



LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center - a partnership among five 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!

The Marilyn Michaelson Senior  
Center of Bloomfield  
330 Park Avenue  
Bloomfield, CT 06002

**Thursday, November 12**  
**3:00 - 8:00 pm**

**\*\*\*\*\* RSVP by November 6 \*\*\*\*\***  
**860-243-8361**

### **Program**

- 3:00-3:45 Welcome  
Light refreshments  
Tour of Senior Center and Human Services Building  
Ida's Shoppe
- 4:00-5:00 Christine Pattee: The Lesbian Herstory Project
- 5:15-6:00 Light Supper
- 6:10-7:00 "Paula's Party: Clearing up the Confusion about GMOs, Organic, Natural Foods" Paula Leibovitz, our favorite dietician, will share the latest info on this hot topic!
- 7:10-8:00 Relax & Unwind. Beth Hugh will share Qigong and relaxation techniques to help you wind down at the end of your day.

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 Advocacy.