



Openhouse community members help make Spring Fling a hit!

On April 8th we held our annual brunch gala, Spring Fling, at the Ritz-Carlton hotel, welcoming 400 Openhouse supporters to come together for brunch, to celebrate in community and raise funds for Openhouse. During the program, some community members participated in a staged demonstration, proclaiming "Come out. Stay Out. *We're Still Here!*" and were met with a standing ovation from the audience!

Interested in Attending a Housing Workshop?

Need help understanding how to apply for affordable senior housing in San Francisco? Openhouse is here to help! Join us for a housing workshop, an hour-long presentation at Openhouse in which we cover the basics you need to know as you look for housing. We will decode the process of applying and suggest next steps.

Contact Information and Assistance Specialist,
Manuel Martinez to sign up at (415) 347-8509 or
manuel@openhouse-sf.org.

Taller de Vivienda (Housing workshop)

¡Empiece su búsqueda de vivienda con Openhouse!

¡Únete a Openhouse para una presentación sobre vivienda asequible! Esta presentación se llevará a cabo en español. Los talleres de vivienda abordan lo que es la vivienda de bajos recursos y de nivel bajo del mercado, la disponibilidad en la ciudad de San Francisco, estrategias de búsqueda y consejos para aplicar. Si te sientes atascado e inseguro de por dónde comenzar, este taller es una excelente manera de obtener apoyo e información al iniciar una búsqueda de vivienda.

English
May 11th at 2PM
May 22nd 11AM

Spanish
May 31st 2PM

Held at Openhouse
Bob Ross LGBT Senior
Center

NEW: Monthly Trans Elder Lunch

Openhouse honors transgender elders in our community! If you identify as a trans older person, we hope you'll join us for a new monthly lunch for trans elders at Openhouse! Lunch will occur every 3rd Tuesday of the month. The lunch will be held at 55 Laguna Community Room on Tuesday, May 15th. RSVP required. Contact Sylvia at (415) 659-8123 or sylvia@openhouse-sf.org.

CELEBRATE PRIDE WITH OPENHOUSE

LGBTQ Senior Prom: June 9th from 4-7PM at the San Francisco War Memorial Green Room

This popular event returns for the third year and in a new and expanded location- the SF War Memorial Green Room! LGBTQ Senior Prom is a celebration for seniors and allies of all ages to get another chance at Prom- with none of the tradition or rules. No dress code, no need for a date, no dancing required, no gender rules and no holding back! Acceptance is the only theme. The event features a DJ, live band, performances, food and drinks, prizes for prom royalty and an amazing time for all! Please RSVP to Peter at 415.658.0886 or RSVP on Eventbrite by searching for "LGBTQ Senior Prom San Francisco."

Openhouse Art Show at Ruth's table: June 16th from 2-5PM at Bethany Center/Ruth's Table

We are thrilled to showcase art from several of our community members at this event with our amazing friends at Ruth's Table. Ruth's Table offers programs that encourage personal growth and well-being by promoting community participation, lifelong, learning and creative expression. They regularly host art openings, shows, and lecture events attended by the general public, local schools and community partners that foster social capital and promote positive aging. The goals of this exhibition are to stimulate conversation and showcase LGBTQ seniors' lives and perspective.

Elder Youth Brunch: June 22nd at Dolores Park 11AM-2PM

LYRIC, Trans March and Openhouse are proud to once again to host Pride's main intergenerational event. We are excited to celebrate youth and elders, as they work together to build a strong LGBTQ community. The event includes a delicious brunch in Dolores park under a comfy canopied area and activities to foster connection across the ages. Brunch is followed by the Trans March rally and march!

Pride Parade: June 24th (Meeting location and time TBD)

This year's parade theme, Generations of Strength, offers Openhouse and our community an opportunity to put seniors at the center of the celebration and the march towards social justice. We are working with Pride organizers to help us to coordinate a large senior contingent with high visibility as part of this year's Parade. Stay tuned for details to come!

The Dyke March: Saturday, June 23rd, Dolores Park. Rally (March and Program starting time TBD)

The mission of the San Francisco Dyke March is to bring the dyke communities together to celebrate our unity, raise our consciousness and be visible! For information about the free shuttle to the park, disabled parking, the Senior and Disabled Cable Car, and the Dyke March's accessible, non-smoking and scent free area for senior and disabled dykes including an ADA port-a-potty, an awning for shade, seating and water go to: www.thedykemarch.org/access-1 To volunteer please email: info@thedykemarch.org

Openhouse is thrilled to be partnering with Covia to support our pride events this year. We are also thrilled to continue our partnership with the Institute on Aging to support the LGBTQ Senior Prom and continuing our long-standing partnership with LYRIC and Trans March to host the Elder Youth brunch.

For more information or to learn about volunteer opportunities, please contact Peter McDermott (peter@openhouse-sf.org; 415-685-0886) Interested or know of potential sponsors? Contact Charles Renfroe at crenfroe@openhouse-sf.org

Please join us in welcoming two new team members to the Openhouse family!

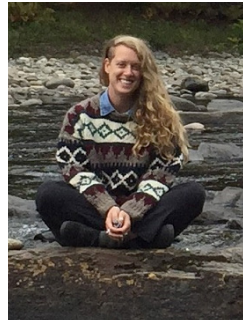
Jessi Lawrence, (she/they), Housing Coordinator

Jessi is looking forward to bringing their experience in education, advocacy, and activism to Openhouse to center and support the LGBT community. Jessi loves watching, reading, or listening to any and all queer media, and snuggling with their cat, Burger.



Beck Epstein, (she/they), Training and Outreach Manager

Beck comes to Openhouse after 3 years at Lyon-Martin Health Services, where they worked with LBQT elders and people with disabilities on reducing barriers to medical care. Beck is excited to join the team at Openhouse to do outreach and facilitate trainings on cultural humility and social justice. Part of their role will be helping SteppingStone Mission Creek to develop California's first LGBTQ-affirming Adult Day Health Program. Beck also speaks Spanish and loves learning new languages. In their free time, Beck likes to go hiking and read young adult science fiction and fantasy novels.



Screening of "Bwakaw" in celebration of Asian American & Pacific Islander (AAPI) Heritage Month! Thursday, May 31st at 12PM at 55 Laguna St., 2nd floor Community Room

In celebration of AAPI month 2018, Openhouse will present a screening of the critically-acclaimed Filipino comedy "Bwakaw" (English subtitles).

Legendary film actor & director Eddie Garcia stars as a closeted, lonely gay man in his 70's who adopts a stray dog whom he names "Bwakaw", meaning "ferocious." Except for the fact that he will eat anything in sight, the dog is far from ferocious and instead becomes the catalyst by which Rene comes to experience the desire to love and the will to survive. Rene and a superb cast of supporting actors have created a family that will have you close to tears one minute and laughing aloud the next.



A sampling of Filipino food and refreshments will be served--lumpia (Filipino eggroll w/ meat and veg option) and Pancit (veg noodles). Seating is limited and by reservation only. To reserve your seat, please contact Armando at 415.728.0194 or by email at armando@openhouse-sf.org.

Join us at AtmosQueer 2018 May 20th, 1-5PM, STRUT 470 Castro St.

AtmosQueer is an LGBTQ Community Connection Fair for the San Francisco Bay Area designed to connect community members to organizations, groups and events that will provide them with personal enrichment, fulfillment and an opportunity to give back to, and be personally involved in, the community in the areas of Volunteerism, Athleticism, Lifestyle, Health & Wellness and Arts & Culture.



Free Tickets to Priscilla!!

- The glorious musical adventure about drag shows, Down Under, and what we will do for love is retuning
- for an encore engagement. Theatre Rhinoceros has
- generously given us a number of
- free tickets to the Saturday, June
- 2nd show at 3PM.
- Please contact Peter at
- (415) 685-0886 or
- peter@openhouse-sf.org to
- reserve a seat.

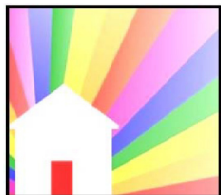


Support and Wellness Programs

Questions about any programs listed here? Contact Ariel, OH Program Coordinator, (unless otherwise noted). Call her at 415.503.4180 or email her at ariel@openhouse-sf.org.

Clearing House: Drop-in Clutter Support Group

Openhouse and the Mental Health Association of San Francisco welcome you to a support group for all LGBTQ 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 with other LGBTQ folks.

Every 1st & 3rd Wednesdays 12:30-2PM
@65 Laguna St., Bob Ross LGBT Senior Center

Fifty+ and Fabulous!

Trans Drop-In Group and Dinner

Trans Thrive and Openhouse join forces to offer a trans drop-in group, "Fifty+ and Fabulous!" This facilitated group welcomes all transgender folks in their golden years.

Group is free and food is served!

Join us every 2nd and 4th
Tuesday of the month from 6-7:30PM
@ 730 Polk Street, 4th Floor

For more info please email:
transthive@apiwellness.org
or (415) 292-3420 ext 348.

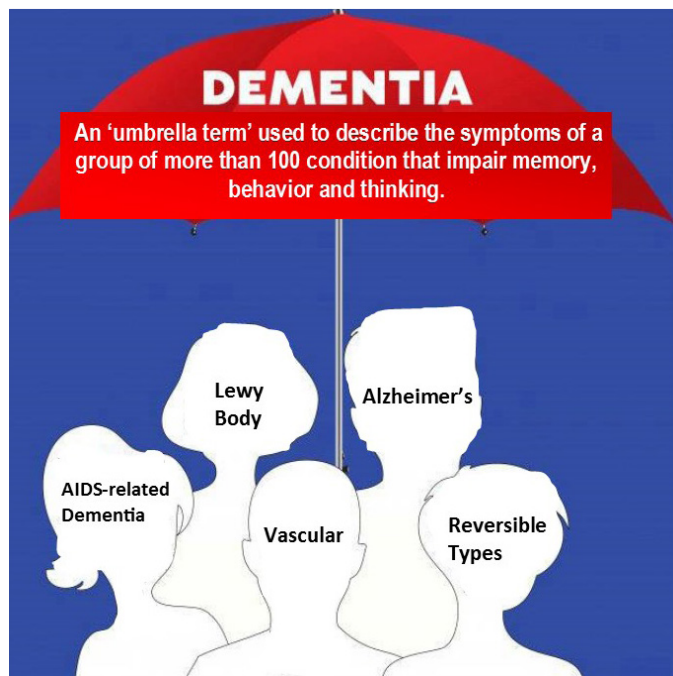


LGBTQ Group for Those who Care for Someone with Dementia *in partnership with the Alzheimer's Association*

We welcome diverse LGBTQ caregivers to this monthly, free drop-in support group. You may care for a partner, friend, neighbor, or family member routinely or from time to time, in your home or community, or even to someone you love over the phone or online. "Dementia" is an umbrella term and includes a vast range of symptoms and more than 100 conditions that impair memory, behavior and thinking. Caring for someone with dementia, whether mild or severe, is important work and inspires many questions about how to deal with what is.

We welcome you to join the conversation.

Next meeting:
May 23rd from 6-7:30PM
Bob Ross LGBT Senior Center
65 Laguna St.



Group meets every 4th Wednesday
6-7:30PM

Questions? Call Ariel Mellinger at
(415) 503-4180 or email:
ariel@openhouse-sf.org

Support Groups

Questions about any programs listed here?

Contact Ariel, OH Program Coordinator, at 415.503.4180 or email: ariel@openhouse-sf.org.

Grief Support Group

Openhouse is pleased to bring back the Openhouse Grief Group for individuals seeking to attend to their sadness through personal reflection and shared experience. Grieving can bring forth inner reactions which guide us in knowing more about ourselves and, in turn, one another. The aim is to have the group develop to become a major healing experience during one's journey of grief.

Group Facilitator, Den Reno, PhD is a licensed psychologist who has led grief groups at Openhouse for over 5 years. About Den: "Grieving can widen one's understanding about life and love and become one's companion along the journey. My desire is to share and grow with you about your grief and loss."

An individual introductory session (45 minutes each) with Den is required to confirm the group is a good fit for your needs. Interviews will be scheduled during May on Thursdays and Fridays from 4-6PM. We highly encourage new Openhouse community members to schedule and interview. To schedule an interview, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org.

Health and Wellness

Emotional Brain Training (EBT)

4th Friday, May 25th from 3-4:30PM at Openhouse Community Room, 2nd Floor 55 Laguna St.
No RSVP required.

Did you ever wonder why you reach for a drink, a joint, a cookie or perhaps spend money you don't have when highly stressed even though you know "you shouldn't"? The answer is simple: We do these behaviors because "Stress Circuits" are blocking our resiliency pathways; they are stopping us from being in secure connection with ourselves. The problem is not us--it's stress. By focusing on creating a secure connection with ourselves and clearing away stress circuits that get in our way, we can both address the cause of these problems, and spiral up to a state of well-being more easily, more quickly and more reliably.

Join Openhouse and Molly Reno for a free seminar to learn how Emotional Brain Training offers participants the tools to rewire the unhelpful glitches in our brains that fuel the drive to engage in undesirable and even destructive behaviors.

Molly Reno is an EBT Provider and leads weekly EBT telegroups. For the past 6 years, Molly has also led weekly support groups for Openhouse on topics of Self Compassion & Resiliency and Self Care. She was the 2016 recipient of the Openhouse Volunteer of the Year award.

Support and Wellness Programs

Questions about any programs listed here?

Contact Ariel, OH Program Coordinator, at 415.503.4180 or email ariel@openhouse-sf.org.

Drop-In Meditation

Wednesdays, 10-11AM at Bob Ross LGBT Senior Center @ 65 Laguna St.

This is a drop-in class. No need to RSVP.

Join us for weekly meditation for all experience levels. Group sits for part of the hour and then spends time sharing their experiences. The practice is facilitated by long-time Openhouse instructor, David Lewis and our newest instructor, Karen Sundheim, who's been practicing meditation for over 40 years.

Facilitators:

David Lewis has been practicing meditation for 45 years. He teaches meditation at various centers around San Francisco and has been leading the Openhouse group for the past 6 years.

Karen Sundheim has practiced in the Suzuki Roshi Soto Zen lineage for over forty years. She received Lay Entrustment from Sojun Mel Weitsman in 2010. In 2017, she retired from the SF Public Library where she was the Program Manager of the James C. Hormel LGBT Center for 10 years.

The "D" Word

Tuesday, May 15th, 6-7:30PM
@ BR 65 Laguna St.

Join Openhouse and Mark Thoma for a discussion about the many aspects of death and dying. While this is not a grief support group, the format of this conversation invites community members to participate in an open-hearted discussion using reflective prompts that focus on our own relationship with our eventual death. The discussion is facilitated, but not directed. The purpose of this discussion is to create a space where community members can openly share thoughts and feelings about our own eventual death in a meaningful, dynamic conversation free from judgment. *Mark Thoma, LCSW* is a medical social worker in home health and palliative care. In addition to the home health setting, he has worked in hospital social work, community case management, and university student services.

Living with Loss: Drop-In Grief Support Group

1st and 3rd Fridays, 1– 2:30PM
Openhouse Community @55 Laguna St.

Openhouse and VITAS Healthcare are pleased to partner in offering this drop-in grief support group to all older LGBTQ adults in the San Francisco area who have experienced loss and are looking for support in a safer, welcoming environment. There is no cost for this group and no ongoing commitment to attend. The group will be co-facilitated by Dale Poland and Jane Litman.

No need to RSVP, but please arrive on time to ensure entrance to the building. If you have questions, you may contact Dale Poland at 408.964.6866 or email dale.poland@vitas.com.



VITAS
Healthcare

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 8 for more info. Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. See pg. 4 Beginning Italian @OHC 55 Laguna St. 4-5:30PM Reg. reqd. call X305	3 Beginning Italian @OHC 55 Laguna St. 4-5:30PM Reg. reqd. call X305	4 No Yoga today Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 Living With Loss, 1-2:30 @OHC 55 Laguna St. Yiddish 4-5:30PM @BR 65 Laguna St. Reg. reqd. call X305	5 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 1-4PM @PAWS 3170 23 rd St.
6	7 Men's Group 2-3:30PM @501 Castro St. Self-Compassion Group @55 Laguna St. 4:30-6PM Reg reqd. X315 for info.	8 Gay Gray Writers 4-5:30PM @BR 65 Laguna St. Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor	9 Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 8 for more info. Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP required X303 Beginning Italian! @OHC 55 Laguna St. 4-5:30PM Reg. reqd. call X305	10 Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St. Beginning Italian @OHC 55 Laguna St. 4-5:30PM Reg. reqd. call X305	11 Yoga (Session 2 Begins) 11-12PM, Reg. reqd. Housing Workshop, 11AM@BR Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 Visit Muttville with Openhouse! 2PM, 255 Alabama St. Call X315 for info Yiddish 4-5:30PM @BR 65 Laguna St. Reg. reqd. call X305	12 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 1-4PM @PAWS 3170 23 rd St. Friendly Visitor Volunteer Discussion Grp. 10-11:15AM FV Training 1:30-4:30PM @BR 65 Laguna St.
13	14 Men's Group 2-3:30PM @501 Castro St Self-Compassion Group @55 Laguna St. 4:30-6PM Reg reqd. X315 for info. LGBTQ Chat-1-2PM Info on pg.9	15 New! Trans Elder Lunch, @OHC 55 Laguna St. 12-1:30PM RSVP reqd. X303 The "D" Word 6-7:30PM @ BR 65 Laguna. X315 for info.	16 Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 8 for more info. Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. See pg. 4 Beginning Italian @OHC 55 Laguna St. 4-5:30PM. Reg. reqd. call X305 Friendly Visitor Volunteer Training 6-9PM @BR 65 Laguna St.	17 Beginning Italian @OHC 55 Laguna St. 4-5:30PM Reg. reqd. call X305	18 Yoga, 11-12PM, Reg. reqd. Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 Living With Loss, 1-2:30 @OHC 55 Laguna St. Yiddish 4-5:30PM @BR 65 Laguna Reg. reqd. call X305	19 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Howard Grayson LGBT Elder Life Conference 12-4PM Queer Elders Writing Workshop 1-4PM @PAWS 3170 23 rd St.
20 Laura Bock book reading Atmos-Queer (see pg.3)	21 Men's Group 2-3:30PM @501 Castro St. Self-Compassion Group @55 Laguna St. 4:30-6PM Reg reqd. X315 for info.	22 Sister Circle Lunch, @ OHC 55 Laguna St. 12-1:30PM RSVP reqd. X303 Housing Workshop 11AM @BR 65 Laguna St. Gay Gray Writers 4-5:30PM @BR 65 Laguna St. Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor Opera Group, 1PM @ OHC, 55	23 Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 8 for more info. Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303 Beginning Italian @ OHC 55 Laguna St. 4-5:30PM Reg. reqd. call X305 LGBTQ Caregivers of Those With Dementia Support Grp, 6-7:30pm @BR 65 Laguna St.	24 Men's Drop-In Social Hour 1:30-3PM @ OHC 55 Laguna St. Beginning Italian @OHC 55 Laguna St. 4-5:30PM Reg. reqd. call X305	25 Yoga, 11-12PM, Reg. reqd. Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 4th Fridays Health and Wellness: Emotional Brain Training (EBT) Seminar 3-4:30PM @OHC, 2nd Floor 55 Laguna St. Yiddish 4-5:30PM @BR 65 Laguna St. Reg. reqd. call X305	26 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 1-4PM @PAWS 3170 23 rd St
27	28 OPENHOUSE CLOSED Men's Group 2-3:30PM @501 Castro St. LGBTQ Chat-1-2PM Info on pg.9	29 Friendly Visitor Volunteer Discussion Grp. 6-7PM @BR 65 Laguna St.	30 Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 8 for more info. Arts Unity Movement workshop 6-7:30PM @OHC RSVP X303	31 "Bwakaw" Movie and Lunch @OHC 12-2:30PM RSVP X305 Spanish Housing Workshop 2PM @ BR	1 JUNE Yoga, 11-12PM, Reg. reqd.	2 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna

Community Engagement Programs

Trans Elder Lunch



Openhouse honors transgender elders in our community! If you identify as a trans older person, we hope you'll join us for a new monthly lunch for trans elders at Openhouse!

Every Third Tuesday of the Month Lunch at 12PM at 55 Laguna Community

Please RSVP to Sylvia Vargas at 415-659-8123 or email sylvia@openhouse-sf.org.

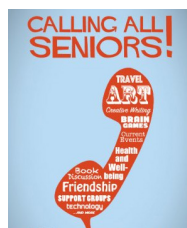
Rainbow Lunch *a community gathering*

The goal of Rainbow Lunch is to bring seniors together to meet each other for social connection and make new friends in a safe and welcoming space.

Please call by noon Tuesday before Rainbow Lunch if you would like to attend. If folks do not RSVP, we cannot guarantee a spot at the lunch.

Please note: It is important for attendees to arrive no earlier than 11:45AM and no later than 12:30PM in order to ensure folks can be escorted up to the 2nd fl. Community Room at 55 Laguna.

RSVP required. Contact Sylvia for more details at (415)659-8123 or email sylvia@openhouse-sf.org.



LGBTQ Chat Group in collaboration with Senior Center Without Walls

This telephone-based group is held the 2nd and 4th Mondays of the month.

Community members can participate via phone or computer from the comfort of their own home. The chat is open to all LGBTQ seniors interested in connecting and building community over the phone. We create an inclusive and supportive space to share our stories and perspectives!

The group is facilitated by Sylvia Vargas, Openhouse Manager of Community Engagement.

For more information or to register, please call Senior Center Without Walls, toll-free at (877) 797-7299.

Sister Circle

a lunch discussion group

Many of us are still here living in the city! Let's get together to grow friendships and make new connections. We warmly welcome all women-identified LGBTQ community members to join us for a monthly luncheon.



Tuesday, May 22nd
12-1:30PM

55 Laguna St. Community Room

RSVP required. Contact Sylvia for more details at (415) 659-8123 or email sylvia@openhouse-sf.org.

Men's Drop-In Social Hour

Thursdays, 1-3PM
55 Laguna Community Rm.



This group welcomes all male-identified community members for coffee, snacks and informal socializing.

Join us! For questions or more info, contact Peter on (415) 685-0886 or email peter@openhouse-sf.org.

LGBTQ Online Caregiver Discussion Group

Openhouse and Family Caregiver Alliance offer this Online Discussion Group as a place for LGBTQ caregivers of older adults with chronic health concerns to discuss the unique issues of caring for a partner, family member, friend, or loved one. This is a national online group. Caregivers with basic computer access (emails) are welcomed and encouraged to participate in this supportive space!

For more info contact Sylvia Vargas at (415) 659-8123 or email sylvia@openhouse-sf.org.

Community Engagement Programs

Would You Like a Visitor?

No matter our situation, we all need connection and community.



If you'd like someone to connect with, our Friendly Visitor program affirms that LGBTQ elders have lifetimes of experience, perspective and know-how. Friendly Visitor volunteers are honored to get 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 and tea meet-ups, or just to chat and have some laughs.

To learn more about the program, please contact Sylvia 415.659.8123 or email sylvia@openhouse-sf.org.

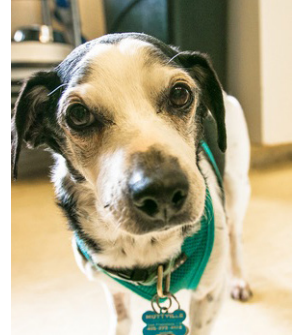
MUTTVILLE senior dog rescue

Friday, May 11th

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.

Muttville is every 2nd Friday of the month 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.



Please RSVP by calling 415.503.4180 or **emailing** ariel@openhouse-sf.org

COME AND MEET THE CANDIDATES running for DISTRICT 8 SUPERVISORS at the Openhouse Community 55 Laguna St.



RAFAEL MANDELMAN is an urban development attorney, Rafael has spent the last 17 years building affordable housing, revitalizing commercial districts and making more livable neighborhoods in the Bay Area. He is run-

ning to bring practical, real world experience to the Board, cut through the ideology and pessimism, and bring big solutions to the problems facing San Francisco.

WHEN: Wed., May 9th from 1-2PM

JEFF SHEEHY is the current Supervisor for District 8. He was appointed District 8 Supervisor by Mayor Edwin Lee in 2017. Jeff is a long-time HIV/AIDS activist and pioneer for LGBT equality who has dedicated his life to public and community service. As former President of the Harvey

Milk LGBT Democratic Club, as former Mayor Newsom's HIV/AIDS advisor, and as a victims' advocate in the San Francisco District Attorney's office, Jeff Sheehy has spent his career fighting to protect vulnerable communities.



WHEN: Wed., May 16th from 5:30-6:30PM



7th Annual Howard Grayson LGBT Elder Life Conference

Join in diverse community celebrating LGBT elder life and history. The conference is free and will feature speakers, organizations serving our community, panel discussions, films, music and more. Refreshments provided. For more information, email graysonlgbtelderlife@gmail.com.

Saturday, May 19, 2018 12- 4PM at The Cadillac Hotel at 380 Eddy St.

Interested in volunteering for the event? Contact Peter at (415) 685-0886 or peter@openhouse-sf.org.

Lifelong Learning

Brush Up On A Foreign Language! (Some previous knowledge required.)

Beginning Italian with Armando Paone has been extended!

Held at Openhouse Community Room @ 55 Laguna St. Participants may choose one of the following classes:

- Wednesdays: March 21 – May 23 from 4-5:30PM
- Thursdays: March 22 – May 24 from 4-5:30PM

Yiddish Language and Culture (Some knowledge of the language is required.)

Fridays 4-5:30PM @ Openhouse Community Room, 65 Laguna St., Bob Ross LGBT Senior Center. For questions, or to register for programs listed here, contact Armando, OH Education Coordinator by calling 415.728.0194 or emailing armando@openhouse-sf.org.

SPECIAL EVENT!

Openhouse is delighted to have folks from Arts Unity Movement (AUM) present a workshop on **Dynamic Alignment**

Dynamic Alignment a unique approach to self-awareness and stress reduction involving our "3 brains" - The head, heart and gut. In this workshop you will be introduced to simple and fun creative techniques that help you navigate stress and discover inner balance, resilience, and renewed energy.

We welcome Openhouse community members, caregivers, and Friendly Visitor Volunteers to this wonderful opportunity to learn new tools of care around body, mind, and spirit. **Snacks and refreshments will be served.**

When: Wednesday, May 23rd 6pm to 7:30pm

Where: Openhouse, 55 Laguna Community Room

For more information and to RSVP please call Sylvia 415-659-8123 or sylvia@openhouse-sf.org.

Volunteering at Openhouse *"every little bit helps"*

Are you available to volunteer at Openhouse? We have multiple needs for volunteers – give a little time and make a big impact. Volunteers can help behind the scenes, out in the community and here at Openhouse. Let us know your availability and interests – we look forward to having you join our team! In the near future we need volunteers to help with upcoming events:

Elder Youth Brunch (6/22) & Pride Parade (6/24) see pg. 2 for event info.

Did You Know That Many of our Teachers are Senior Community Folks?!

Are You a Former Teacher? Is there a particular interest - subject, hobby, etc. that you would like to share with your community members? If you are interested in volunteering some "teaching time"? Armando our Education Coordinator would love to meet you! Please contact him by calling 415.728.0194 or emailing armando@openhouse-sf.org.

