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## LGBT Senior Newsletter

### OPENHOUSE IS OPEN!

Dear Community,

As you may have heard, the SF LGBT Center is preparing for a renovation. Someone will need to let you into the building during the month of January. When you arrive at the main door for your appointment, service or program, a staff member or volunteer will be there to greet you. If you have any problem or need assistance, please call (415) 296-8995 to request to be let in.

As you can see, the January calendar is full with all the Openhouse activities, workshops and discussion groups you'd expect as we kick off a new year.

We look forward to seeing you in the New Year!

P.S. We are seeking additional volunteers to staff the doors and greet people. If you're interested in helping out, please call Ariel Mellinger at (415) 503-4180. We thank you in advance.



### Got a story to tell?

StoryCorps is a national nonprofit organization whose mission is to provide people of all backgrounds the opportunity to record, share, and preserve their stories.

StoryCorps recognizes the profound historical importance of capturing the stories of the LGBTQ community and the urgent need for this work to happen now! The OutLoud initiative is dedicated to recording and preserving LGBTQ stories across America and will honor the stories of those who lived before the 1969 Stonewall uprisings.

Openhouse has reserved 6 slots at the StoryCorps booth at the SF Public Library on **Thursday, February 18th** to make sure your stories are included.

- You can come with a friend or solo.
- You will walk away with a broadcast quality CD and have the option to release your story to NPR and/or have it archived in the Library of Congress.

Please contact Ariel at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org) to reserve your hour to record by **February 1st**.

Want more information about StoryCorps? Visit their website at <https://storycorps.org/>

### Looking for Housing? Interested in 55 Laguna?

**Openhouse offers housing workshops for older adults seeking resources and information including information on how to get into the housing lottery for senior housing at 55 Laguna.**

Workshops are held three times a month at 12pm and provide information about senior affordable housing, applications, waitlists, and more. RSVPs are required. Please call Abby at (415) 702-3537 or email her at [abby@openhouse-sf.org](mailto:abby@openhouse-sf.org) two days in advance of the workshop if you wish to attend.



You will be asked to complete a brief intake.

To request an intake by mail, call Openhouse at 415-296-8995 or email [info@openhouse-sf.org](mailto:info@openhouse-sf.org)

### Housing Resources List now available in our Openhouse offices Monday-Friday

You can pick up housing updates, affordable and senior housing lists, and waitlist information in our reception area, M-F, from 12PM-4PM. You can also access info. on our website at [www.openhouse-sf.org](http://www.openhouse-sf.org) under "Housing Resources."



### VOLUNTEERS NEEDED FOR OUTREACH!

Openhouse needs your help to get out the word about 55 Laguna to other LGBT older adults! We're looking for volunteers who enjoy being on the phone to speak with community members about 55 Laguna. We're also seeking volunteers who want to be out in the community to table with us in the Castro, at the library, and other community locations. Interested? Contact Abby at 415-702-3537 or [abby@openhouse-sf.org](mailto:abby@openhouse-sf.org) to sign up



*Mature\* Transgender Women's Support Group Starting this Spring*

People are people. We just want to be ourselves.

*Sylvia Rivera (1951-2002)*



Please join us for a peer-driven drop-in support group for mature\* transwomen. This welcoming group will seek to share and understand our common experiences as trans people and the differences that make us each unique. Through telling our stories we learn we are not alone and we bring more meaning, strength, community, and power to our lives. Time and location to be determined. Group will be free.

Please email [fairley@openhouse-sf.org](mailto:fairley@openhouse-sf.org) or call (415) 728-0193 for more info., to get on the interest list, and to let us know what meeting times are good for you.

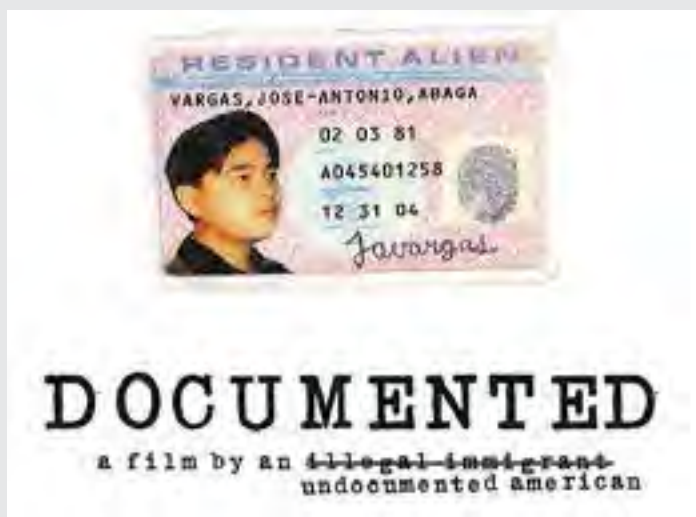
\*Advanced, old, older, seasoned, senior, whatever! Join us!

Join us for a film matinee at 30th St. Senior Center

## Documented

In 2011, Pulitzer Prize-winning gay journalist Jose Antonio Vargas outed himself as an undocumented immigrant in an essay published in the *New York Times*. *DOCUMENTED* chronicles his journey to America from the Philippines as a child; his journey through America as an activist; and his journey inward as he re-connects with his mother, whom he hasn't seen in over 20 years.

Wed., January 13th at 2PM  
225 30th St. SF, 3rd floor  
Runtime 90 minutes



## Employment Support Online

Having difficulty with your resume? Openhouse is glad to have Francisco Salazar as an online employee resource coach. Francisco has extensive background in Human Resources and he invites you to send him your job search and resume questions. Write to: [franciscodalazar@gmail.com](mailto:franciscodalazar@gmail.com)



## Looking for low-cost high-speed internet at home?

Please contact Manuel Martinez at the Openhouse Aging and Disability Resource Center (ADRC) at (415) 347-8509 to learn more.

**Please note: there will be no drop-in hours during January.**

Please make an appointment by calling the number above.

## Looking for some good lunch time conversation in the Tenderloin?

Join us for Lunch Bunch at Curry Senior Center every 1st and 3rd Wednesday from 10:30-12:30 pm! Lunch is provided by Project Openhand (suggested donation \$2, but not required).

For more information, contact Ariel Mellinger at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)



## Did you know that Openhouse has a group at Laguna Honda Hospital?

Each month, Openhouse staff, volunteers and LGBT Laguna Honda residents come together for games, discussions, art projects, and more. If you'd like to join us as an Openhouse volunteer, we'd love to have you! The group meets on the second Tuesday of each month from 1:45-3:30pm.

Please contact MSW intern, Annette, at (415) 231-5870 or [annette@openhouse-sf.org](mailto:annette@openhouse-sf.org) for more info.



## Do You Know About "Shop-A-Round"?

Shop-a-Round is a shuttle that makes it easier to go grocery shopping! The service offers seniors and people with disabilities personalized assistance in getting to and from the grocery store. The shuttle takes groups to grocery stores or supermarkets in San Francisco where they want to shop. The driver will help carry groceries on and off the shuttle.

Registered riders must meet at least one of these qualifications: Age 65 or older *or* disabled and have an RTC Discount ID Card or Eligible for ADA Paratransit services. Applications are available online and by calling Manuel Martinez at Openhouse (415) 347-8509.



Join the Openhouse Book Club this Month to Discuss

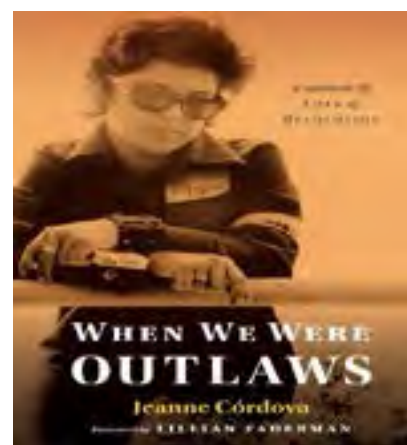
## When We Were Outlaws

Thursday, January 28th, 1 pm at Openhouse

When We Were Outlaws offers a rare view of the life of a radical lesbian during the early cultural struggle for gay rights, Women's Liberation, and the New Left of the 1970s.

Brash and ambitious, activist Jeanne Córdova is living with one woman and falling in love with another, but her passionate beliefs tell her that her first duty is "to the revolution" -to change the world and end discrimination against gays and lesbians. At the same time she is creating what will be the center of her revolutionary lesbian world: her own news magazine, *The Lesbian Tide*, destined to become the voice of the national lesbian feminist movement.

By turns provocative and daringly honest, Cordova renders emblematic scenes of the era—ranging from strike protests to utopian music festivals, to underground meetings with radical fugitives—with period detail and evocative characters. For those who came of age in the '70s, and for those who weren't around but still ask 'What was it like?', *Outlaws* takes you back to relive it.



## Enjoy Healthy Delicious Lunch



Project Open Hand invites seniors (60+) to join us for free, healthy lunch – and great company! We serve warm, delicious lunch for seniors every day at 15 dining rooms across San Francisco. Many of our lunch sites offer activities for seniors, movies, arts, exercise, and music. To sign up, please call 415-447-2300 one day in advance to guarantee a meal is available for you.

Learn more at: [www.openhand.org/seniors](http://www.openhand.org/seniors)

Openhouse and Project Open Hand are proud partners serving LGBT seniors in our community.





## This Is Who We Are by Emerald O'Leary

As the year begins we remember the stories told in our community. Every day we join Openhouse groups and classes to meet others like us. Some of us walk in lonely and afraid yet we come to learn from, and lean on, each other with a sigh of relief at being present with others in our authenticity.

Aging can be filled with loss: the death of family and friends, the realities of our aging bodies, the shifts from careers and public positions. Sometimes old fears drive into our dreams just when we thought we had sorted everything out.

We come to understand the responsibility of an elder is to listen to one another and to search for and welcome those who have been looking for us. Our histories can guide and enrich generations. We, who were called to collective action 40 and 50 years ago are now called to redefine the role of elder. We may not have been Harvey Milk's boyfriend or Del Martin's pool partner, but every story we release into the world offers something: experience, insight, and hope. When we know our stories, we can see how much we have to give.

As elders of our tribe, our stories are our collective umbilical cord to our multicultural and shared pasts, and the link to our common present and future. Our tales reveal the journeys that drove us from our homes to seek freedom, often despite tremendous odds. By listening to one another we provide solace and friendship to ourselves as we move through aging in a society intent on preserving and celebrating youth. The wisdom and courage of the elders of our tribe is needed now. Let's remember where we came from.

Here are some of our 2015 interviewees: Who can forget Richard Brink who sold his first cow at age 14 and now runs our chronic fatigue group? We met acclaimed and effervescent nurse practitioner Susan Langdon; Chaplains Renee and Rick; Jasmine Gee, whose work at Martin de Porres and the Bicycle Coalition keeps us pushing forward; and Charlie Levan, who spoke of his activist mother and his own commitment to volunteerism.

We met Dana Vinicoff, musician and conductor, who works with the San Francisco Organizing Project and the women's writing group and Richard Marino, who told of his work with "Gay Gray Writers." Community member and filmmaker, Jeanine Reisbig, produced a documentary about Openhouse and said, "I want to show a film that respects and honors the work (of Openhouse) and the people it serves."

Kristian Nergaard, triathlete, organized the International Gay games, and is a Gold Medal winner. Varian Piece facilitates "Clearing House," and reminded us that, "Hoarders are creative thinkers." Shessa, an activist and artist, told us of her spirited trek across country in the Great Peace March for Global Nuclear Disarmament.

We have all been leaders. Through our words we reshape the image of elder.

Please think about offering your story. It is an honor to know you.



## Feeling Down or Depressed? New Community Resources Available

The Institute on Aging (IOA) and University of California, San Francisco (UCSF) Geriatrics Division are participating in a two-year, \$300,000 grant from the Archstone Foundation to support a unique partnership opportunity to treat late-life depression for some of the most vulnerable and isolated elders in San Francisco.

The IOA Psychology Department has established a Behavioral Health Screening and Home Visit Psychotherapy program that provides mental health therapy to elders in the community who are unable to access services. UCSF's Housecalls and Center for Geriatric Care serve San Francisco's home-bound elders who are in need of home-based primary care.

Questions? Call IOA CONNECT for more information: (415) 750-4111.



## Passionate about politics? Have a lot to say about current events?

Let us know if you're interested in being part of a new monthly Political Wrap Group through Openhouse!

Please contact our MSW Intern, Annette Pakhchian, at (415) 231-5870 or email [annette@openhouse-sf.org](mailto:annette@openhouse-sf.org)



## Opera Lovers!

If you're an opera lover and want to watch an opera DVD with other aficionados, this is the group for you! Each month we bring our DVD's, peruse the extensive Openhouse collection, and decide by a vote which one to watch. If there is a rare opera that you'd like to see, we'll try to find it for you.

Plus, those who join us for the Opera group at Openhouse will be the first to be notified in the event that we can secure some tix to the War Memorial Opera House for a live show. Stay tuned and join us!

4th Tuesday's Opera's @ Openhouse  
Tuesday, Jan. 26th from 1PM-4PM  
Openhouse Room 306

## Key to Locations:

30th Street Senior Center: 225 30th St., near Dolores

Agesong: 624 Laguna at Hayes

Castro Senior Center: 110 Diamond St, near 18th

Curry Senior Center: 315 Turk St. at Hyde

Francis of Assisi: 145 Guerrero St., near Duboce

Laguna Honda Hospital "LH:"  
375 Laguna Honda Blvd, new building

Martin Luther Tower "MLT:"  
1001 Franklin St. near Ellis

Muttville: 255 Alabama (off 16th)

Openhouse "OH:"  
The SF LGBT Community Center,  
1800 Market St., 3rd Floor, room 306

The Sequoias: 1400 Geary Blvd, near Gough

For trip planning on Muni and beyond, call 311 toll-free to talk to a person, 24 hours a day, 7 days a week, provided by the San Francisco 311 Customer Service Center.



# Connections for Healthy Aging Workshop

for LGBT Community Members age 55+

Openhouse is once again partnering with the Community Living Campaign to offer this empowering workshop series. Building on techniques of peer training, this series uses community connections to co-create and support healthy aging. Workshop leaders include Marcia Peterzell, Linda Silver and Marie Jobling.



- Assessing your own personal goals for Healthy Aging
- Learning how to build a network of support to help you reach those goals.
- Important documents every LGBT senior should have
- Proven ways to prevent isolation and loneliness
- Tips and resources for how you or a loved one can survive a hospital stay
- Simple, online tools that can support us to be empowered as we age.
- Housing issues and strategies for LGBT seniors

## Four-Week Workshop Series

Thursdays, Feb. 18th- March 10th

10AM to 1PM

Participants should attend all 4 dates. Exact location TBD.

Series will take place in San Francisco and be accessible.

No charge for lunch.

To sign up or for more information, call  
**Marcia Peterzell at (415) 359-1816 or email**  
[marcia.peterzell@comcast.net](mailto:marcia.peterzell@comcast.net)

## Health and Wellness Fridays are Back!

Join us for the first seminar of 2016 to learn techniques for effectively communicating with your doctor through the aging process. Communication is key, but not without its challenges!

**Date: Friday, February 26, 2016**

**Time: 3:00 - 4:30 PM**

Location TBD

This seminar will be led by Dr. Daniel Pound, Professor of Family and Community Medicine and Medical Director of the UCSF Center for Geriatric Care since 1996. Pound provides primary medical care to older adults in San Francisco and teaches medical students and residents about care of the elderly.

4 For more information, contact Ariel Mellinger at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)



## Save the Date



In celebration of Black History Month, Openhouse has invited African American genealogist Phil James to present a talk on the subject of researching one's Black ancestors. Mr. James will address the challenges involved in tracing an African-American family line. We especially encourage African Americans, other people of color, and women to join us.

Other topics of discussion will include:

- The basic tools used in genealogy
- The use of DNA results
- Challenges in tracing LGBT, women, Native American, and immigrant ancestors
- The importance of sources

There will also be a live demonstration of creating a family tree.

DATE: Thursday, February 18, 2016

PLACE: Western Addition Senior Center

1390 1/2 Turk Street

TIME: 3:00 - 6:00 PM with a break in between

Light refreshments will be served.

All those who wish to participate in this event are asked to register with our Education Coordinator, Armando Paone, at (415) 728-0194 or by email [armando@openhouse-sf.org](mailto:armando@openhouse-sf.org)

Openhouse is grateful for the support of these generous partners (sample listing):



## Chaplain's Corner



### On Death and Dying III

Sometimes I feel like my story doesn't matter. I mean, who REALLY cares? Yet I find myself drawn to the stories of others and am awed by what I hear: wonderful tales of courage, survival, and celebration that shape the unique experiences of each and every one of us. I continue to learn that our stories matter.

Someone once told me that spirituality is the awareness of what a gift you are to the world; irreplaceable and delectable. Your narrative is a gift. Sometimes I am tempted to think of my life as common; lost in a school of fish, caught up in history and forgotten. It is not and our narratives are not so easily extinguished. My body ages, I forget things, I get tired easily – but my story stays young. No matter what age I am, telling my story enlightens the listener and myself. I have given them a gift. In fact, we have exchanged gifts- no holiday needed. We can have a good laugh at death, knowing that our stories outlive our last breath. Tell them, hear them, cherish them, and no one will be forgotten.

With Affection, Chaplain Rick.

For information on our group, a phone consultation or a visit, contact [ministryofpresence@gmail.com](mailto:ministryofpresence@gmail.com)



## Would You Like a Visitor?

No matter our situation, we all seek connection and community. An Openhouse Friendly Visitor volunteer may be just what you're looking for.

Our program affirms that LGBT elders have lifetimes of experience, perspective and know-how. Friendly Visitor volunteers are honored to know you. We screen, train and support all volunteers who spend time with community members for: home visits, walks in the park, outings to the museum, shopping, coffee & tea meet-ups, or just to chat and have some laughs.



Interested in learning more? Please call Sylvia at (415) 659-8123 or email [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org)

## LGBT Caring Community Online Support Group

This group is a place for LGBT caregivers of adults with chronic health problems to discuss caring for their partners, friends and family members. Would you like to talk with other caregivers? Ask for support during a difficult moment? The group is presented in partnership with Family Caregiver Alliance and is facilitated by Openhouse volunteer facilitator Mark Braverman. To join or for more information please email [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org) or call (415) 659-8123

## 8-weeks of Self Care: — CULTIVATING RESILIENCY — Support Group

The Openhouse Self Care Group offers a place to practice compassion towards oneself in the midst of never ending change. The group is facilitated by Molly Reno. In this group we focus on savoring the time remaining in our lives, cultivating resiliency, nurturing capacities for self-love and support, and living more intentionally in the now. Discussion of personal issues as well as reflection on unending life changes is encouraged. This group is a resource for people wanting to increase self-care skills.

Group is limited to seven participants. Brief one-on-one intake interviews are required. Group will meet at Agesong in SF, on Monday nights from 5:30-7PM, starting this February with exact start date TBD. For more information or to schedule an intake interview call Fairley at (415) 728-0193 or email [fairley@openhouse-sf.org](mailto:fairley@openhouse-sf.org)

*Molly Reno has 10 years experience facilitating support groups for women with cancer, psychology grad students and the Self Care Group at Openhouse. Molly is a certified somatic life coach and is currently studying advances in neuroscience as applied to the emotional brain.*

## MUTTVILLE senior dog rescue

Every 2nd Friday at 2PM

255 Alabama  
(near Harrison & 16th)

Muttville's mission is to change the way the world treats older dogs and to create better lives for them through rescue, foster, and adoption.



We visit Muttville on the 2nd Friday of each month at 2PM and we invite you to join us. You'll hang out with a handful of sweet dogs in a cozy living-room like setting. You can also elect to walk with the dogs.

To RSVP for Friday, January 8th call or email: (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

Muttville also offers a Seniors for Seniors Adoption program. If you are 62+ years of age, Muttville will waive the \$200 adoption fee and you will receive a customized senior welcome kit!

For more information, visit: [http://www.muttville.org/seniors\\_for\\_seniors](http://www.muttville.org/seniors_for_seniors)

## Grief Group at Openhouse

Wednesdays 5:30-7PM beginning 2/17/16

This 10-week group supports and assists individuals in their grief experience.

Grief comes out of life's losses such as separation or loss of loved ones, physical health, career, or shared activities.



The Grief Group's focus is on understanding loss and suffering as a human experience from which no one is exempt. Emphasis includes trust-building, sharing experiences, coping strategies, and working toward acceptance of change and loss.

This is a closed group (not drop-in) and **intake interviews with the facilitators are required** prior to joining the group. Intakes will take place February 3rd and 10th from 5-7pm. To sign up for an intake interview please call (415) 728-0193 or email [fairley@openhouse-sf.org](mailto:fairley@openhouse-sf.org)

### Co facilitators:

*Den Reno, Ph.D., is now in his fifth year offering support groups at Openhouse. Den retired as a clinical psychologist in 2010. He realizes life is stressful and uneasy with no way to escape pain and loss. However, the opportunity to heal and find new ways of living and loving remain.*

*Fairley Parson, MSW, ASW, is an associate clinical social worker and manager of community engagement at Openhouse. She believes in the healing power of groups and facilitates the Openhouse women's supportgroup and grief groups.*

## LGBT Support for those who Care for Someone with Dementia

Free Drop-in Support Group at Openhouse

We welcome diverse caregivers. You may care for your friend, family, partner, or neighbor. Our resilience and need for support for ourselves ties us together. This group brought to you by Openhouse and the Alzheimer's Association.

Wednesday, January 27th, 6-7:30PM at Openhouse

Group meets 4th Wednesday of the month. Questions? Call Fairley Parson (415) 728-0193 or email: [fairley@openhouse-sf.org](mailto:fairley@openhouse-sf.org)

## SF Pride Intergenerational Community Forum

Wednesday, January 13th at the Pride offices at 7PM  
Entrance at 30 Pearl St. San Francisco

Meeting starts at 7PM with Pride business first on the agenda. Intergenerational discussion at 7:30.

SF Pride invites you to a forum on intergenerational community building. All are welcome to this informal discussion with SF Pride Board members, staff and community members. SF Pride needs to hear from you to better provide welcoming community spaces and programs for folks across the generations.

Where do you see opportunities or obstacles for intergenerational engagement? How can SF Pride do a better job of welcoming and serving all—from our children to our elders?

For more information, contact Joey at (415) 864-0831 or email at [communityaffairs@sfpride.org](mailto:communityaffairs@sfpride.org)

To become an SF Pride Member, follow this link: <https://sfpride.wufoo.com/forms/20152016-member-ship-application/>




## Clearing House Drop-in Clutter Support Group

1st & 3rd Wednesdays  
12:30PM-2PM Openhouse Room 306

Openhouse and the Mental Health Association of San Francisco welcome you to a support group for all LGBT community members age 55+ who "struggle with stuff." The group is a non-judgmental, confidential and supportive space where you can share your struggles and strategies. The group is facilitated by Varian Pierce, a Peer Responder with MHASF's innovative Peer Response Team. Varian has his own experience with the challenges of clutter and collection and shares tips and tools for dealing with the emotional and physical aspects of stuff.

For more information, please call (415) 728-0193 or email [fairley@openhouse-sf.org](mailto:fairley@openhouse-sf.org)

# JAN 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Happy New Year! Meditation • 11 AM The Sequoias 	Games • 10 AM - 1PM OH  Art Group • 1 - 4 PM 30th St. Sr. Center All are welcome. Call X304 for info
3	4	5	6	7	8	9
Prime Timers • 2-3:30 PM The Sequoias 1400 Geary Blvd. Call 415-552-6641 for info	Housing Workshop •12-1PM RSVP required: X314  New Release Movies •12:45 PM Castro  Men's Group • 2-3:30 PM OH	Always Active • 10 AM Castro  Gay Gray Writers Group • 5 - 6:30 PM OH  	Poetry Salon • 10 AM Castro  Lunch Bunch •10:30AM Curry x315  Men's HIV Support • Call Greg X309  "Clearing House": Cluttering Support • 12:30-2PM x304	Women's Support • 2-3:30 PM 290 Dolores St. at 16th Intake required X304	Meditation • 11 AM The Sequoias Housing Workshop •12-1PM RSVP required: X314 Classic Movies • 12:45 PM Castro LGBT Group •10:30-12 PM MLT X309 Outing to Muttville! • 2 pm Join senior dog rescue Call X315 to RSVP	Games • 10 AM - 1PM OH  Art Group • 1 - 4 PM 30th St. Sr. Center All are welcome. Call X304 for info
10	11	12	13	14	15	16
	New Release Movies • 12:45 PM Castro  Men's Group • 2-3:30 PM OH	Always Active • 10AM Castro  Visit LGBT Residents with us! Please call X315 for info. • 1:45 PM Laguna Honda	Poetry Salon • 10AM Castro Rainbow Lunch • 12 PM OH RSVP X303 Film Matinee, "Documented" • 2 PM, 30th St. Men's HIV Support • Call x309 SF Pride Intergenerational Community Forum • 7 PM , 30 Pearl St.	Women's Support • 2-3:30 PM 290 Dolores St. at 16th Intake required X304  Friendly Visitor Support Group •6:00-7:30 PM, OH X303	Meditation • 11 AM The Sequoias  Housing Workshop •12-1PM RSVP required: X314  Classic Movies • 12:45 PM Castro	Friendly Visitor Support Group •9:30 - 11:00 AM, OH X303  Games • 10 AM - 1PM OH  Art Group • 1 - 4 PM 30th St. Sr. Center All are welcome. Call X 304 for info
17	18	19	20	21	22	23
Prime Timers • 2-3:30 PM The Sequoias 1400 Geary Blvd. Call 415-552-6641 for info	Martin Luther King Jr. Day Offices Closed. No programs or services  	Always Active • 10AM Castro  Gay Gray Writers Group • 5 - 6:30 PM OH	Poetry Salon • 10AM Castro Lunch Bunch •10:30AM Curry x315 Rainbow Lunch •12 PM OH RSVP X303 Men's HIV Support • Call x309 "Clearing House": Cluttering Support • 12:30-2PM x304	Women's Support • 2-3:30 PM 290 Dolores St. at 16th Intake required X304	No Fourth Friday Health and Wellness Seminar this month.  Meditation • 11 AM The Sequoias  Classic Movies • 12:45 PM Castro	Games • 10 AM - 1PM OH  Art Group • 1 - 4 PM 30th St. Sr. Center All are welcome. Call X304 for info
24	25	26	27	28	29	30
	New Release Movies • 12:45 PM Castro  Men's Group • 2-3:30 PM OH Friendly Visitor Support Group • 4:00-5:30 PM, OH X303	Opera Group • 1PM OH Join us!	Rainbow Lunch • 12 PM OH RSVP X303 LGBT Caregivers of those with Dementia Support Group • 6 PM, OH X304 for more info	Openhouse Book Club •1 PM OH "When We Were Outlaws"  Women's Support • 2-3:30 PM 290 Dolores St. at 16th Intake required X304	Community Council (closed group. For info: X315) • 12:15-1:45PM  Meditation • 11 AM The Sequoias	Games • 10 AM - 1PM OH  Art Group • 1 - 4 PM 30th St. Sr. Center All are welcome. Call X304 for info
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**WE ARE OPEN!**  
There will be an Openhouse staff member or volunteer to greet you at the front door of the Center for your appointment, service, or program. See front page for details.

 See page 3 for key to locations.

Openhouse Main Line:  
(415) 296-8995  
(extensions in calendar)