

Openhouse, The San Francisco LGBT Community Center and the Queer Cultural Center proudly presents:

When I Grow Up

A Lifetime of Perspective by LGBT Elders

Opening Reception Saturday,
October 15th, from 1-4 PM

The San Francisco LGBT Center
1800 Market St.
San Francisco, CA

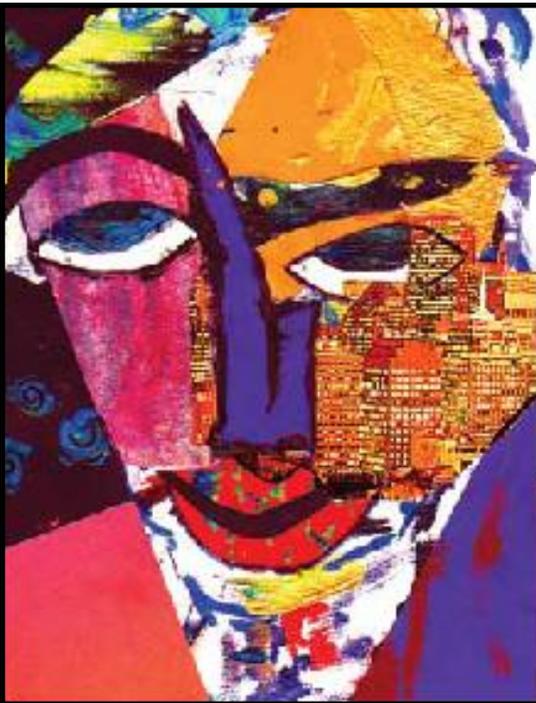
Please join us for this historic opening reception

See over 80 mixed media works by LGBT seniors!

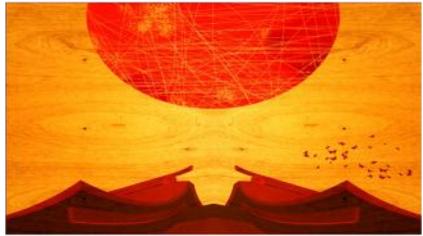
Meet and mingle with the artists and Openhouse staff.

Show runs October 15th through November 16th.

Reception and art show are free of charge.



Mindfulness Meditation Group
For LGBT older adults and friends
Mondays at 11 AM, starting October 3rd.
(Group will run 8-10 weeks based on attendance)
Congregation Sha'ar Zahav, Chapel
290 Dolores St at 16th



The practice of meditation has been an important part of virtually all spiritual traditions for over three thousand years. Meditation has been scientifically demonstrated to lower blood pressure, ease anxiety and depression, and alleviate pain and stress. Join us in this free, non-denominational, weekly group where we will learn to meditate and discuss its applications and benefits to our daily lives.

Instructor David Lewis has practiced meditation for 40 years, and is a facilitator at the San Francisco's Gay Buddhist Fellowship. You can contact him directly at dewilewis@yahoo.com or call 415-296-8995 x16 more information.

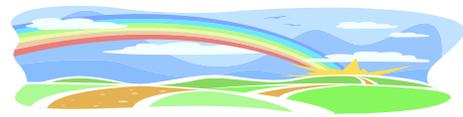
Women's Writing Group: **New Time and Location**



Group meets 1st, 3rd, 4th & 5th Sundays
4:00 - 6:00 PM Notre Dame Senior Plaza
347 Dolores at 16th, first floor

All levels welcome to our beautiful new location. Come give and receive feedback in a supportive setting with our fabulous instructor Rose Tully and other LGBT women. There is no cost to you. Just bring a pen and paper.

Openhouse's "LGBT Chat."



We're talking, laughing and pondering matters great and small at the Bernal Heights Neighborhood Center.
515 Cortland Street, every 3rd Thursday, 1 - 2:30pm
Come join us for our fun, informal, and sometimes amazing chats! For more information call (415) 296-8995 X10.

Are You an Entertainer?

Interested in performing for LGBT residents of Laguna Honda hospital for our Kaleidoscope program? We are seeking speakers, artists, musicians, and performers of all kinds to provide entertainment. Please call 415-296-8995 X16 to find out how you can play a role in this important program.



Reading & Talking Women
Fourth Monday of every month
6:30-8:30PM
Good Discussion! Good Food. Good Company.
Join us for our monthly potluck
190 Coleridge, San Francisco, off Mission St.

Ongoing Programming (see Calendar for all one-time events)

MONDAYS

Men's Writing Group 1st and 3rd
Castro Senior Center, library room 10AM
 110 Diamond St.

Always Active Exercise Group 10:30-11:30AM
Castro Senior Center, 110 Diamond

Movie Afternoons - New Releases 12:45PM
Castro Senior Center, 110 Diamond Street

Men's Group 2 - 3:30PM
 Call Bruce x 17, *SF LGBT Center, 1800 Market*

Meditation 11 AM
290 Dolores St. at 16th

TUESDAYS

Always Active 10-11AM
Castro Senior Center, 110 Diamond Street

Castro Discussion Group 12:30-2PM
Third Tuesday
Castro Senior Center, 110 Diamond Street
 Topic: "After Life Part II: Bringing Death and Dying Out of the Closet."

WEDNESDAYS

Lunch Bunch: 1st and 3rd
10:30 AM—12:30PM
 Call to reserve lunch x 17
Curry Senior Center, 315 Turk Street

Rainbow Lunch 2nd and 4th
12:30—2:00 PM
LGBT Center, 1800 Market Street
 Call to reserve your place x 10

Housing & Services Clinics
Wednesdays 1-5 PM
 To make a one-on-one appointment, call x13
LGBT Center, 1800 Market St.

Caregiver Support 4th Wednesday 6-7:30PM
Institute on Aging, 3575 Geary

THURSDAYS

Always Active Exercise 10:30-11:30AM
Castro Senior Center, 110 Diamond Street

Discussion Group at Martin Luther Towers
First Thursday Call x16 for more information

THURSDAYS (continued)

Yoga 10:00-11:30 AM *66 Sanchez Street*

Open LGBT Issues Discussion Group
Second Thursday 10- 11:30AM
 Join us for lively discussion at the *30th Street Senior Center, 225 30th Street @ Dolores*

LGBT Chat: Bernal Heights Discussion Group
3rd Thursday 1-2:30PM
Bernal Heights Neighborhood Ctr., 515 Cortland

FRIDAYS

Housing and Social Services Clinics
1st and 3rd Fridays 10 AM-2PM
 Please call x 13 for more information
30th Street Senior Center, 225 30th St. at Dolores

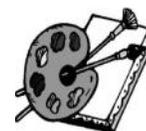
Classic Films 12:45 PM
Castro Senior Center, 110 Diamond Street

Health and Wellness Fridays
Friday October 28th, 3-4:30PM
"Memory and Memory Concerns"
LGBT Center, 1800 Market St.

SATURDAYS

Games Day 10:00 AM - 1:00PM
 Board Games, cards, dominos and great company!
LGBT Community Center, 1800 Market

Art Group 11:30 AM - 2:00 PM
 Meet to explore, create, discover, play and support one another through art.
LGBT Community Center, 1800 Market



SUNDAYS

Women's Writing Group 4:00—6:00 PM
1st, 3rd, 4th Sundays
Notre Dame Senior Plaza, 347 Dolores Street, 1st floor

Second Sundays:
 Men's Potluck and Social **12:00-2:00 PM**

Women's: "Fun with Fifi and Fanny" **3:00-5:00 PM**
St. Francis of Assisi, 145 Guerrero St.

CALL OPENHOUSE AT (415) 296-8995 FOR MORE INFORMATION ON PROGRAMS

UNDERSTANDING GRIEF AS A HUMAN PROCESS

Grief Group with Dennis Reno, Ph.D., and Sarah Connelly, Psy.D.

START DATE: Thursday November 3, 2011
Thursdays 5:30-7:00 PM
Access Institute
110 Gough Street, 3rd Floor (at Page Street)

This will be a free 12-week group of eight to ten people who meet to learn from the experience of grieving. The group will include relaxation exercises, mediation, laughter and building trust. It will help participants to see grief as an opportunity to grow and understand the many cycles of life. This will be a closed-group, (not drop-in), expressly devoted to LGBT persons 60+, and aims to be gender-balanced.



We Believe:

Grief comes in many forms.

Loss is universal.

Ageism is important to explore when looking at loss in the LGBT community.

Everything is impermanent, but that doesn't mean I'm not going to cry about it!

About the facilitators:

Den Reno, Ph.D. is a group therapy leader with 28 years experience of facilitating groups. A licensed psychologist, he is drawn to the kindness, healing, and wisdom which groups can generate.

Sarah Connelly, Psy.D. is a psychotherapist in private practice in San Francisco. She is a relational practitioner and believes in the transformative potential of group therapy.

In order to gain a mutual understanding of desired outcome, an in person conversation with the facilitators is requested. To arrange a meeting contact Fairley Parson, MSW, at Openhouse 415-296-8995, X16.

 **California Pacific Medical Center**
A Sutter Health Affiliate
With You. For Life.

housing, services, and community for LGBT seniors
openhouse

Health & Wellness Fridays Presents...

Your Memory Concerns: Normal Aging or Something More Serious?

Friday October 28th

3:00 PM - 4:30 PM

SF LGBT Center, 1800 Market



Come for a free talk from Dr. Ryan McKim. Dr. McKim is a neuropsychologist and health psychologist. He has worked with CPMC's Memory Clinic helping patients to actively address their concerns and issues with memory. He will discuss the current research on memory and help you understand what proactive steps you can begin to take to help maintain your brain. Come with questions for this informative and engaging talk including an optional free memory screening and healthy hors d'oeuvres.

Don't Forget About it!

Caregiver Support Group for LGBT caregivers of those with dementia

**4th Wednesday of the month
6 - 7:30PM**

**Institute on Aging
3575 Geary
San Francisco**



For more information:
Call Eric J. Erney 408-366-4385

This free group is co-sponsored by the Alzheimer's Association, Institute on Aging and Openhouse.

housing, services, and community for LGBT seniors
openhouse

Outreach to Lesbian, Gay, Bisexual & Transgender Older Adults
870 Market St., Suite 458, San Francisco, CA 94102
(415) 296-8995 www.openhouse-sf.org

A Simple Revolution: Group Reading with Judy Grahn

Thursday, October 13th Francis of Assisi, 145 Guerrero
5:30-Drinks & hors d'oeuvres 6:15pm - Evening Program

Come listen to our Bay Area panelists as they share the stage with Judy Grahn, and read their original stories for the first time. Share your own voice at the Q & A and discussion following the reading. For more information, visit www.auntlute.com/a-simple-revolution/events or call (415) 826-1300. This is community event is free, open to the public, and wheelchair accessible.

This event is presented by Aunt Lute Books in co-sponsorship with Openhouse and the Queer Cultural Center.

THIS IS WHO WE ARE

Ken Prag

The Openhouse Monthly Interview

Interview by Emerald O'Leary

Ken Prag is well known throughout the San Francisco gay community. An active member of the Advisory Council to the San Francisco Department on Aging, Openhouse and some 14 other LGBT organizations, he is most often seen out and about with his partner of nearly 25 years, Steve Collins, "We must go to at least two or three events a day," he says. "It's so important as a senior to keep active and meet new people."

Like many LGBT seniors, Ken did not come out as gay very early in his life. Says Ken: "I was probably 28 or so, but once I was out I never had any desire to hide myself as a gay man."

Born in Milwaukee, Wisconsin to a stay at home mother and a mason contractor father, Ken had a relatively quiet family life with his one brother. After high school in 1961, he went to the University of Wisconsin at Madison for five years, graduating with a double major in finance and accounting and later an MBA in finance. "I always knew I wasn't going to join the family business. I worked with my father during school vacations for four years. "It was good exercise, but not mentally stimulating and a little too butch for me."

Post graduation, Ken joined General Mills (GM) and became a traveling auditor. "It was a job that I was very happy with as it gave me six weeks in each area and that gave me time to know different parts of the country." After being stuck in Cincinnati for three years at the height of yet another recession, Ken says he was ready to explore his options.

"I decided on California and received an offer from Rockwell Corporation to move to Los Angeles. It was the first time that I saw "Are you a homosexual?" on a job application. Of course, defense contractors were not allowed to employ openly homosexual people because of potential blackmail so I decided I might not be totally gay. It was difficult for me to assess. I was about 28 and still hadn't had a gay relationship and so I put "No" in the box for homosexual."

As a young collector Ken gathered old coins and bus transfers, "I had a great curiosity about history and its ephemera." A methodical man, Ken devoted every Tuesday evening to developing a home mail order company. What began as a childhood hobby turned into a new career. After a job transfer at Rockwell took him from the solitary work of financial policy writer, and put him in charge of a department, Ken says: "I realized it just wasn't me. So I took that leap of faith, left Rockwell, and expanded the mail order home business to my first booth at the Rosebow flea market in Pasadena."

From that small booth in Pasadena, Ken began attending paper and postcard fairs and shows across America, always refining and developing his collection. At one point, he says he attended 44 shows a year, requiring extensive travel. Now, he attends only the 16 annual shows in the San Francisco Bay Area. "My collection," he says, "is very diversified; I can sell at antique shows, paper exhibitions, railroad, mining and air shows."

Ken is best known in the postcard community as the professional to go to for early gay material such as his 5,000 piece early gay postcard collection.

"It started as a personal collection of early gay postcards which are very hard to find. I'd look for cards that were overtly or covertly gay; cross-dressing by men and women and friendship photo cards. Postcards from the services sometimes even had men dancing with men on the battleships. It is really a niche part of the postcard world and I haven't come across anyone else who has the same passion for it as I do."



Ken (right) and his partner Steve (left)

While in LA Ken had a relationship with a partner who owned a gay bar. "It lasted four years," he says, "three of which were good. As a bar owner, the social contacts were fun because he knew a lot of people, but he was not a businessperson. When the affair ended, I felt I really had to move out of LA."

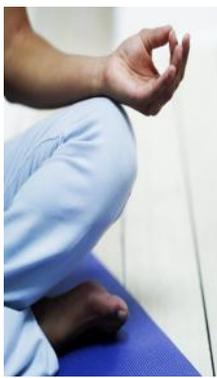
Intrigued by San Francisco, Ken first moved to San Mateo taking four years to explore the city before he made the final move. "It's no easy task to move my kind of paper operation. There are the physical logistics of 80 to 90,000 stock certificates, plus all the postcards along with storage boxes, and then you have to have room for the mail order supplies and a work desk."

Ken went 10 years between partners, finally meeting Steve at a SOMA gay winter solstice event in 1986 put on by the Radical Fairies. Says Ken, "I had two choices that night: to attend a gay travel club or check out the solstice gathering. The meeting was boring, so I left and went down to SOMA. Everyone had to wear tails; I wore a fake animal tail and was almost instantly struck by a man with an amazing aura. From the first time I met him I have felt permanently bonded with him and this has never varied."

Ken and Steve live in Glen Park, in a home full of whimsical earrings made with Steve and Ken's collections, (from postcards and paper to rainbow and penis artifacts). "We plan to never move until the 55 Laguna project opens," he exclaims. They have never had pets because of their love of travel, particularly recreational travel cruising. "We go at least three times a year." Ken says that they make a point to contact the cruise director as soon as they get on the boat with a special request: "Please schedule a social get-together for gay and lesbian passengers as soon as possible in the cruise so that we all get to know each other!" According to Ken, having these meetings early in the cruise means "we get to share meals, go on shore excursions together, and make new friends."

When not traveling, Ken and Steve are out in the community. "We are fervent supporters of PFLAG (Parents and Friends of Lesbians and Gays)," he says, and great supporters of the LGBT History Museum." At present, they are working on a new volunteer project with openhouse, "LGBT Connections." "We want gay people everywhere to have a neighborhood listing of the groups to which they belong so that people with an evening to spare can just check what is happening in their community that particular night. We go to many events but we have so often missed out on something good because we didn't hear about it in time."

"It is so important," says Ken, "for seniors to get out there, as social contacts are very important as we age. We intend to continue living as 'out' and 'out and about' as possible!"



Breathe and Relax with YOGA

Every Thursday 10 -11:30 AM
66 Sanchez Street, near Duboce

Openhouse is proud to present donation-based yoga specifically dedicated to the older LGBT Community. Instructor Kevan Houser is an RN who is a Yoga Alliance-recognized yoga teacher and has taught yoga for over 8 years. According to Houser, "The class is targeted to the mature LGBT community, but is open to anyone with an open heart and a desire to practice gentle, integrative hatha yoga in a nurturing, loving environment." Openhouse community members have reported great benefit and enjoyment from their practice with him. Said longtime participant Lew Ellingham, "the dozen or so of us who regularly attend feel ourselves in the safest of possible hands." For information, call Openhouse: 415-296-8995 X16.

Men's Writing Group New Schedule

Every 1st and 3rd Monday,
10AM, Castro Senior Center



You need no previous writing experience. Be prepared to laugh and have some fun. It's an exciting process. Come and join us!

"The job of a writer is not to chronicle gigantic events - but to make small ones interesting."

Keith Allen, facilitator

For more information call x 16 or email:

WordsIBloom.Castro@gmail.com

Women's Second Sunday 3-5 PM Francis of Assisi, 145 Guerrero Presents: "Fun with Fifi and Fanny"

Openhouse is pleased to present the popular lesbian comedy and musical duo "Fifi and Fanny," who will provide their unique brand of smart and hilarious performance for Openhouse women.



FREE!

Second Sunday is a great place to meet other LGBT women 60+. Snacks provided, but feel free to bring something to share.

Men's 2nd Sunday Potluck 12-2PM Francis of Assisi, 145 Guerrero Street



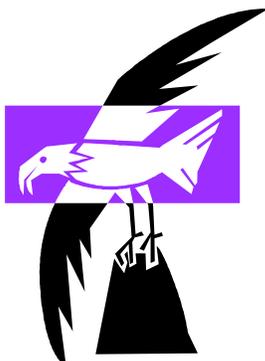
Come meet new friends, and join the discussion with other 60+ LGBT men. And, welcome back our beloved volunteer Larry Nelson who will start Halloween off early with spooky décor, and scary stories. Bring your own supernatural tale to this frighteningly fun potluck.



Bring a dish, if possible, according to your last name: A-G : side dish H-N : salad O-Z : beverage or dessert.

Sonoma Coast Outing: Thursday, October 27, 2011. Deposit due October 10th!

Join LGBT friends and newcomers for a beautiful day on the Sonoma Coast. Activity begins around 9:45 and includes a three course Luncheon at the famous Tides Restaurant in Bodega Bay, a drive-by of the schoolhouse used in Hitchcock's "The Birds", and a photo opportunity at Jenner (near the mouth of the Russian River). The tour finishes with an optional walk at Armstrong Redwoods Park near Guerneville before returning to SF around 5 PM. Points of interest will be interpreted by your expert guide and historian, Bruce Thompson. Fairley Parson will also attend. Rainy day options will make this a beautiful trip, rain or shine.



Cost: \$55 per person. A nonrefundable \$25 deposit is due in the Openhouse Office by Monday October 10th, with the balance due on or before the day of the trip. Please send deposit or payment in full to Openhouse at 870 Market St, Suite #458, San Francisco, CA 94102 ATTENTION: Matthew Cimino. Be sure to include your daytime phone number with your deposit and your choice of three lunch options: chicken with rice pilaf, fish and chips, or vegetarian pasta primavera. SPACE IS LIMITED. For questions, call Openhouse at 415-296-8995 X16.

Return Service Requested

NONPROFIT ORG.
U.S. POSTAGE
PAID
SAN FRANCISCO, CA
PERMIT NO. 925

870 Market Street, Suite 458
San Francisco, CA 94102



Visit Openhouse at the Castro Street Fair

Sunday, October 2, 2011
11 am to 6 pm

Castro @ Market, San Francisco



The Castro Street Fair is a community street celebration founded by Harvey Milk in 1974. Hundreds of local artists, vendors, craftspeople, and organizations line the streets and celebrate.

Stages with live entertainment and can be found throughout the fairgrounds. Come join in on the festivities.

And don't miss Bernal Hill's "Fiesta on the Hill!"

Sunday, Oct. 16th, 10AM-6PM
Cortland Avenue-Bocana to Folsom St.

A benefit for the Bernal Hill Neighborhood Association, the Fiesta on the Hill is celebrating it's 23rd year. This free festival includes non-profit groups, live music, great food, and diverse vendors. This year the festival is featuring the Venezuelan Music Project, a group that combines Indigenous-Venezuelan, West African and Spanish-European influences. While you're there, look for the Openhouse booth.

Caring Connections Information Night

October 12, 2011 at 6:00-7:30 PM

At the SF LGBT Center, 1800 Market Street



Openhouse is recruiting new volunteers who would like to be friendly visitors in our Caring Connections Friendly Visitor Program. Openhouse strives to ensure that today's LGBT older adults can age with dignity, and respect in their community. Becoming a volunteer doesn't require a professional background. Openhouse will provide a day-long training and ongoing support. Volunteers provide companionship, and active listening two times a month. Assignments are scheduled in homes, assisted living facilities, and at community centers. If you are interested please contact Ellyn Bloomfield (415) 296-8995 x13 to request an application, or contact her by e-mail: ellyn@openhouse-sf.org

Caring Connections Volunteers:

Meet on Saturday, October 15th, 10-11:30AM OR
Wednesday, October 19th, 6-7:30PM
SF LGBT Center, 1800 Market St.

All trained caring connection volunteers - please mark your calendar for a meeting and check-in. For more information, please contact Ellyn at 296-8995x13 or by email at ellyn@openhouse-sf.org. See you there!