alameda County Department of Aging and Adult Services.

Register

Free



GEIMI



GAY ELDER MEN
A NEW AFFINITY GROUP FOR GBQ SENIOR MEN 55+
1ST THURSDAYS @ 200PM
THE OAKLAND LGBTQ COMMUNITY CENTER
3207 LAKESHORE AVENUE (ENTER ON RAND AVENUE)

FOR MORE INFO PLEASE CALL 510-882-2286 OR EMAIL: INFO@LAVENDERSENIORS.ORG





Queer Womxn Lesbian Circle



**A new affinity group for LGBTQ Senior Women 55+
2nd Tuesdays @ 2pm**

**The Oakland LGBTQ Community Center
3207 Lakeshore Avenue (Enter on Sand Avenue)**

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



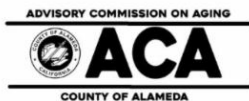
Grandparents Raising Grandchildren: Challenges Solutions and Resource Webinar



Millions of grandparents, become “parents the second time around” when parents experience difficulties and their children need care.

Relatives in this situation need answers regarding concerns, feelings and experiences in their role as parent to family members in their care. This event is for grandparents, social workers, caregivers and other professionals. Join us on
Thursday, May 8, 2025 at 10:00AM (PST)

Get more info or register for the webinar at https://t.ly/BHm_6



Eat Smart Live Strong



Scan to Register



Interactive nutrition education webinar for older adults 60+. A fun way to help you adopt new behaviors to improve your health and quality of life through simple dietary modifications and physical activity. This program provides the support, education and encouragement you need to succeed!



Tuesday, May 13, 2025

9:00-11:00 AM

**More information and registration
online at <https://t.ly/cXcOf> or
call 510-577-3541**

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

Fishnets & Film, Inc. Hosts a

QUEER CORNER FESTIVAL

at Hollis & Powell

SUNDAY

MAY 18

11am - 3pm

IG: FishnetsAndFilm



ReyRey of THEMCLOWNS

An Indoor* & Outdoor Festival with:

- ~ Games & Prizes ~
- ~ Community Engagement ~
- ~ Activities for Families and Adults ~



*Indoor Games inside The Bureau 510:

DRAG BINGO ~ 12pm

TRIVIA ~ 1:30pm



Host Miss Sweet Nothing



SCAN for EVENT INFO



TICKETS:



SUPPORTED, IN PART, BY

HOT
COOKIE

EAST BAY
Front Runners
and Walkers

JARS

Orangetheory

AT: 5800 Hollis St.
Emeryville
www.FishnetsFilm.org

SAVE THE DATE

May 22 2025

Mental Health at the Intersections Conference



Queer Joy!



Mental Health at the Intersections (MHTI) is a FREE day-long conference for mental health providers, healing practitioners, and our QTBIPOC & LGBTQIA+ communities. The MHTI conference centers the care & support for those who sit at the intersections of race, gender, and sexuality. This year our conference will uplift QUEER JOY!



<https://bit.ly/PC-MHTI-2025>



LIT HOST · DJ & MUSIC · ART & MORE!

The Cultural District **SATURDAY** **R&B Brunch**

SAT MAY 24TH **20**
12:00-3:00PM **25**

Mimosa **m2** *Grand*

Connect · Vibe together

RESERVE YOUR SPOT



\$35

ALL YOU CAN EAT BUFFET À LA CARTE ITEMS AVAILABLE

FUNDRAISER IN SUPPORT OF THE LAKESHORE LGBTQ CULTURAL DISTRICT



location

M2 RESTAURANT 3320 GRAND AVE, OAKLAND, CA 94610

MIMOSAONGRAND.COM



SAVE THE DATE!
RICHMOND
RAINBOW
PRIDE



FORGED
IN RESISTENCE

SHAPED BY LOVE



11TH ANNUAL
PRIDE EVENT

JUNE 1ST 2025 11 AM-4 PM

RICHMOND CIVIC CENTER

440 CIVIC CENTER PLAZA

VOLUNTEER
SIGNUP



VENDOR, BOOTH
AND PARADE
SIGNUP



OAKLAND LGBTQ CENTER PRESENTS

SLIDING TO THE EAST OPENING PARTY

HOSTED
BY
SEMINARY
TIFF

DJ RUM
PERFORMANCES
& MORE



**Come celebrate with us as we mark 8 years of
community impact and the grand opening of our new
East Oakland site!**

**Enjoy free food, a raffle, live entertainment, and the
chance to connect with amazing organizations in the
neighborhood.**

JUNE 7 @ 12PM-4PM

8400 Enterprise Way Oakland
@ City of Refuge





Drag BINGO
featuring
Miss Sweet Nothing

East Bay SENIOR PRIDE

SCAN ME!



Friday June 13th
Doors open @ 11:30pm
Lunch @ 12:00pm
Emeryville Senior Center
4321 Salem Street
FREE w/ RSVP
For more info 510-596-3730



<https://eastbayseniorpride2025.eventbrite.com>

St. Columba Pride BBQ



Saturday
5pm-7:30pm

All Are Welcome!

Bring a Side Dish to Share



St. Columba Rectory Garden
6401 San Pablo Ave. x 64th St.
Oakland, CA



COMMUNITY CALENDAR

COMING SOON! The Lavender Lounge

Date & time TBA

In-person at The Oakland LGBTQ Community Center

A new drop-in, respite space for LGBTQ+ seniors. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

NEW! GEM (Gay Elder Men)

Every 1st Thursday at 2:00pm

In-person at The Oakland LGBTQ Community Center

A new monthly Affinity group for GBQ identified men ages 55+. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

NEW! Queer Womxn Lesbian Circle

Every 2nd Tuesday at 2:00pm

In-person at The Oakland LGBTQ Community Center

A new monthly Affinity group for LBQ identified women ages 55+. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Third Friday Lunch Bunch

Friday May 16th 12:30pm - 2:30pm

In-person at The North Oakland Senior Center

A monthly luncheon for LGBTQ+ seniors. 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.

Social Seniors

Postponed

A monthly social group for LGBTQ+ seniors. 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.

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. Intake is required. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Older & Out

Mondays in-person at The Oakland LGBTQ Community Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-768-8612 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Black Women Connect

Every 3rd Sunday @ 11:00am

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.

Trans Femme Affinity Support Group

Every first Wednesday 6:00pm - 7:30pm

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for community members who identify as Trans

Femme. For more info, please call 510-882-2286 or email: tobias76@gmail.com or seaniwhit@gmail.com.

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. For more info, please call 510-882-2286.

Heart to Art

Returning Fall 2025

A new art program for LGBTQ+ seniors facilitated by Artist, Derrick Bell. No drop-ins, Intake is required. For more info or to be added to mailing list for next cohort, please call 510-882-2286 or email: info@lavenderseniors.org.

Resource Hub



The Center's **Elder Services** promotes a positive and healthy quality of life for 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.

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

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

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

To inquire about case management/direct services, please click the button below. For more info, please email: info@lavenderseniors.org or call 510-882-2286.

Sign up for Direct Services



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



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

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



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

LGBTQ+ SUBSTANCE ABUSE RECOVERY GROUP

**DRAMA THERAPY, EXPRESSIVE ARTS,
HEALING PLAY, STORYTELLING, AND
COMMUNITY**

7 WEEK GROUP FOR LGBTQ+ FOLX

**OAKLAND LGBTQ CENTER
3207 LAKESHORE AVENUE
OAKLAND**

APRIL 16- MAY 28, 2025

WEDNESDAYS

5-6:30PM

FREE! FOR MORE INFO CALL 510-459-0346



**GRACE WALCOTT
(SHE/HER, HE/HIM)
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GRACEWALCOTTAUTHOR
@GMAIL.COM
WWW.GRACEWALCOTT.
COM.**



**JAMIL MOISES LIBAN-
ORTANEZ, AMFT
(HE, THEY, SIYA)
FOR MORE
INFORMATION VISIT
[HTTPS://PAHINGALA
YEALINGARTS.SQUA
RESPACE.COM](https://pahingalayealingarts.squarespace.com)**

SUPERVISED BY GENEVIEVE FANEY, LICENSED MARRIAGE AND FAMILY THERAPIST, LICENSE #102153

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) *TEMPORARILY CLOSED*

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/>

NEW CONSERVATORY THEATRE CENTER

SEASON PRODUCERS
Robert Holgate, Lowell Kimble
Ed Mireault (1941-2023)
Ted Tucker

IN ASSOCIATION WITH
EXECUTIVE PRODUCERS
Norman Abramson
Ron Jenkins & Jorge Hernández
Charles Matteson & Oakley Stephens
Jim Taul & Dave Hopmann

PRODUCERS
William Baird
Laurence Brenner & Angelo Figone
Annie Fisher
Ken Prag & Steve Collins

TO MY GIRLS

DIRECTED BY **BY JC LEE**
BEN VILLEGAS RANDLE

"THE FUNNIEST PLAY
OF THE SEASON"
-THEATRELY

MAY 9-JUNE 8, 2025



NEW CONSERVATORY
THEATRE CENTER
ED DECKER | ARTISTIC DIRECTOR

TICKETS AT **NCTCSF.ORG**
BOX OFFICE: **415.861.8972**
25 VAN NESS AT MARKET ST.

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 | The Oakland LGBTQ Community Center 3207 Lakeshore Avenue |
Oakland, CA 94610-8019 US

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