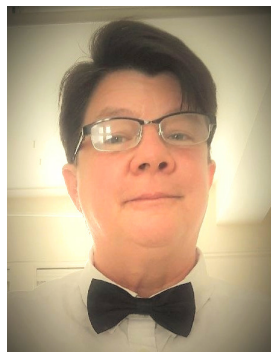


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Happy Holidays

FROM OPENHOUSE

Welcome to our new staff members!



Penn Weldon (she/her) is the new Community Engagement Coordinator. She supports programs that integrate multiple LGBTQAI generations, such as, the Friendly Visitor Program and Fall Feast. Penn has lived and worked in many parts of the world. From doing volunteer work with the Tibetan Government in exile in Dharamsala, India, to working with C.A.R.E. International in the Sudan. Her graduate work involved storytelling as a way of transforming conflict. She enjoys photography and painting, and cooking.



Jose Santamaria (he/him) is thrilled to be joining the Openhouse staff as a Resource and Referral Navigator. Jose has over 20 years of experience assisting seniors and individuals with disabilities. He is originally from Nicaragua but has lived in San Francisco since he was 6 years old and considers himself a San Francisco native. His hobbies include following local sports, frequenting the many fine dining spots in San Francisco, as well as enjoying music and theater offerings.

What are these holidays about?

Come to these educational workshops to learn more about these holidays. We will learn about their origins and meanings and how they are different and yet similar in so many ways, all while enjoying a selection of treats associated with each.

RSVP is required for any or all three events.



Christmas, Monday, December 16, 2:30 – 4PM, 55 Laguna
Armando Paone will talk about Christmas, answers questions such as: Why does it fall in December? What about Christmas trees and Christmas cards? How is the holiday observed in different cultures?



Kwanzaa, Wednesday, December 18, 1 – 2:30PM, BR 65 Laguna
Malik Senefuru and Brotha Clint of The Village Project in San Francisco will present a ceremony showing the observance of Kwanzaa. They will talk about the origin of the holiday and its place within the African-American community.



Chanukah, Thursday, December 19, 1 – 2:30PM, 55 Laguna
Rabbi Mychal Copeland of Congregation Sha' ar Zahav will address the Jewish holiday of Chanukah, or Hanukkah, its place in Jewish history and the ceremony accompanying its celebration.

To RSVP, contact Armando Paone at (415) 728-0194 or armando@openhouse-sf.org

Photo of the Month

Members of the Queer Elders Writing Workshop celebrate their first publication entitled "Write On! Queer Elder Stories, Her-stories, and Histories". Photo credit: Penn Weldon.

Think you have the next Photo of the Month?

Submit your Openhouse-related photo and caption to ray@openhouse-sf.org. Monthly selections will be featured in our newsletter and social media!



Housing Workshops at Openhouse

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



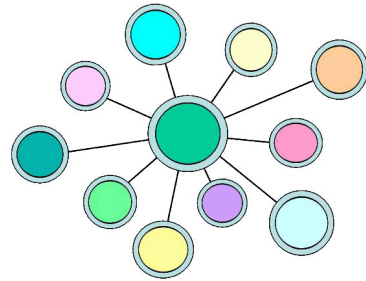
Workshops are held at Openhouse, Bob Ross LGBT Senior Center, 65 Laguna St. on:
Tuesday December 10 at 2PM | Tuesday December 24 at 2PM

To register, contact Jessi Lawrence at (415) 231-5870 or jlawrence@openhouse-sf.org

Get Connected to Resources

Openhouse welcomes our new Aging and Disability Resource Center staff person, Jose! As Resources and Referrals Navigator, Jose is available to help you with a wide range of resources, including:

- Nutrition
- Social events
- In-Home Supportive Services (IHSS)
- Housing opportunities
- Case management services
- Employment & training
- Medicare & Medi-Cal
- Utilities savings programs
- Transportation (clipper, paratransit, etc.)
- Many more!



Jose is available by appointment Monday-Friday 10AM - 2PM and for drop-ins Monday - Friday 11:30AM - 1:30PM.

To make an appointment or for any questions, contact Jose Santamaria at (415) 347-8509 or jsantamaria@openhousesf.org

The holidays can be difficult and we want to keep our community safe!

Those who feel sadness, loneliness, or isolation may experience it more acutely during this time. You are not alone. We are here with you to build a community that looks out for each other. Every community experiences a higher risk of suicide during the holidays. We care about you and want to keep our community safe. Here are some resources that can help:

- SF Suicide Prevention Hotline: (415) 781-0500 or (800) 273-8255 (available 24 hrs a day)
- Institute on Aging Friendship Line: (800) 971-0016 (available 24 hrs a day)
- Trans Lifeline: (877) 565-8860 (7AM – 1AM everyday)
- HIV Nightline: (415) 434-2437 (available 24 hrs a day)
- Mobile Crisis: (415) 970-4000 (Mon – Fri, 8:30AM – 11PM, Saturdays and holidays: 12 – 8PM)
- Openhouse: Staff are available on December 25th. You can email Jessi Lawrence at jessi@openhouse-sf.org or call Penn at 415-969-6907.

Volunteering at Openhouse

We couldn't do what we do without you!

Interested in lending Openhouse a hand? We have multiple needs for volunteers: our volunteers are a big part of our Openhouse family and their efforts make a big impact on our community! If you're interested, reach out and ask to fill out one of our volunteer registration forms. We look forward to having you join our family!

For more information, contact Kirk Lorenzo at (415) 231-5888 or klorenzo@openhouse-sf.org



Tai Chi for Arthritis and Fall Prevention

Thursdays, December 5, 12, 19, 11AM - 12PM
55 Laguna Community Room
Registration required

Learn this simplified form of Tai Chi specifically designed for older adults with Openhouse instructor, Patty Woods. This 8-week course is aimed at alleviating arthritic joint stiffness and improving balance.

Instructor Patty Woods is a long time Tai Chi practitioner and a graduate of the Tai Chi for Health's Tai Chi for Arthritis and Fall Prevention training.

To register, contact Faire at (415) 231-5883 or faire@openhouse-sf.org



12-week Grief Group beginning in December

Thursdays, beginning December 12
Bob Ross LGBT Senior Center at 65 Laguna St.
Interview with the facilitator is required to join this group.

Openhouse is pleased to bring back the Grief Support 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. An individual introductory session with Den is required to confirm the group is a good fit for your needs.

For info or to schedule an interview, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org



Community Wellness and Services

The Openhouse Dance Troupe and Dance Class

Rehearsals/class take place
Tuesdays 2 - 3PM
55 Laguna Community Room
Registration required

The Openhouse Dance Program will take place in two-parts: for part of the class, participants will build on and practice choreography for a performance taking place at our annual Holiday Party in December. For the other half of class, instructor Allegra will build on dance skills, teach some new moves, and make space for some free-flowing dance. All abilities are welcome and no experience is necessary.

For further info and to register, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

Trans/Gender-Variant Support Group at SteppingStone

Monday, December 2 and 16
2 - 3:30PM
Registration required

Join ROAR for Aging for a biweekly support group for transgender and gender-variant people at SteppingStone Mission Creek. This is an open-ended drop-in group where members can share their stories, seek referrals and advice, and cultivate a sense of community. This group is facilitated by D. Hilton, ASW.

It is free and requires an interview with the facilitator prior to enrollment.

Contact D. at (510) 863-0359 or dhilton@steppingstonehealth.org



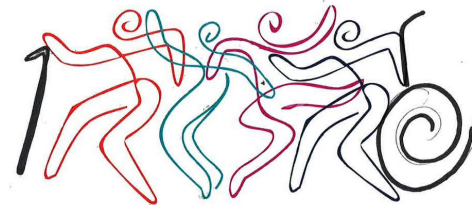
Join the Openhouse Walking Group!

2nd and 4th Fridays, 11AM
Meet at Bob Ross LGBT Senior Center at 65 Laguna St.
No RSVP required

Join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome and snacks and water will be provided. If rain is in the forecast, please call before joining.

Leading us will be community member, Freddie Kendrick. Freddie has been a certified nursing assistant for 30 years and is a volunteer Chaplain at Davies. With a desire to do more for the community and to increase wellness, joy, and connection, Freddie is looking forward to leading the Openhouse community in fun neighborhood jaunts twice a month.

For more info, contact Faire at (415) 231-5883 or faire@openhouse-sf.org



Looking for something to do during the holidays?

Annual Holiday Party

Saturday, December 21, 2 - 4PM
Francis of Assisi Dining Hall, 145 Guerrero St. No RSVP Required

Join community in celebrating the holidays! Our amazing Dance Troup will be performing this year! In addition, we will have entertainment from our friends at Bread & Roses. Let's eat, drink, and be merry together! Delicious refreshments will be provided.

For questions, contact Penn at (415) 969-6907 or pweldon@openhousesf.org



Hanukkah Social

Monday, December 23, 4 - 5:15PM
Bob Ross LGBT Center at 65 Laguna. No RSVP Required.

Latkes! Sufganiyot! Challah! Come enjoy some of the wonderful treats that are served during this Jewish holiday. Coffee and tea will also be served.

For info, please call Sylvia 415-659-8123.

Kwanzaa Social

Thursday, December 26, 2 - 3:30PM
Bob Ross LGBT Center at 65 Laguna. No RSVP Required.

Please join us for an afternoon gathering to be among community and share some of the wonderful dessert traditions of Kwanzaa. Coffee and tea will also be served.

For info, please call Sylvia 415-659-8123.



New to Openhouse and want to learn more?

WELCOME

We invite you to meet with one of our staff, talk about the many programs Openhouse offers, and learn about an exciting opportunity to have your voice heard as a new participant at Openhouse.

To learn more or to schedule a meeting, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

Community Engagement Programs

Trans Elder Holiday Luncheon

Tuesday, December 17, 12 - 2PM
600 The Embarcadero (cross street Brannan Street)
RSVP required

We'll be having a special holiday meal to warm the spirits during this cold time of the year at Delancey Street Restaurant. Please contact Sylvia (415) 659-8123 to RSVP; RSVP required no later than Friday, December 6th at 5pm (limited spaces and guest preselected meal order required). We welcome ALL trans, gender queer, and nonbinary folks!

For questions or to RSVP, contact Sylvia at (415) 659-8123.



Sister Circle Holiday Luncheon

Monday, December 23, 12 - 2PM
600 The Embarcadero (cross street Brannan Street)
RSVP required

We welcome women-identified folks to come together to celebrate the holidays at Delancey Street Restaurant. Please contact Sylvia (415) 659-8123 to RSVP; RSVP required no later than Friday, December 13th at 5pm (limited spaces and guest preselected meal order required).

For questions or to RSVP, contact Sylvia at (415) 659-8123.

Women's Afternoon at the Movies

Friday, December 20, 1- 4pm
55 Laguna Community Room
No RSVP required

We warmly welcome all women-identified LGBTQ community members to join us every 3rd Friday of the month to socialize and watch movies. Light snacks and refreshments will be served. Upcoming Film "Boys on the Side." Closed Captions provided.

If you have films that you would like to see shown by Openhouse, or for more info, please contact Faire at faire@openhouse-sf.org or (415) 231-5883.



Community Wellness and Services

Clearing House: Drop-in Clutter Support Group

December 4, 12:30 – 2PM
Bob Ross LGBT Senior Center at 65 Laguna St.



Please note: Clearing House group will meet only once this month.

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.

Drop-In Meditation

Mondays, 11AM – 12PM, Bob Ross LGBT Senior Center at 65 Laguna St.

Come find some space in the chaos and learn some tools to get along skillfully and with awareness in this complex world.

Instructors David Lewis and Kathy Barr invite all levels of practitioners--as well as those who are just interested in seeing what meditation is all about--to join us!

Questions?
Contact Faire at (415) 231-5883.

Living with Loss: Drop-In Grief Group

1st and 3rd Fridays, 1 – 2:30PM
Bob Ross LGBT Senior Center at 65 Laguna St.
No RSVP required

Join Openhouse and VITAS Healthcare for a drop-in grief support group for LGBTQ older adults who have experienced loss and are looking for support in a safe, welcoming environment. There is no cost for this group and no on-going commitment to attend. The group is co-facilitated by Dale Poland and Jane Litman.

For questions, contact Dale Poland at (408) 964-6866 or dale.poland@vitas.com



Staying Connected to Services In the Life: A Discussion Group for LGBTQ People of Color

2nd and 4th Mondays, 2 – 3:30PM, Bob Ross LGBT Senior Center at 65 Laguna St.
RSVP encouraged

In partnership with Steppingstone, join us for a discussion group for LGBTQ people of color. Prejudice, bias and bureaucracy make government systems almost impossible to cope with every day; it's a struggle. Come share your tips, strategies and support with others in a positive environment. This group is facilitated by Myles Dixon who has a Master's in Health Systems Administration and has both personal and professional experience working with health-related community organizations.

For more info or to RSVP, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

Community Wellness and Services

MUTTVILLE senior dog rescue

Friday, December 13, 2PM

255 Alabama St.

RSVP requested

We visit Muttville 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.



Let us know if you can make it!

Contact Ariel at (415) 503-4180 or ariel@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 at sylvia@openhouse-sf.org



LGBTQ Caregivers of Those with Dementia Support Group in partnership with the Alzheimer's Association

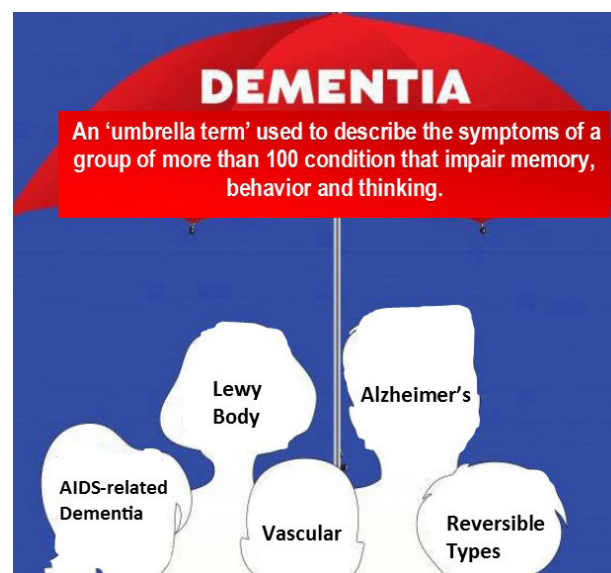
Please note, special time this month:

December 18. 6-7:30PM, Bob Ross LGBT Senior Center at 65 Laguna St

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.

"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.

Contact Ariel for more info at (415) 503-4180 or ariel@openhouse-sf.org



Community Engagement Programs

Learning Technology Skills

In partnership with Openhouse, Community Living Campaign is offering a series of classes designed to ease your way into the world of computer and smartphone technology.

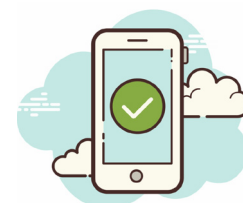
All classes will take place at Community Living Campaign, 1663 Mission (betw. S. Van Ness and Plum) Suite 525. Registration required.



Basic Computer Skills

Thursdays, Jan 9, 16, 23, 30 from 12 - 2PM

Topics will include accessing the internet, composing emails, use of social media and creating files.



How to Use a Smartphone

iPhones: Tuesdays, Jan. 7, 14, 21, 28 from 2 - 4PM

Androids: Wednesdays, Jan. 8, 15, 22, 29 from 2 - 4PM

Please note that there are separate series of classes for iPhones and Androids.

To register, contact Armando Paone at (415) 728-0194 or armando@openhouse-sf.org

Rainbow Lunch

Wednesday, December 11, 12-1:30PM

55 Laguna Community Room

RSVP required

Due to Openhouse office closure on the Wednesday the 25th, Rainbow Lunch will only be held on Wednesday December 11th. Due to the popularity of this lunch and limited seating capacity, we need RSVPs no later than 10AM the Monday before the luncheon. RSVP is required. We ask folks to arrive no earlier than 11:45PM and no later than 12:15PM to ensure everyone can be escorted up to the 2nd Floor Community Room at 55 Laguna St.

To RSVP, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

Men's Drop-In Social Hour

Thursday, December 12, 1:30-3PM

OH Community Room at 55 Laguna St

No RSVP required

Due to Openhouse office closure on December 26th, we will only be having one Men's Drop-in Social at Openhouse this month. Let's stay connected during this holiday season!

Contact Faire at (415) 213-5883 or faire@openhouse-sf.org



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 World AIDS Day	2 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. Men's Group, 2 – 3:30PM, 501 Castro Trans/Gender-Variant Support Group 2 – 3:15PM, 930 4th St. Reg req'd: (510) 863-0359	3 Dance Troupe, 2 – 3PM BR 65 Laguna, Reg req'd: X322 Gay Gray Writers, 4 – 6PM BR 65 Laguna St. Closed group, X322 for info	4 Clearing House: Cluttering Support 12:30 – 2PM, BR 65 Laguna St. Intermediate Spanish, 5 – 6:30PM BR 65 Laguna St, Reg req'd: X305	5 Tai Chi, 11AM – 12PM, OHC 55 Laguna, Reg req'd: X322 Openhouse offices closed all day, except for Tai Chi.	6 Living with Loss: Drop-in Grief Support, 1 – 2:30PM, BR 65 Laguna Yiddish, 4 – 5:30PM, BR 65 Laguna, Reg req'd:	7 Games, 10AM – 1PM BR 65 Laguna St Queer Elders Short Stories 12:30 – 3:30PM, PAWS Closed group, X322 for info No Art Group Today: Hiatus
8	9 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. LGBTQ Chat, 1 – 2PM Men's Group, 2 – 3:30PM, 501 Castro "In the Life" Discussion for LGBTQ People of Color, 2 – 3:30PM, BR 65 Laguna, X322 for info	10 Openhouse offices open from 12:30 – 5:30PM Dance Troupe, 2 – 3PM BR 65 Laguna, Reg req'd: X322 Housing Workshop, 2PM BR 65 Laguna St. RSVP req'd: X310	11 Rainbow Lunch, 12 – 1:30PM OHC 55 Laguna St. RSVP req'd: X322 Intermediate Spanish, 5 – 6:30PM BR 65 Laguna St, Reg req'd: X305	12 Tai Chi, 11AM – 12PM, OHC 55 Laguna, Reg req'd: X322 Men's Drop-In Social Hour 1:30 – 3PM, OHC 55 Laguna St. Grief Group, 4:15 – 5:30PM BR 65 Laguna, Reg. req'd X315	13 Walking Group, 11AM – 12PM, BR 65 Laguna St, RSVP to X322 Visit to Muttville, 2PM 255 Alabama St, RSVP to X315 Yiddish, 4 – 5:30PM BR 65 Laguna, Reg req'd:	14 Games, 10AM – 1PM BR 65 Laguna St No Art Group Today: Hiatus
15	16 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. Men's Group, 2 – 3:30PM, 501 Castro Trans/Gender-Variant Support Group 2 – 3:15PM, 930 4th St. Reg req'd: (510) 863-0359 Learn about Christmas, 2:30 – 4PM OHC 55 Laguna, RSVP req'd: X305	17 Trans Elder Holiday Luncheon, 12 – 2PM, 600 The Embar- cadero, RSVP req'd: X322 Dance Troupe, 2 – 3PM OHC 55 Laguna, Reg req'd: X322 Gay Gray Writers, 4 – 6PM BR 65 Laguna St. Closed group, X322 for info	18 Learn about Kwanzaa, 1 – 2:30PM BR 65 Laguna, RSVP req'd: X305 Intermediate Spanish, 5 – 6:30PM BR 65 Laguna St, Reg req'd: X305 LGBTQ Caregivers of those w/ Dementia Support Group, 6-7:30PM BR 65 Laguna St X315 for info	19 Tai Chi, 11AM – 12PM, OHC 55 Laguna, Reg req'd: X322 Learn about Hanukkah, 1 – 2:30PM OHC 55 Laguna, RSVP req'd: X305 Grief Group, 4:15 – 5:30PM BR 65 Laguna, Reg req'd X315	20 Women's Afternoon at the Movies "Boys on the Side" 1 – 4PM, OHC 55 Laguna Living with Loss: Drop-in Grief Support, 1 – 2:30PM, BR 65 Laguna Yiddish, 4 – 5:30PM, BR 65 Laguna, Reg req'd: X305	21 Games, 10AM – 1PM BR 65 Laguna St Holiday Party, 2 – 4PM, 145 Guerrero St, X316 for info No Art Group Today: Hiatus
22	23 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. Sister Circle Holiday Luncheon, 12 – 2PM, 600 The Embarcadero, RSVP req'd: X303 LGBTQ Chat, 1 – 2PM Men's Group, 2 – 3:30PM, 501 Castro "In the Life" Discussion for LGBTQ People of Color, 2 – 3:30PM, BR 65 Laguna, X322 for info Hanukkah Social, 4 – 5:15PM, BR 65 Laguna	24 Housing Workshop, 2PM BR 65 Laguna St. RSVP req'd: X310	25 Openhouse offices closed for the holidays	26 Kwanzaa Social, 2 – 3:30PM BR 65 Laguna Openhouse offices closed all day, except for Kwanzaa social.	27 Openhouse offices closed for the holidays	28 Games, 10AM – 1PM BR 65 Laguna St No Art Group Today: Hiatus
29	Dec 30 through Jan 1 Openhouse offices closed for the holidays			Jan 2 Tai Chi, 11AM – 12PM, OHC 55 Laguna Reg req'd: X322 Grief Group, 4:15 – 5:30PM BR 65 Laguna, Reg req'd X315	3	4 Games, 10AM – 1PM BR 65 Laguna St No Art Group Today: Hiatus