



We aim to create a safe community of all LGBTQ+ people.

We always strive to make space and events a safe place for everyone.



We collaborate with other community groups to further inclusivity and supportive relationships, and to be a positive force to break down walls existing in areas of race, origin, sex, and sexual orientation as a way to move to a more inclusive society as a whole.

Visit our website:

LGBTQSeniorsoftheInlandNorthwest.com



Our mission:

To improve the health and well-being of LGBTQ+ seniors by helping seniors live meaningful lives with dignity and independence. We accomplish our mission daily by providing camaraderie, education, and social support for our members.

Join us in friendship. We have several events each month, including a potluck luncheon.



Members frequently gather for Taco Tuesdays and for lunches at various Spokane area eateries.

Members engage in Zoom calls every Friday to stay connected and fight isolation.

We periodically sponsor educational workshops and meetings to address the special needs of our community.



Please check our website for "pop-up" events and exact dates and times of all of our events:

LGBTQSeniorsoftheInlandNorthwest.com

We are open to people of all ages and cultures that need a safe space.



This group has NO religious affiliation. However, potluck luncheons are usually held at the Unitarian Universalist Church of Spokane at 4340 W Whistalks Way, Spokane, WA.