

SENIORS PREPARING
FOR RAINBOW YEARS

spry



ARE YOU SPRY?

If you are age 60 or older and identify as gay, lesbian, bisexual or transgender (LGBT), we invite you to join our vibrant and growing community!

SPRY is about making new connections, and having access to quality and affirming care if and when you need it!



WHERE TO START?

Consider joining us for morning coffee and lunch at the **Montrose Diner**, or attend a SPRY social. For more information, call us:

713.529.0037 X363



the
**Montrose
Center**

401 Branard Street
Houston, Texas 77006
www.montrosecenter.org



LET'S LUNCH!

The Montrose Diner is open Mondays, Wednesdays and Fridays from 9am to 1pm (lunch at noon) in room 112. It's free for seniors age 60+ and partners/caregivers.

SPRY SOCIALS

- Game days
- Movie days
- Potlucks
- Outings

Visit spry.montrosecenter.org to see our current schedule, or call 713.529.0037 x363

PEER GROUPS

SPRY hosts weekly men's and women's peer groups. Participation is a great way to expand your support network! Call 713.529.0037 x363 to learn more.

PROFESSIONAL CARE*

- Professional Counseling
- Case Management
- Chemical Dependency Treatment (outpatient)

*The Montrose Center accepts most insurance including Medicare/Medicaid for counseling and professional services. Grant subsidies and discounted fees may be available and are based on eligibility.

FREE COMMUNITY PROGRAMS

- Cyber Center (computer and Internet access)
- Cardio Fitness Center
- Wellness Programs (see our calendar online)

TRAINING & ADVOCACY

Let our specialists work with your staff to increase their cultural competence in working with LGBT seniors.



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