



DON'T HIDE YOUR PRIDE!

Pride Month Programming Guide for LGBTQ+ Inclusion

Celebrate and honor the lives, history, and futures of LGBTQ+ older adults this Pride Month with meaningful, joyful, and inclusive programming. This guide offers a mix of celebratory, educational, intergenerational, mental wellness, and advocacy-focused activities — designed to be adaptable for any setting or budget.

This Guide Includes:

- Four weeks of themed program suggestions
- Bonus ideas for use at any time
- A Quick Use Checklist



Week 1

Our Histories, Our Stories

Focus: Education, storytelling, and lived experience

Film Screening & Discussion

Organize a watch party and screen a documentary focusing on LGBTQ+ history; followed by a guided, respectful discussion or personal testimony.

“My Pride Story” Workshop

Invite participants to write or share their own experiences around identity, community, and resilience.

Timeline Wall of LGBTQ+ History

Create an interactive timeline with milestones in LGBTQ+ rights and advocacy, with special dedications to older LGBTQ+ pioneers.

Recommended Documentaries*

Stonewall Uprising

Mustache Mondays

Gen Silent

A Secret Love

Before Stonewall

Out North: MNLGBTQ History

**Some documentaries may not be suitable for all audiences. Viewer discretion is advised.*

! Important Reminder

Invite but never pressure people to participate. Give participants the ability to submit their stories and testimony anonymously out of consideration for closeted or “non-out” participants.



Week 2

Pride is for Everyone

Focus: Community, visibility, and joyful celebration

Personal Pride Parade

Organize a mini-parade through your facility or center, incorporating flags, music, and pride-themed decor and outfits. Encourage residents, visitors, or other participants to create signs and decorate any mobility aids they may need.

For extra fun, invite local LGBTQ+ organizations to visit your facility and share in the celebration!



Drag Bingo or Drag Story Hour

Invite a local performer to lead a fun, affirming event. We recommend bingo or story time, but a comedic performance or trivia night can be just as entertaining!

Pride Crafting and Decorating Day

Spend a day or two making rainbow pins, flags, and window art. Consider a thoughtful discussion about the different pride flags and their meanings.

Week 3

Bridging Generations

Focus: Connection, empathy, and legacy

Pen Pal Project

Partner with a local LGBTQ+ youth group – you can check nearby schools, libraries, and community centers to find LGBTQ+ afterschool programs – to exchange letters, stories, and artwork.

Music Through the Ages Dance Party

Create a shared playlist and host a music night. From disco to indie, encourage both young and old participants to share songs that matter to them.

“Ask Me Anything” Circle

Preserve stories and legacies by organizing a respectful Q&A between LGBTQ+ youth and older adults about life “then vs. now.”

Pro Tip!

To help break the ice, we recommend a moderator presenting a few questions at the beginning. A few examples include:

What song instantly takes you back to a special time in your life?

How did you first start to understand your identity? What helped you along the way?

What do you wish people knew more about your experience growing up LGBTQ+?

What do you think older/younger generations misunderstand about yours?

What’s a tradition or piece of LGBTQ+ history you think more people should know about?

Consider having participants write down their questions and place them in a jar for the moderator to read aloud to help encourage even the shyest participants to join in!

Week 4

Pride is Powerful

Focus: Mental health, safety, and empowerment

LGBTQ+ Affirming Support Circle

Host small discussion or support groups for participants to share in a safe space. Consider bringing in an experienced LGBTQ+ therapist or trained facilitator to assist if possible.

Inclusive Care Pledge Wall

Create a visual display of your organization's commitment to LGBTQ+ inclusion and anti-discrimination. Invite both staff, visitors, and residents to sign.

Advocacy Workshop

Help your participants feel empowered about their rights. Consider partnering with an ombudsman or Area Agency on Aging to host the discussion. [SAGECare's Provider Directory](#) can help you locate credentialed advocates in your area!

Did You Know?

SAGECare offers a variety of tools to help support your organization's advocacy efforts. Including:

Resident Conversations

A SAGECare-facilitated conversation centered on diversity and inclusion. We provide a safe space for your residents to ask questions, learn information, and engage constructively and openly around LGBTQ+ communities.

Consulting

Receive personalized, in-depth analysis from the experts in LGBTQ+ aging. We'll work with your team to review existing processes & policies, interview leadership and staff, and provide a detailed report summarizing our recommendations for elevating your LGBTQ+ inclusion efforts.

T-Cert Training

A new scalable, cost-effective program designed to empower your team to lead impactful, high-quality training sessions.

Contact info@sageusa.org to learn more!

Bonus Activities

Celebrate anytime!

Rainbow Recipe Day

Share rainbow-themed snacks and meals. Consider partnering with an LGBTQ+ owned catering service to support your local community.

Here are a few ideas to get you started!

Rainbow fruit skewers

Confetti popcorn

Flatbread veggie pizza

Rainbow layer cake

Veggie platters

Mixed Jello Cups

Colorful popsicles

M&M Trail Mix

Chia Pudding Parfait

LGBTQ+ Book Club

Choose a book written by or exploring the experiences of members of the LGBTQ+ community.

Did You Know?

We provide monthly recommendations for LGBTQ+ media on our [LinkedIn](#).
Subscribe to our page to ensure you never miss an update!

Inclusive Spiritual or Reflective Gathering

For spiritual participants, offer a Pride-affirming space for reflection, remembrance, and gratitude.

Photo Booth & Legacy Portraits

Celebrate LGBTQ+ older adults with a photo station and prints.



Quick Use Checklist

An easy guide to kickstart your Pride planning!

Planning

- Choose 1-2 weekly themes that fit your community.
- Review available budget, staff, and volunteer capacity.
- Connect with local LGBTQ+ organizations for partnerships.

Accessibility

- Confirm physical accessibility of venues.
- Provide large print materials, captions, or hearing support.
- Offer virtual/hybrid options if possible.

Cultural Awareness

- Acknowledge historical trauma and systemic discrimination.
- Celebrate without stereotyping – center authentic elder voices.
- Respect closeted or non-out residents – participation is optional.

Promotion & Inclusion

- Use inclusive visuals and language in flyers and invites.
- Include chosen name and pronoun space in RSVPs.
- Ensure signage and events are welcoming to all identities.

Documentation & Follow-Up

- Ask for permission before taking or sharing photos.
- Invite feedback from residents/ staff post-events.
- Continue inclusion work beyond June.

