



LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging!

Russell Mercier Senior Center
14 Stonecroft Drive
Hebron, CT 06248

RSVP by October 19, 2016
 860-228-1700 or aroczniak@hebronct.com

Wednesday
October 26th
9:00-3:00

<u>Schedule</u>	
9:00	Welcome, Light Breakfast, & YouTube Video – LGBT Seniors Tell Their Stories (shown at 9:15)
9:30-10:00	Zumba Gold
10:10-10:40	Cooking Demonstration & Taste Testing
10:45-Noon	Sharing Your Coming Out Story - a facilitated discussion by Geraldine Burke
Noon – 12:40	Lunch and Senior Center Tours
12:45 – 1:55	Medicare 101
2:00 – 3:00	Himalayan Singing Bowl Meditation with the Healing & Harmony Center

The LGBT Moveable Senior Center is sponsored by CCCI as part of *“Getting it Right”: Creating an LGBT-Responsive Organization*, a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging

