

Guided Tour of the Museum of the African Diaspora

Friday, February 21, 1:45 – 3:00PM

Museum of the African Diaspora, 685 Mission Street (at 3rd Street)
RSVP required.

In addition to several other exhibits, the museum is presenting a showing called "Black is Beautiful". Through the photography of Kwame Brathwaite we are shown portraits of black women and men who reclaimed their African roots at a time when segregation still prevailed across this country. Brathwaite's work challenged mainstream standards of beauty that excluded women of color. His photographs celebrated Black beauty and instilled a sense of pride throughout the community. Inspired by the activist Marcus Garvey, Brathwaite combined his political vision with the medium of photography to effect social change.



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

Please join us for a special screening of the film *Harriet*

Wednesday, February 19, 11:30AM – 2:30PM
55 Laguna Community Room. RSVP Required.

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Lunch will be provided. Please try to arrive by noon, so folks can enjoy a meal and a chance to learn more about the inspirational life of an iconic American freedom fighter whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. The film is 125 minutes in running time.



To RSVP please call Faire Faircloth (415) 231-5883 or email faire@openhousesf.org

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:

Friday February 14 at 11AM | Tuesday February 25 at 2PM

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

Volunteering at Openhouse

Friendly Visitor Volunteers come in all ages!

We're looking for volunteers of all ages to become Friend Visitors. Plenty of our Friendly Visit-tees request to have peers around their age as Friendly Visitors. Connections in the Friendly Visitor Programs can take shape in many forms; from going on walks, museum visits, sharing stories over coffee, or simply connecting over shared interests! You would help provide companionship, emotional support, and some practical assistance to foster connections to our community members. Join us at one of our Friendly Visitor Program trainings where we go over the scope of the program and the role of the volunteer!

Upcoming Friendly Visitor Program trainings:

Saturday, February 29 from 1:30pm - 4:30PM

Saturday, March 28 from 1:30pm - 4:30PM

Saturday, April 25 from 1:30pm - 4:30PM

Saturday, May 16 from 1:30pm - 4:30PM

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



New to Openhouse and curious about what's going on?

Come learn about the programs we offer!

Monday, February 24, lunch or dinner. RSVP for details.

Bob Ross LGBT Senior Center at 65 Laguna St.

RSVP required.

We invite you to an afternoon or evening of eating and learning. You will learn about the various activities and programs Openhouse offers. You will also have a chance to learn about an ongoing feedback opportunity that we have for new participants at Openhouse. Join us for either lunch or dinner. We encourage community members who have attended 5 or fewer activities to join us!

To RSVP, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

"I tell him, I don't bite my tongue for nobody."

-Marsha "Pay It No Mind" Johnson

Do Tell! A new storytelling group

Thursdays, March 12 – May 7, 65 Laguna St., 11AM – 12:30PM

Registration Required

"Do Tell" is a new supportive group where participants can share their stories with others who will be hanging on their every word. Serious, funny, emotional stories are all welcome, and each week we will have a creative prompt. Get ready with 5-10 minute snippets of your life. We'll have 90 minutes each week to share and listen.



In describing the intention of this group, Renee, the facilitator writes: "As a Sister of Perpetual Indulgence, listening to stories of members of our community is the most precious thing I do. I've come to believe that telling our stories and being deeply and knowingly heard resonates with the core of our being. Feeling seen and heard by others is a life affirming experience."

This group will be facilitated by Renee Mayer, also known as Sister Jendra Uforia, Renee's pronouns are she, her. She moved to San Francisco from Maine 20 years ago to build a new life filled with friends, community, lovers, joy, and spiritual solace. Some progress has been made. New identities are emerging. Sister, backpacker, gardener, handy person, and woodworker keep her engaged and busy.

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

Conversational Japanese is back!

Mondays starting March 2, 4 - 5:30PM

Bob Ross LGBT Center 65 Laguna

Registration is required.

Note: No class on March 23 and May 25



Openhouse is happy to report that Daniel Stewart will be resuming course on Conversational Japanese. Dan is an Instructor of Japanese History at Cabrillo College and his classes will focus on the spoken language, augmented by his insights into the culture and history of Japan.

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

Community Engagement Programs

Art: Exploration of different Mediums

Saturday March 7, 14, 21, 28

1:30 - 4:30PM

Bob Ross LGBT Center at 65 Laguna St

Registration required



We will be exploring different mediums. More details to be announced.

To register, contact Penn Weldon at (415) 969-6907.

Social Connections keep us healthy! Join our Friendly Visitor Program

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 Carrie Schell 415-535-1237 or email cschell@openhousesf.org

Women's Afternoon at the Movies

Friday, February 21, 1 - 4PM

55 Laguna Community Room.

No RSVP required

In honor of African American History Month, join us for a screening of "Bessie." A movie that explores the life of the American blues singer Bessie Smith, and focuses on her transformation from a struggling young singer into "The Empress of the Blues."



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. Closed Captions provided. If you have films that you would like to see shown by Openhouse, please email Faire at faire@openhouse-sf.org

For questions, contact Faire at (415) 231-5883.

Community Engagement Programs

Sister Circle

Tuesday, February 25
12 - 1:30PM

55 Laguna Community Room
RSVP Required



Many of us are still living in the city! Let's get together to grow friendships and make new connections. We warmly welcome all women identified community members to join us for a luncheon on the 4th Tuesday of every month.

To RSVP, contact Faire at (415) 231-5883.

TransGenerational Luncheon

Tuesday, February 18, 12 - 1:30PM
55 Laguna Community Room
No RSVP required

Creating connections across generations is key to building a stronger community, reducing isolation, and passing on our histories. This lunch is for ALL trans, gender queer, and nonbinary folks. We hope you'll join us every 3rd Tuesday for a monthly lunch for our TGNC communities!

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

Clearing House: Drop-in Clutter Support Group

Wednesday February 5 and 19, 12:30 – 2PM

Bob Ross LGBT Senior Center at 65 Laguna St.

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.



Rainbow Lunch

Wednesday, February 12 and 26
12 - 1:30PM

55 Laguna Community Room
RSVP required

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 11:45AM and no later than 12:10PM to ensure folks can be escorted up to the 2nd Floor Community Room at 55 Laguna St.

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

Men's Drop-In Social Hour

Thursday, February 13 and 27
1:30 - 3PM

55 Laguna Community Room
No RSVP required

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

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



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Games, 10AM – 1PM QEWW, 12:30 – 3:30PM Art Class, 1:30 – 4:30PM
2	3 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. Yoga, 1 – 2PM, Reg req'd: X322 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	4 Gay Gray Writers, 4 – 6PM BR 65 Laguna St. Closed group, X322 for info	5 Clearing House: Cluttering Support 12:30 – 2PM, BR 65 Laguna St. Intermediate Spanish 2 5 – 6:30PM, BR 65 Laguna St Reg req'd: X305	6	7 Living with Loss: Drop-in Grief Support, 1 – 2:30PM, BR 65 Laguna Yiddish, 4 – 5:30PM, BR 65 Laguna, Reg req'd: X305	8 Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group Art Class: Intro to Gouache 1:30 – 4:30PM, BR 65 Laguna Reg req'd: X316
9	10 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. Yoga, 1 – 2PM, Reg req'd: X322 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	11 Trans 50+ & Fabulous Drop-In 6 – 7:30PM, 730 Polk St.	12 Rainbow Lunch, 12 – 1:30PM OHC 55 Laguna St. RSVP req'd by 10AM on Monday 2/10: X322 Intermediate Spanish 2 5 – 6:30PM, BR 65 Laguna St Reg req'd: X305	13 Men's Drop-In Social Hour, 1:30 – 3PM, OHC 55 Laguna Grief Group, 4:15 – 5:30PM BR 65 Laguna, Closed group	14 Walking Group, 11AM – 12PM, BR 65 Laguna St Housing Workshop, 11AM BR 65 Laguna St, RSVP req'd: X310 Visit to Muttville, 2PM, 255 Alabama St, RSVP to X315 Yiddish, 4 – 5:30PM, BR 65 Laguna, Reg req'd: X305	15 Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group Art Class: Intro to Gouache 1:30 – 4:30PM, BR 65 Laguna Reg req'd: X316
16	17 President's Day Openhouse offices closed	18 TransGenerational Luncheon 12 – 1:30PM, OHC 55 Laguna X322 for info Gay Gray Writers, 4 – 6PM BR 65 Laguna St, Closed group X322 for info	19 Special Screening of Harriet, 11:30AM – 2:30PM OHC 55 Laguna St, RSVP to X322 Clearing House: Cluttering Support 12:30 – 2PM, BR 65 Laguna St. Intermediate Spanish 2, 5 – 6:30PM, BR 65 Laguna St Reg req'd: X305	20 Grief Group, 4:15 – 5:30PM BR 65 Laguna, Closed group	21 Living with Loss: Drop-in Grief Support, 1 – 2:30PM, BR 65 Laguna Women's Afternoon at the Movies "Bessie," 1 – 4PM OHC 55 Laguna Excursion to MoAD 1:45 – 3PM, 685 Mission St. RSVP req'd: X305 Yiddish, 4 – 5:30PM, BR 65 Laguna, Reg req'd: X305	22 Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group Art Class: Intro to Gouache 1:30 – 4:30PM, BR 65 Laguna Reg req'd: X316
23	24 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. New Member Event, BR 65 Laguna St. RSVP req'd: X315 Yoga, 1 – 2PM, Reg req'd: X322 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	25 Sister Circle, 12 – 1:30PM OHC 55 Laguna, RSVP to X322 Housing Workshop, 2PM BR 65 Laguna St. RSVP req'd: X310 Trans 50+ & Fabulous Drop-In 6 – 7:30PM, 730 Polk St.	26 Rainbow Lunch, 12 – 1:30PM OHC 55 Laguna St. RSVP req'd by 10AM on Monday 2/24: X322 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, BR 65 Laguna St	27 Men's Drop-In Social Hour, 1:30 – 3PM, OHC 55 Laguna Grief Group, 4:15 – 5:30PM BR 65 Laguna, Closed group	28 Openhouse offices closed No 4th Friday Health & Wellness this month	29 Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group Art Class: Intro to Gouache 1:30 – 4:30PM, BR 65 Laguna Reg req'd: X316

**LOCATIONS: Openhouse Bob Ross LGBT Senior Center (BR): 65 Laguna St. 415.296.8995 | Openhouse Community (OHC): 55 Laguna St.
Castro Community Meeting Room: 501 Castro St. (upstairs) | Muttville: 255 Alabama St. (off 16th) | Trans Thrive: 730 Polk St., 4th Floor | PAWS: 3170 23rd St.
SteppingStone Mission Creek Adult Day Health Center: 930 4th St. | Museum of the African Diaspora: 685 Mission St.**

Community Wellness and Services

Join the Openhouse Walking Group!

Join us every 2nd and 4th Friday 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

MUTTVILLE
senior dog rescue



Visit Muttville with Openhouse!

Friday, February 14, 2PM
255 Alabama St.
RSVP Required

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. If the weather is nice, you can also elect to walk the dogs!

Let us know if you can make it!

For more info, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

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

Wednesday, February 26. 6-7:30PM, Bob Ross LGBT Senior Center at 65 Laguna St.
No RSVP required

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 Wellness and Services

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.

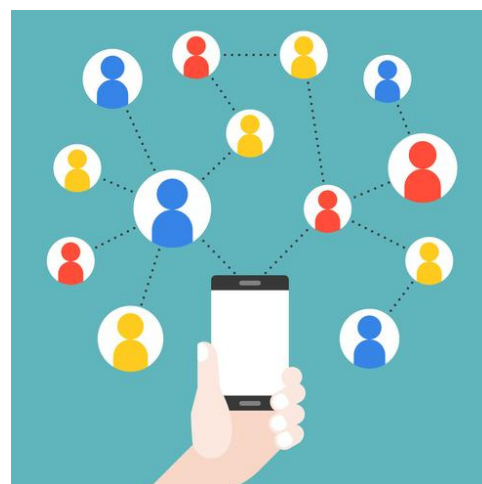
For more info or to RSVP, contact Faire at (415) 231-5883 or faire@openhousesf.org

Join us from home for a phone-based LGBTQ Discussion Group! *In collaboration with Well-Connected*

This telephone-based group is held 2nd and 4th Mondays, 1-2PM

Community members can participate via phone or computer from the comfort of their own homes. 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!

For more information, contact Ariel at (415) 503-4180. To register call Well-Connected toll-free at (877) 797-7299.



Community Wellness and Services

Trans/Gender-Variant Support Group at SteppingStone

Monday, February 3
2 - 3:30PM

Registration required



Please note:

Trans/Gender-Variant Support Group will only meet once this month due to office closure.

Join ROAR for Aging for a support group of 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

Drop-In Meditation

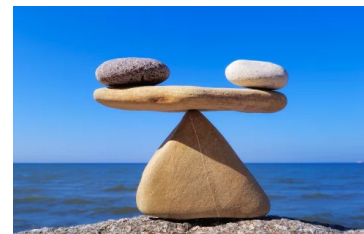
Mondays, 11AM – 12PM

Bob Ross LGBT Senior Center
65 Laguna St.

No RSVP required

Please note:

Drop-In Meditation will not occur on January 17 due to office closure.



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!

For more info, contact Ariel Mellinger (415) 503-4180 or ariel@openhouse-sf.org

Hello Community,

Were you there at the first ever San Francisco Pride parade on Polk Street or the "gay-in" in Golden Gate Park in 1970? We want to hear from you! Please call our Community Engagement Coordinator, Penn at (415) 969-6907.



Fifty+ and Fabulous!

Trans Drop-In Group and Dinner

Join us every 2nd and 4th
Tuesday of the month from 5 - 6:30PM
@ 730 Polk Street, 4th Floor

Trans Thrive and Openhouse join forces to offer a trans and gender nonconforming (TGNC) drop-in group, "50+ and Fabulous!" This facilitated group welcomes all TGNC folks in their golden years. Group is free and food is served!

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

Discount Theatre Tickets

New Conservatory Theatre Center Presents World Premiere of *You'll Catch Flies* By Ryan Fogarty

J doesn't really do "feelings," but all that is about to change at Dev and Smitty's party: J's estranged best friend/crush/whatever Marcos is back in town. Throw in copious amounts of alcohol and hot gossip about their friend Marty's new "relationship," and this kiki just got crazy.

Openhouse community members enjoy a partnership discount of 20% off individual tickets. Use discount code NCTCVIP.



To purchase tickets or for more information, go to www.nctcsf.org, or phone the box office at (415) 861-8972.

9th Annual BAAITS Two-Spirit Powwow

February 8, 11AM - 6PM
Fort Mason Center

Join Openhouse at the Bay Area American Indian Two Spirits (BAAITS) for the 9th Annual Two-Spirit Powwow in Yelamu (San Francisco), the traditional homelands of the Ohlone peoples. Powwows are traditional, Inter-tribal events that promote community togetherness, healing, and wellness. The Two-Spirit powwow is held each year to help decolonize indigenous communities and realign with Native traditions of togetherness, seeing strength in our differences, and accepting all genders and sexualities. The annual event celebrates Native cultures through traditional dance, arts, and food.

Photo of the Month

Openhouse staff and residents celebrate Christmas with an afternoon movie and hot cocoa!

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, services, and community for LGBT seniors

openhouse

Bob Ross LGBT Senior Center
65 Laguna St.
San Francisco, CA 94102
(415) 296-8995

JANUARY 2019



**Happy
Black History
Month**

We are that cannot be destroyed,
but only transformed
and transforming everything.

- Alexis Pauline Gumbs

Love takes off masks that
we fear we cannot live without
and know we cannot live within.

- James Badwin

When I dare to be powerful, to use my strength in the service
of my vision, then it becomes less and less important whether I
am afraid. - Audre Lorde