

GAY AND GREY NEWS

May–June 2025

www.fhpdx.org/elder-pride | (503) 224-2640



Elder Pride Services is a program of Friendly House.

Friendly House creates a thriving community by connecting people of all ages and backgrounds through quality educational, recreational, and other life-sustaining services.

IT'S NEARLY PRIDE SEASON, EVERYONE!

We've got everything we know so far about the Pride celebrations around the Portland area and beyond. You can join Friendly House marching in the Portland Pride Parade, or visit us at a Pride event near you.

Thanks to all who helped us at the 2025 Friendly House Auction! Your time, donations, and sponsorships help us keep providing much-needed supports, advocating for LGBTQ+ elders statewide, and celebrating our community. We have two upcoming fundraisers, thanks to **McMenamins Tavern and Pool** and **Oakshire Beer Hall**, and we'd love to see you there! You can support our work by simply buying a meal with these partners on the day, or sharing a slice of cake with us. Now, let's get to celebrating!

In Pride,

Rebecca Blair (she/they)

EPS Engagement Specialist

MARCH WITH FRIENDLY HOUSE

Join Friendly House in the Portland Pride Parade! Walk or roll with us on **Sunday, July 20** to celebrate the joy of Portland Pride. We have assistance for those who cannot walk the route or have mobility needs. Reach out if you would like to participate or need assistance: oliver@fhpdx.org or **(971) 420-2858**

2024-25 ANNUAL EPS SATISFACTION SURVEY

Coming soon! Beginning May 19th, we will be collecting your feedback on the work we've been doing throughout the year. We want to hear what you like, what you want more of, and how we can better serve the LGBTQ+ elder community!

The online survey will be active through June 30th, but we will have paper copies at events throughout mid-May and June. If you need assistance, please feel free to reach out to us:

rebecca@fhpdx.org or **(503) 224-2640**

Survey begins 5/19: tinyurl.com/EPSSurvey2025

COMMUNITY CENTER CLOSURES:

Friendly House Community Center will be closed:

Open at noon: **Wednesday, May 14**

Monday, May 26

Closed at noon: **Friday, June 13**

Thursday, June 19

Friday, July 4

Open at noon: **Wednesday, July 9**

For any additional information on FHCC's schedule, please visit our website: fhpdx.org



IN-PERSON EPS SOCIALS AND EVENTS



THE PHARMACY PDX SOCIAL

Meet us once a month at our favorite NW neighborhood spot on Mondays for their all-day happy hour

specials. For location info: thepharmacypdx.com

2–4pm | Mondays | May 5, June 2, July 7

The Pharmacy PDX: 2100 NW Glisan St



OAKSHIRE BEER HALL SOCIAL

Join us in NE Portland for a pint with friends. Outside food is allowed and available nearby. Beer, wine, and non-alcoholic beverage options are

available for purchase. For menu and location info:

oakbrew.com/beer-hall

4–6pm | Tuesdays | May 13, June 17, July 15

Oakshire Beer Hall: 5013 NE 42nd Ave

PORTLAND COFFEE ROASTERS SOCIAL



Please join us for our monthly coffee social, now at **Portland**

Coffee Roasters! Coffee, non-caffeinated drinks, and food options available: portlandcoffeeroasters.com

1–3pm | Thursdays | May 29, June 26, July 31

Portland Coffee Roasters: 815 SE Oak St

EPS BRIDGE GROUP

This is a free, drop-in bridge club for all levels.

2:30–4:30pm | Wednesdays | Free

Friendly House: 1737 NW 26th Ave

PRIDE DECORATIONS CRAFTERNOON!

Get ready to roll up your sleeves and let your creativity shine! We're inviting folks of all ages to come together and help create colorful, joyful decorations for 2025's Summer BBQ and Pride Party. Whether you're a glitter guru or just love good company, this is a fun and welcoming way to show your Pride spirit!

To RSVP: (503) 224-2640 or frontdesk@fhpx.org

11am–1pm | Saturday, May 17 | Free

Friendly House: 1737 NW 26th Ave



PORTLAND PICKLES BASEBALL

Come see 2024's WCL Champions take on the Walla Walla Sweets. It will be Fermentation Night, but there will be plenty

of baseball and crackerjacks to be had! Preregistration is required as tickets are limited.

To RSVP: tinyurl.com/EPSpickles2025

First pitch at 7:05pm | Tuesday, June 10 | Free

Walker Stadium in Lents Park: 4727 SE 92nd Ave

PORTLAND THORNS SOCCER

Join us for our yearly visit to see the Portland Thorns!

We'll have a few goodies from the **107 Independent Supporters Trust (107IST)**. Preregistration is required as tickets are limited: tinyurl.com/EPSthorns2025

Meet at 11:30, match at 1pm | Sunday, June 15 | Free

Providence Park: 1844 SW Morrison (Gate F)

OAKSHIRE EPS FUNDRAISER!

We'll be hosting our regular monthly EPS social at Oakshire from 4–6pm this day, but it's also our yearly day for a fundraiser! Raise a pint or a pizza to celebrate any time on this day and Oakshire will donate \$1 per core pints or 10% of food sales.

Fundraiser all day, tabling 4–7pm | Tuesday, June 17

Oakshire Beer Hall: 5013 NE 42nd Ave

PORTLAND SAGE SINGERS CONCERT

The Portland Sage Singers, a choir of LGBTQ+ elders and Allies, will hold their first-ever concert at the **Patricia Reser Center for the Arts** in Beaverton—and EPS wants to take you there! To sign up for free

tickets: tinyurl.com/EPSSingers0626

For more info: portlandsagesingers.org

7:30pm | Thursday, June 26

Reser Center: 12675 SW Crescent St, Beaverton

FRIENDLY HOUSE 2025 PRIDE PARTY

Come for the BBQ, stay for the all-ages fun!

5:30–7pm | Friday, June 27 | Free

Friendly House: 1737 NW 26th Ave

FRIENDLY HOUSE

For more info on Friendly House Community Center (1737 NW 26th Ave) events, visit: fhpdx.org/calendar

BIMONTHLY FOOT CARE CLINIC

Sessions with **RN Amanda Morris** last 15–20 minutes and include nail trimming including ingrown nails, filing down corns and calluses, lotion and brief massage, foot evaluation, and nursing advice as needed. Preregistration is required.

To RSVP: (503) 228-4391 or frontdesk@fhpdx.org

9am–1:30pm | Tuesday, June 24

Sliding scale: \$20–\$40 per session

TAI CHI FOR FALL PREVENTION

Tai Chi blends slow-motion movements to improve balance, coordination, flexibility, and focus, combining physical therapy techniques of sensory awareness and integration. This class is designed for active, independent seniors who are able to walk unaided for 15 minutes. Preregistration is required.

To RSVP: (503) 228-4391 or frontdesk@fhpdx.org

10–11am | Mondays, Wednesdays | Free

HUMANITIES OF PORTLAND BOOK CLUB

Join **Tanya March** for a book club that goes beyond traditional reading. Members select a book monthly, followed by local field trips related to the story's themes, such as museums and Portland landmarks, author talks, and movie nights. Upcoming books: *Punjabi Rebels of the Columbia River* (Ogden) and *Portland's Audacious Champion* (Naito-Campbell)

To RSVP: (503) 228-4391 or frontdesk@fhpdx.org

6:30–7:30pm | 2nd Thursdays of each month

May 8, June 12 | Free, preregistration is required.

FOLK DANCE AROUND THE WORLD

Enjoy folk dancing with longtime folk dancer, instructor, and Friendly House neighbor Sue Wendel. All levels are welcome in this easy, low-impact class.

To RSVP: (503) 228-4391 or frontdesk@fhpdx.org

1:30–2:30pm | Thursdays | \$8/class



THE OPAL

Join us at The Opal (12691 NW Dogwood St) located in Washington County! For more info, contact us: (971) 985-7469 or opal@fhpdx.org

OPAL LGBTQ+ MEALS ON WHEELS

Join us at the weekly LGBTQ+ community meal site at The Opal! Doors open at 11am, meal is served at noon. Donations are welcome to support the site.

11am–1pm | Mondays | Donations welcome

COMMUNITY EXERCISE CLASSES

Join us and the **Tualatin Hills Park & Recreation District** for free, monthly community exercise classes.

Kristi teaches chair yoga on the first Tuesday of the month and Christina leads beginner Tai Chi on the third Wednesday of the month. Contact us in case of any updates: (971) 985-7469 or opal@fhpdx.org

Chair Yoga with Kristi:

12:45–1:45pm | Tuesdays | May 6

Tai Chi with Christina:

12:45–1:45pm | Wednesdays | May 21

CONVERSATIONS ON AGING

This series provides seniors with opportunities to talk about the challenges of aging in a welcoming, confidential atmosphere with a volunteer peer facilitator. Upcoming topics include New Wisdom, Life Lessons, Resilience, Bouncing Back, and more.

To RSVP: (971) 985-7469 or opal@fhpdx.org

2–3:30pm | Tuesday, May 13 | Free

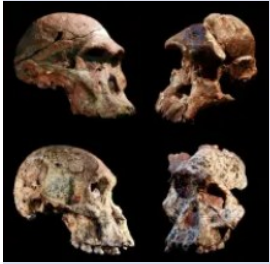


VIRTUAL FILMS, PRESENTATIONS, AND SOCIALS

DR. BILL THIERFELDER PRESENTS

To RSVP for these fantastic Zoom presentations:

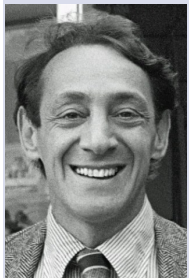
rebecca@fhpdx.org or (503) 224-2640



HUMAN ORIGINS

Based on Dr. Bill Thierfelder's tour of the Hall of Human Origins at the **American Museum of Natural History**, this program explores the earliest members of the hominin lineage. "Lucy," "Turkana Boy," and other world-famous fossils, as well as species like *Homo erectus* whose members survived in Africa and Asia for nearly two million years are highlighted. Learn about your distant cousins and how we became the last human group standing.

3pm | Tuesday, May 27 | Free



GOVERNING WITH PRIDE

This unique program explores the accomplishments of ten LGBTQ+ political leaders in America, from Harvey Milk to recent leaders like Pete Buttigieg. In this brief overview, we learn about the positive impact that the Queer community has had on our nation—from local government to the country at large.

3pm | Tuesday, June 24 | Free



WRITING WITH PRIDE

This program examines the work of six writers whose writing explores the nature and scope of the LGBTQ+ experience: James Baldwin (*Giovanni's Room*), Audre Lorde (*Sister Outsider*), Larry Kramer (*The Normal Heart*), Armistead Maupin (*Tales of the City*), Ruby Mae Brown (*Rubyfruit Jungle*), and George M. Johnson (*All Boys Aren't Blue*).

3pm | Tuesday, July 29 | Free

KINEMA FILMS

Join us using [Kinema.com's Virtual Cinema](https://kinema.com) for easy viewing and chatting before the film. For more information on Kinema's platform: kinema.com/faq



CLOSE TO YOU (2024)

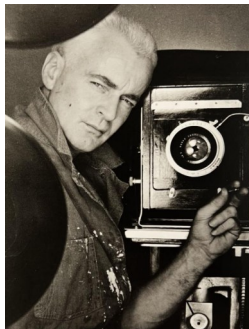
Academy Award nominee Elliot Page (*Juno*, *Inception*, *The Umbrella Academy*) stars as a trans man who returns to his hometown for the first time in years. On his journey, he confronts his relationship with his family, reunites with a first love, and discovers a newfound confidence in himself.

A Toronto International Film Festival premiere.

To RSVP: tinyurl.com/EPS0507close

6pm | Wednesday, May 7 | Free

HIDDEN MASTER: THE LEGACY OF GEORGE



PLATT LYNES (2023)

Learn about the life and legacy of pioneering artist George Platt Lynes, who took radically explicit photographs of the male nude. This film reveals Lynes' gifted eye for the male form, his long-term

friendships with Gertrude Stein and Alfred Kinsey, and his lasting influence as one of the first openly gay American artists. To RSVP: tinyurl.com/EPS0604lynnes

6pm | Wednesday, June 4 | Free



HILLBILLY (2019)

In this award-winning film, directors Ashley York and Sally Rubin use a combination of personal narrative, regional history, and conversations with Appalachians, ranging from York's grandmother to scholar bell hooks to challenge pervasive perceptions of Appalachia.

To RSVP: tinyurl.com/EPS0709billy

6pm | Wednesday, July 9 | Free

VIRTUAL HEALTH AND WELLNESS CLASSES

ONGOING EPS VIRTUAL SOCIALS

Our LGBTQ+ community virtual socials use Zoom and support call-in and video options.

To RSVP: rebecca@fhpd.org or (503) 224-2640

WEDNESDAY: TRANS SOCIAL

4–6pm | Wednesdays

THURSDAY: ALL ARE WELCOME SOCIAL

(no socials May 29, April 24)

4–6pm | Thursdays

MINDFUL FALL PREVENTION CLASSES



Explore how Mindfulness, Movement, and Making Safe your environment are the building blocks to feeling more confident and secure as you age. While we cannot prevent 100% of all falls, there's much we can do to reduce our chance of falling and decrease the risk of injury if we do fall. Each class includes fun, accessible movement practice and materials for improving home and personal safety.

Led by **Sherri Koehler** via Zoom for **Portland Parks & Rec**: tinyurl.com/MFPspringB2025

1pm–2:30pm | 5 Wednesdays beginning May 7

\$10 Portland city residents, \$14 non-residents

OREGON'S VIRTUAL STATE ADVOCACY DAY

Join the **Alzheimer's Association** on Wednesday, May 21 for Virtual State Advocacy Day and raise your voice to ensure that our legislators implement policies that make a difference. Alzheimer's Association will hold an online training in advance of this day to share comprehensive resources, including information about our state legislative priorities and how to effectively share your experiences with your elected officials. Register and be a part of this important day: alz-or.quorum.us/event/22217/

Virtual Policy and Advocacy Training Meeting
5:30–7pm | Tuesday, May 13 | Free

BETTER BONES WITH WENDY



This class begins with a gentle, seated warm-up that transitions into standing cardiovascular routines and movement techniques, strengthening the major muscle

groups and enhancing awareness of balance. Class ends in chairs with gentle stretching and flexibility techniques. Preregistration is required.

To RSVP: (503) 228-4391 or frontdesk@fhpd.org

11:30am–12:30pm | Mondays, Wednesdays

\$50/month, no one turned away due to lack of funds

SAMATHA YOGA (VIA ZOOM)



Work with certified yoga therapist (C-IAYT) **Sherri Koehler**, who specializes in yoga therapy interventions for aging into vitality. Online classes are a

suggested \$2.50 per class, but no one will be turned away for lack of funds. More at: samathayoga.com

YOGA IN CHAIRS Gentle postures adapted for seniors and those with disabilities.

10am (65 minutes) | Mondays, Wednesdays, Fridays

YOGA FOR VITALITY Learn how to use yoga as a tool for cultivating optimal well-being for the mind and body. 10am (80 minutes) | Tuesdays, Thursdays



COMMUNITY INFORMATION AND SUPPORT

LGBTQ+ ELDER COMMUNITY MEALS



Meals on Wheels People volunteers and attendees welcome new friends for lunch every week. A recommended donation of \$5 supports the site.

NE PORTLAND MEAL SITE (15 YEARS STRONG!)

Open 11am–1pm, meal at 11:30am | Wednesdays
Westminster Presbyterian: 1624 NE Hancock St

OPAL/WASHINGTON COUNTY MEAL SITE *NEW*

Open 11am–1pm, meal at 12pm | Mondays
The Opal: 12691 NW Dogwood St

DEFIANT MOMENTS BOOK RELEASE EVENTS



Save the dates! Our **Bold Voices** is releasing a new collection of LGBTQ+ stories, *Defiant Moments*, featuring many from our local elder community! Come listen, laugh, and

cry with these writers as they share their personal stories. Thanks to the kind support of **Paul Iarrobino** and OBV, proceeds of books sold at some events will support Elder Pride Services. For more info on events and the book: ourboldvoices.com

1–3pm | Thursday, May 22 | Free
Friendly House: 1737 NW 26th Ave

6–7:30pm | Thursday, May 29 | Free
Community for Positive Aging: 1820 NE 40th Ave

6–7:30pm | Friday, May 30 | Free
CUMC: 12755 NW Dogwood St, Cedar Mill

4–5:30pm | Saturday, May 31 | Free
Shute Park Library: 755 SE 10th Ave, Hillsboro

7–8:30pm | Saturday, May 31 | Free
Back2Earth: 3536 NE MLK Jr Bl

11am–12:30pm | Sunday, June 1 | Free
St. Andrew Church: 806 NE Alberta St

7–8:30pm | Friday, June 13 | Free
Bold Coffee & Books: 1755 SW Jefferson St

EPS PRIDE TABLING VOLUNTEERING

We plan to be at events in **Portland**, **Beaverton**, **Hillsboro**, **Gresham**, and **Vancouver**, but will need your help locating additional events that need support for LGBTQ+ elders. We are also looking to build a volunteer team for our 2025 Pride efforts. To sign up and learn more, contact **Friendly House Volunteer Coordinator**, Sarah Chiu: volunteer@fhpdx.org or (503) 224-2640

HILLSBORO PRIDE

12–5pm | Saturday, June 7
Shute Park: 750 SE 8th Ave, Hillsboro

MONMOUTH PRIDE

10am–5pm | Saturday, June 7
Main Street Park: At Knox St N and Main St E

GRESHAM PRIDE: CELEBRATING QUEER JOY 2025
12–6pm | Sunday, June 8

Rockwood Market Hall: 458 SE 185th Ave, Gresham

BEAVERTON PRIDE IN THE PARK

11am–5pm | Sunday, June 29
Beaverton City Park: 4975 SW Hall Blvd, Beaverton

VANCOUVER SATURDAY IN THE PARK PRIDE

10am–5pm | Saturday, July 12
Esther Short Park: 301 W 8th St, Vancouver, WA

PORTLAND PRIDE WATERFRONT FESTIVAL

12–8pm | Saturday, July 19
11:30am–6pm | Sunday, July 20 (Parade details TBA)
Tom McCall Waterfront Park: 1020 SW Naito Pkwy

MARCH WITH COMMUNITY

Join in with these Portland solidarity marches:

GREATER PORTLAND TRANS MARCH

Time TBA | Saturday, July 19
North Park Blocks: NW 8th and W Burnside

PORTLAND DYKE MARCH

Time TBA | Sunday, July 20
Waterfront Park to Park Blocks

WAYS TO REACH OUT

The **Safe + Strong Helpline** at **(800) 923-HELP (4357)** offers emotional support and resources to anyone who is struggling and seeking support. Callers do not need to be in a crisis to contact this line. Help is free and available 24/7.

Language interpreters are available.

If you are in danger, thinking of harming yourself or others, or need help right away, call 911 or a support line listed below.

Someone will be there to listen and support you.

Suicide and Crisis Lifeline: 988

Trans Lifeline (Trans-led support): (877) 565-8860

LGBT National Elder Hotline: (888) 234-7243

NAMI (National Alliance on Mental Health):

(800) 343-6264

National Domestic Violence 24-Hour Hotline:

(800) 799-7233

Alcohol & Drug Helpline: (800) 923-4357

BlackLine for BIPOC, LGBTQ+, femme-led support:

(800) 604-5841

ASSISTANCE FOR VETERANS:

Military Helpline for service members, veterans and their families: **(888) 457-4838**

Veterans Crisis Line: 988, then **press 1** after dialing

WARM LINES:

Senior Loneliness Line: (800) 282-7035

David Romprey Oregon Warmline: (800) 698-2392

OREGON DEPARTMENT OF JUSTICE:

Bias Response Hotline: (844) 924-2427

[StandAgainstHate.oregon.gov](https://standagainsthate.oregon.gov)

SAGE USA HEAR ME MENTAL HEALTH APP:

For sign-up info: **sageusa.org/hearme**

FAMILY CAREGIVER SUPPORT GROUP

Alzheimer's Association facilitates a virtual monthly caregiver group serving all of Oregon and Southwest Washington, providing support for any LGBTQ+ person caring for a loved one, or to any ally caregiver for an LGBTQ+ person suffering from memory loss.

To RSVP: **aliepnieks@alz.org** or **(800) 272-3900**

6–7:30pm | First Wednesday of the month

May 7, June 4 | Free

CASCADIA HEALTH SUPPORT GROUP

This group for LGBTQ+ older adults meets weekly via Zoom and occasionally in-person. For more info:

(503) 283-3763 or **jennifer.wilcox@cascadiabhc.org**

10:30am–12:30pm | Tuesdays | Free

LGBTQ VETERANS GROUP

ODVA hosts a group for LGBTQ+ Veterans to gather and discuss challenges related to reintegration, VA benefits, military experiences, mindfulness and daily struggles. Contact: **Erin.Danielson@va.gov**

6:30–8pm | First Wednesday of the month

May 7, June 4 | Free

PEER-LED LGBTQ+ HOUSING WORKSHOP

The **EPS Housing Committee** holds free, peer-led workshops to help folks navigate affordable housing in Multnomah County. Preregistration is required.

To RSVP: **brandyp@fhpd.org** or **(503) 224-2640**

12–2pm | Mondays | May 5, June 2, July 7 | Free

Friendly House: 1737 NW 26th Ave

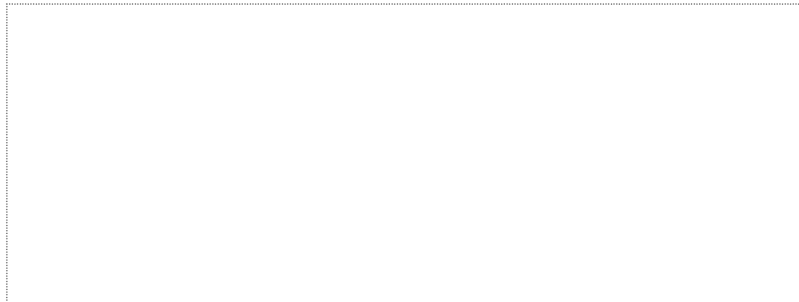
GET INVOLVED WITH EPS!

We know the current political environment and the realities of city and county budgets are on many people's minds. As a nonprofit working with older adults, **Friendly House** is engaged with local leaders and at times has opportunities for civic engagement related to elder issues, such as providing public feedback at community forums, providing personal testimony to councilors or legislators, etc. If you would like to be notified when these opportunities appear, please contact: **lanea@fhpd.org** or **(503) 224-2640**



Friendly House
Attn: Elder Pride Services
2617 NW Savier St.
Portland, OR 97210
ADDRESS SERVICE REQUESTED

NONPROFIT ORG.
PORTLAND, OR
U.S. POSTAGE PAID
PERMIT NO. 96



INFORMATION & REFERRAL SERVICES: (503) 224-2640

Friendly House Senior Program and **Elder Pride Services** can connect you with various services and help see if you qualify for assistance. Call to be connected to our **Information & Referral Specialist**.

TRANSPORTATION ASSISTANCE

We offer transportation assistance through our Information & Referral services. If you are interested in learning more about transportation options, including financial supports in accessing available options, please give us a call.

SENIOR LAW PROJECT APPOINTMENTS

Call us for more information about virtual or telephone appointments with volunteers from the **Senior Law Project**. These appointments are free and cover a range of legal issues that affect LGBTQ+ older adults.



EPS SUMMER BBQ

Our biggest event of the summer is here once again! Join us for food, fun in the sun, prizes, and a few special surprises, thanks to sponsorship from the **Portland Bureau of Planning and Sustainability**.

To RSVP: (503) 224-2640 or frontdesk@fhpd.org

11am-1pm | Friday, June 27 | Free

Friendly House: 1737 NW 26th Ave