



# Avenidas

## Rainbow Collective

### LGBTQ Seniors Initiative

Avenidas Rainbow Collective is a program that focuses on improving the health and well-being of LGBTQ Older Adults through socially engaging groups and activities, community building opportunities, and supportive services.

The Avenidas Rainbow Collective is proud to offer our LGBTQ+ inclusive programming online and in person to participants. Dates and times are subject to change. Sign up for our newsletter to get up to date information on these and other upcoming groups, workshops, and events.

Please email [LGBTQ@Avenidas.org](mailto:LGBTQ@Avenidas.org) to register for or to get more information on any of our listed groups or workshops.

#### NEW!

### Tech with Tony

**Instructor: Anthony "Tony" Hand**

One hour presentation on the hottest topics in technology followed by 15-minute mini help sessions by appointment.

*Location: Avenidas@450 Bryant and Zoom*

**3rd Wednesdays, 3 to 5pm, free**

### Poetry Potluck for Singles

**Facilitated by Jane Stone**

Singles exploring classic to contemporary poetry together. Find and share a poem that pleases or puzzles you. We will read them aloud and share our thoughts and feelings. Prior poetry experience not required. Submit your poems in advance to [#poem](mailto:LGBTQ@Avenidas.org).

*Location: Zoom*

**3rd Mondays, 3pm, free**

### Rainbow Walking Group

**Facilitator: Thomas Kingery**

This LGBTQ+ Inclusive walking group meets monthly on the second Saturday of the month at various locations throughout the SF Bay Area. Our members are all older adults who enjoy socializing and getting outside in community. Our meetups include visits to city, county, and state parks, historic landmarks, festivals, museums, and other points of interest in our region. After each meetup we enjoy a meal together at a local eatery. Join us and have some fun while making new friends.

The group hosts a Zoom meeting on the Thursday before the meet-up so that new members can familiarize themselves with the group, discuss and vote on upcoming meetup locales, and to touch base and connect. *Registration required.*

*Location: Zoom and TBD*

**Planning meeting: 2nd Thursday of the month, 3pm, free**

**Meetup: 2nd Saturday of the month, time varies**

### Mobile Photography Workshop

**Instructor: Luis Castillo**

In this workshop, we will go over the fundamentals of photography adapted to be practiced in mobile photography. This workshop, while flexible to allow the participants to dive deeper, will be structured to be online sessions with homework/practice assignments.

*Materials needed:* A mobile phone with camera capabilities. Any manufacturer is welcome.

You may join the workshop at any time.

*Location: Zoom*

**2nd and 4th Fridays, April 14 to June 23, 4:30 to 6pm, free**

## Wonder Women Social Group

Facilitator: Jenn Chan

Socialize with our lesbian community. We meet virtually twice a month on the first Thursday and the third Tuesday of each month and host open conversations on news, trends, festivals, relationships, home projects, and what matters to you. Share your unique flair with this group. *Registration required.*

Location: Zoom

**1st Thursdays, 3 to 4pm, free**

**3rd Tuesdays, 7 to 8pm, free**

## Rainbow Song Appreciation Group

Facilitator: Thomas Kingery

Songs hold meaning in our hearts and minds. Come join us on Zoom and share those songs that have touched your life. Each group meeting has a predetermined theme for song submissions. We will play your song for the group during the Zoom meeting and allow you to share the meaning that your song holds for you with the group. *Registration required.*

Location: Zoom

**2nd and 4th Thursdays, 4 to 5pm, free**

## SAIL Fall Prevention Program

Instructor: Ron Lambert

The "Stay Active and Independent for Life" (SAIL) program is an evidence-based fall prevention program that focuses on exercise to improve strength, balance, and fitness. Exercises can be done standing or seated. Participants must be 60 years or older. This class is offered in partnership with the Silicon Valley Healthy Aging Partnership.

Location: Avenidas@450 Bryant and Zoom

**Tuesdays and Thursdays, April 11 to June 15,**

**11:30am to 1pm, free**

**In-person #9360, Zoom only #9361**

## LGBTQ+ Community GayME Night

Facilitator: Thomas Kingery

Join the Avenidas Rainbow Collective for our monthly LGBTQ Older Adult Social Group. Enjoy free coffee, snacks, and fun as we socialize and make new friends. Join us for Ping Pong, Bingo, board games and great conversations. Learn about the LGBTQ older adult community and other resources that are available to them via the Santa Clara County sponsored Avenidas Rainbow Collective program. This is an intergenerational group that is open to all people of all identities.

Location: Avenidas@450 Bryant

**4th Wednesdays, 4 to 6pm, free**

## LGBTQ+ Movie Night

Facilitator: Thomas Kingery

LGBTQ+ Movie Night is your opportunity to enjoy an LGBTQ+ friendly movie for free at Avenidas in Palo Alto. Each month we screen a movie, serve popcorn, and offer an opportunity to chat about the movie before heading home.

Location: Avenidas@450 Bryant

**4th Wednesdays, 6 to 8:00pm, free**

