GAY AND GREY NEWS

November–December 2026

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

SEASONS GREETINGS FROM EPS!

Wintertime brings a chill to the air, and an innate need to connect and engage with community. Please take a look inside to find ways to gather and celebrate the season together, whether they be at Friendly House, the Opal, or around town with EPS and our community partners. If the weather outside looks frightful, don't forget our virtual programming with socials, films, and Dr. Bill! December brings our annual EPS Winter Party, which will be on Friday, December 11th. We're hoping to make this one our best party yet, with lots of food, raffle prizes, and music for everyone to enjoy.

We're thrilled to introduce you to our two new EPS team members, **Opal Engagement Specialist Cayla McGrail (they/them)** and **Opal Resident Services Coordinator Emma Schuster (she/her)**! We are interviewing candidates for Director of Community Services and hope to announce a new director in the new year.

Get 2027's End-of-Life Resource Fair on your calendar! We're expanding this year's fair to include more health and wellness resources, a dedicated presentation space and extended time. If you know of a resource or presentation you would like to see, please contact us!

All the best to you and yours this season,

Rebecca Blair (she/they)
EPS Engagement Coordinator
rebecca@fhpdx.org
(503) 935-5272

Elder Pride Services Presents

END-OF-LIFE RESOURCE FAIR

Saturday, January 30, 2027 • 1–4pm
Friendly House Gym: 1737 NW 26th Ave

2027 EPS END-OF-LIFE RESOURCE FAIR

Learn about what resources you need for your end-of-life plan before you really NEED them! We're building on last year's successful end-of-life resource fair, we are adding more health-related community resources and a dedicated presentation space. Bring a donation for Hand-Up Project and get a second raffle ticket. All are welcome!

1–4pm | Saturday, January 30 | Free
Friendly House: 1737 NW 26th Ave

COMMUNITY CENTER CLOSURES

The Community Center will be CLOSED

- Wednesday, November 11
- Thursday–Friday, November 26–27
- Thursday–Saturday, December 24–26
- Thursday, December 31
- Friday, January 1

For any additional information on these closures and other class or event cancellations please visit our website: fhpdx.org

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.

IN-PERSON EPS SOCIALS AND EVENTS

THE PHARMACY SOCIAL

Meet us each month at our favorite NW neighborhood spot for all-day Monday happy hour specials. For location info: thepharmacypdx.com

2–4pm | Mondays | November 2, December 14

The Pharmacy PDX: 2100 NW Glisan St

SE COFFEE SOCIAL

It's always a good time for our monthly SE coffee social at Portland Coffee Roasters! Coffee, tea, noncaffeinated drinks, and food options are available. For menu info: portlandcoffeeroasters.com

1–3pm | Thursdays | November 19, December 17

Portland Coffee Roasters: 815 SE Oak St

NEIGHBORHOOD HOUSE COFFEE

Join Echo and Rebecca for free coffee, tea, snacks, and conversation in SW Portland. Come see Neighborhood House's new facility with games and more! Location info: nhpdx.org

1–3pm | Tuesday, November 10 | Free

Neighborhood House: 8959 SW Barbur Blvd

INTERGENERATIONAL DIALOGUES

Please join **Basic Rights Oregon** and **EPS** as we gather LGBTQ+ elders and youth for a community lunch centered on connection and queer joy. Come hang out with community of all ages over a shared meal. Please note that the **Marie Equi Center** encourages masks when not actively eating or drinking.

To register: tinyurl.com/EPS-BRO-lunch-2026

12–1pm | Sunday, November 15 | Free

Marie Equi Center: 4434 SE 25th Ave

WHITE BIRD DANCE PERFORMANCES

Attend international dance performances provided by White Bird Dance's No Empty Seats Tonight (NEST) program. Request free tickets via EPS here: tinyurl.com/EPSwhitebird2627

More info on White Bird's season: whitebird.org

HUNG DANCE

Seamlessly blending traditional Chinese arts with current dance techniques and driving electronic music, Hung Dance creates work that is poetic, rhythmic, and impressive.

7:30pm | Thurs, November 5–Sat, November 7 | Free

Reser Center: 12625 SW Crescent St, Beaverton

TRINITY IRISH DANCE

The trailblazers of progressive Irish dance feature live music from the company's own folk rock band, drawing from both new and classic Trinity repertoire, including the Portland/Northwest premiere of a whimsical work by members of Portland's own **BodyVox**.

7:30pm | Thurs, November 19–Sat, November 21 | Free

Newmark Theatre: 1111 SW Broadway

PORTLAND SAGE SINGERS TICKETS

Thanks to a generous offer from the choir, we have a limited number of free tickets available for participants to see the **Portland Sage Singers** holiday concert, *Making Spirits Bright*, an evening full of surprises, humor, and some dancing, of course!

To request free tickets: tinyurl.com/EPSsage1123

7:30pm | Monday, November 23 | Free

Reser Center: 12625 SW Crescent St, Beaverton

EVENTS AT FRIENDLY HOUSE COMMUNITY CENTER

SOUND BATH SESSIONS

Experience the healing power of sound and be guided through a rejuvenating sound journey using a magnificent 36" German-crafted gong, crystal singing bowls, Koshi chimes, and more. Allow the abstract sounds and soothing vibrations to wash away stress and tension, creating space for reflection, renewal, and expansive energy.

Preregistration is required.

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

1–2pm | Saturdays | November 7, December 5 | Free

Friendly House: 1737 NW 26th Ave

MONTHLY OPEN DEATH CAFES

Facilitated by **City of Roses Death Forum** volunteers, death cafes are open and respectful conversations about the topic of death without agenda, objectives, or themes. We begin with what brought each of us to the Cafe and allow discussion to flow. We end with a brief check-out on how you are feeling or anything on your mind and heart. These sessions are free to all (donations welcome), and respectful of all communities, belief systems, and LGBTQIA+ friendly

To RSVP:(503) 228-4391, tinyurl.com/CRDFcafesPDX

1:30–3:30pm | Saturdays | November 14, December 12

Free | Friendly House: 1737 NW 26th Ave

COMMUNITY ACUPUNCTURE POP-UPS

Experience the relaxing, restorative benefits of acupuncture at drop-in sessions with licensed or student intern clinicians. Participants will be able to rest for a minimum of 30 minutes in a comfortable zero-gravity chair while receiving treatment. Come as you are and enjoy a moment of rest and renewal each month. Preregistration is required.

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

9am–12pm | Saturday, December 12 | Free

Friendly House: 1737 NW 26th Ave

EPS WINTER PARTY

Join us for food, holiday fun, dancing, and more, with food by Oggy from **Butch & Nellie's Meals on Heels**, raffle prizes, and hopefully some holiday surprises!

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

11am–1pm | Friday, December 11 | Free

Friendly House: 1737 NW 26th Ave

FOOTCARE CLINIC *NEW TIME*

Sessions last 30–40 minutes and include: nail trimming including ingrown nails, filing down corns and calluses, lotion and brief massage, foot evaluation, and nursing advice. If cost is prohibitive for you, contact: denise@fhpdx.org

Preregistration is required.

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

9am–4pm | Thursday, December 17 | $60

EPS BRIDGE GROUP

This is a free, drop-in bridge club for all levels. New players are always welcome!

12:30–2:30pm | Wednesdays | Free

Friendly House: 1737 NW 26th Ave

VIRTUAL FILMS, PRESENTATIONS, AND SOCIALS

DR. BILL THIERFELDER PRESENTS

To RSVP for these fantastic Zoom presentations, please email: rebecca@fhpdx.org

JOURNEY TO THE STARS

In this program, we'll explore humanity's unending fascination with reaching out to the stars. Throughout literature, art, film, and television, we have imagined what it would be like to move beyond the confines of our solar system--to "boldly go where no one has gone before." We examine the benefits of space travel, the hazards of long-term exploration, current plans for deep space missions into our solar system and beyond, as well as several classic works of science fiction that highlight our urge to expand beyond our world.

3pm | Tuesday, November 17 | Free

CHRISTMAS BELOW THE EQUATOR

Far from snuggling up in warm blankets and winter jackets, residents of the Southern Hemisphere are dressing in their shorts and T-shirts once December arrives. Christmas below the equator is a different kind of affair. To help you imagine what it's like to swap snow for sun and pudding for prawns, this program examines some of the rich and vastly different holiday traditions that have developed over the years in tropical and desert countries. Break out your sunglasses, explore, and have yourself a very different kind of Christmas!

3pm | Tuesday, December 15 | Free

KINEMA ONLINE FILMS

Join us using **Kinema**'s easy viewing platform and chat with community before the film.

Register for all EPS screenings: kinema.com/fheps

THE MATTACHINE FAMILY (2024)

Thomas and Oscar are a couple at a crossroads. When their foster son is reunited with his birth mother, the couple find themselves on diverging paths as they grapple with life after fatherhood. While Oscar immerses himself in a newfound acting opportunity across the country, Thomas embarks on a personal journey that helps him discover the many meanings of family.

6pm | Wednesday, November 4 | Free

SUBLET (2021)

Sublet focuses on a New York Times writer who visits Tel Aviv after suffering a tragedy. The city's energy and his relationship with a younger man he meets bring him back to life. Starring Tony Award-winning and Emmy-nominated **John Benjamin Hickey**.

6pm | Wednesday, December 2 | Free

DAY OF MY DEATH (2026)

Follow actress **Dayle McLeod** to South Africa to live under the strict tutelage of elder Sangomas for three months to prepare for the sacred, spritual 'Intwaso' ceremony. Through this journey, Dayle finds healing, strength and wholeness that reverberates throughout her family and lineage.

6pm | Wednesday, January 6 | Free

VIRTUAL HEALTH AND WELLNESS CLASSES

ONGOING EPS VIRTUAL SOCIALS

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

To RSVP: alex@fhpdx.org or (503) 224-2640

WEDNESDAY: TRANS ELDER SOCIAL

4–6pm | Wednesdays | Free

\November 4, 18; December 2, 30

THURSDAY: ALL ARE WELCOME SOCIAL

4–6pm | Thursdays | Free

November 5, 12; December 3, 10

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.

Learn more at: samathayoga.com

YOGA IN CHAIRS

This class encourages movement throughout the whole body using a series of gentle seated and standing postures. Chair support is offered to provide stability while letting students feel safe exploring movements that promote flexibility, strength, and range of motion. The class can be done from a chair, and features breath practices and chanting to benefit pulmonary health. Guided meditation is offered during the resting posture at the end.

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

YOGA FOR VITALITY

This chair-assisted class teaches students to cultivate vitality using yoga practices that support cardiovascular, pulmonary, and mental health while improving strength, balance, and flexibility. Postures are done seated in a chair, standing, and lying on the floor; instruction in using chair to move safely to and from the floor included as part of class. In addition to movement, this class features breath exercises and guided meditations.

10am (80 minutes) | Tuesdays, Thursdays

ADDITIONAL CLASSES WITH SHERRI

Portland Parks & Recreation provides many low-cost virtual fitness options for older adults 60+ with Sherri Koehler and other teachers. For Qi Gong, Zumba Gold, or Sherri's fantastic Mindful Fall Prevention classes, visit: portland.gov/parks/activities

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 this long-running site.

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

STATEWIDE LEADERSHIP OPPORTUNITY

The **Oregon Department of Human Services (ODHS)** is seeking advocates to serve as board members on the **LGBTQIA2S+ Subcommittee of the Governor's Commission on Senior Services**. The Subcommittee advises the Governor and ODHS leadership on the needs of LGBTQIA2S+ older adults and how to improve the delivery of services to meet the needs of LGBTQIA2S+ older adults. To apply or learn more:
tinyurl.com/lgbtq-subcommittee-app

JOIN THE EPS HOUSING COMMITTEE

The **Elder Pride Services Housing Committee** is a group of volunteers that works to address housing issues affecting LGBTQ elders. They are looking for new members to expand this work. Members run affordable housing workshops for LGBTQ elders, raise awareness of LGBTQ protections in long-term care facilities, and educate housing, long-term care, and other service providers about the needs of LGBTQ elders. For more information, contact Alex Maresca:
alex@fhpdx.org, (503) 935-5269

Q CENTER HOMELESSNESS EVENT

Join **Q Center** and other partner organizations for this presentation on the disproportionate impact of homelessness in the LGBTQIA2S+ community. The event is open to the public with information from local resources.

2:30–4:30pm | Saturday, November 7 | Free
Q Center: 4115 N Mississippi Ave

WORLD AIDS DAY OPEN MIC

Join **Our Bold Voices** for a special open mic event on World AIDS Day. This powerful afternoon will include storytelling and poetry as we reflect on this year's theme: Rethink. Rebuild. Rise. We will honor the lives and strength of those living with and affected by HIV. Together, we'll create a space for joy and healing, celebrating our community and the journey we share.

6:00 pm–7:30 pm | Tuesday, December 1 |Free
N Portland Library: 512 N Killingsworth St

LGBTQ+ HISTORY TALK

Visit **Neighborhood House** for an introduction to LGBTQ+ history with EPS! Alex Maresca will share stories from key moments in LGBTQ+ history, with a focus on the LGBTQ+ Oregonians who helped make the state what it is today. All are welcome.

11am - 12pm | Friday, December 4 | Free
Neighborhood House: 8959 SW Barbur Blvd

ENERGY ASSISTANCE

Our Information & Referral Specialist can refer you to agencies offering programs that can assist households by paying some portion of energy bills (electric, gas, oil, etc.). Contact us at:
referral@fhpdx.org | (503) 224-2640

SUPPORT GROUPS

LOSS AND GRIEF PROCESSING GROUP

William Temple House is offering a 16-week grief processing group for adults who have experienced traumatic loss, including loss related to homicide, suicide, or overdose. The group offers an opportunity to connect with others who may share similar experiences, process grief, and give and receive support.

To register: mvaneaton@williamtemple.org

3–4:30pm | Thursdays | November 12–March 18

Sliding Scale: starting at $1 per session

William Temple House: 2023 NW Hoyt St

NAMI MULTNOMAH LGBTQ PEER-LED SUPPORT GROUP

NAMI Multnomah hosts virtual and in-person peer-led support groups for adults (ages 18 and older) who identify as LGBTQ2SIA+ and are living with symptoms of a mental health condition. A diagnosis is not required to participate.

To register: tinyurl.com/nami-multco-support

info@namimultnomah.org, (503) 228-5692

Virtual Meetings: Mondays | 7:00–8:30pm

Online via Zoom

In-Person: 1–2:30pm | 2nd & 4th Sundays

Rose City Community Collective:

5830 NE Alameda St, Ste 205

LGBTQ+ CHRONIC ILLNESS SUPPORT

TendWell is a Portland-based nonprofit offering peer support, integrative care, and education. They offer a virtual peer support group for LGBTQ+ adults navigating chronic or invisible illness and neurodivergence. This is a space for connection not fixing, where you don't have to explain your body, fatigue, or identity. Free to join.

Learn more: tendwellnonprofit.org

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.

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) 950-6264

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

SAGE USA HEAR ME MENTAL HEALTH APP:

For sign-up info: sageusa.org/hearme

ALZHEIMER'S ASSOCIATION:

24/7 Hotline for caregivers and anyone seeking information about memory issues: **(800) 272-3900**

alz.org

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 | referral@fhpdx.org

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.