



Virtual Rainbow Lunch

Wednesday, July 14
12-1:30PM

Openhouse is excited to launch a virtual version of our Rainbow Lunch! This will be a monthly virtual social space where you bring your own lunch (or not) and get to have casual conversations with folks at different “tables”.

We know that many of you greatly miss our in-person Rainbow Lunch, but until we ensure the safety of ALL our community members, we look forward to seeing you on Zoom for a virtual good time.

Register with Faire at faire@openhousesf.org or (415) 699-2244.

JULY 2021

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Join the Openhouse Walking Group

2nd and 4th Fridays, July 9 and 23, 11AM-12PM

Openhouse is very excited to bring back the Walking Group – our first in-person group in over a year. Join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome. We will be taking several COVID precautions to ensure our community is safe. You must register prior to joining the group and we will provide instructions for participation when you register.

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.

Register with Faire at faire@openhousesf.org or (415) 699-2244.



Above: the Walking Group out for a stroll back in 2019

Upcoming Programs

Tech Support Helpline & Office Hours

Tuesday July 6 and 20, 1-4PM

In-person or via Zoom

Openhouse will now be holding tech support office hours every 1st and 3rd Tuesday of the month at our 75 Laguna St location. Faire Faircloth will be your tech helper and work with you to figure out your tech in person or via Zoom. Please understand that these appointments can only be 45 mins max in length so please come ready with your questions and bring the technology with you (if you can).

We want to make sure you remain connected to your world and are able to navigate the tricky waters of the tech world.

To book an appointment, contact Faire at (415) 699-2244 or faire@openhousesf.org



*Are you struggling with your tech?
Openhouse can help!*

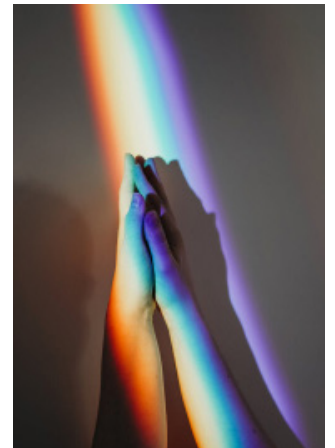
Self-Compassion and Belonging

Tuesdays July 6, 13, and 27, 1-2:30PM

Join us as we explore how to offer ourselves compassion as we age; how to create spaces of belonging with others; and more. We'll discuss what keeps you going, what gives you a sense of meaning and purpose, and learn some new tools for relieving stress and creating resiliency.

This group is facilitated by Molly Reno, a somatic life coach and Stronghold facilitator who has been leading Self-Care and Self-Compassion support groups at Openhouse since 2012.

Register with Faire at faire@openhousesf.org, (415) 699-2244.



Coping with Recent Loss during COVID

Friday July 30, 1-3PM

Coping with a recent loss at any time can be a painful and confusing experience. Coping with a recent loss in the midst of a global pandemic can be even more difficult. The social isolation and lack of available resources has made the grief process more complicated and prolonged for many in our community. As our cities and neighborhoods are beginning to slowly open up again, facing the outside world while grieving can feel overwhelming.



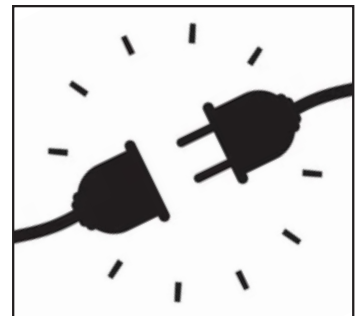
Join the Openhouse community and facilitators Dale Poland and Rabbi Jane Litman for a two-hour virtual workshop where we will learn about grief and loss and take time to share, ask questions, and receive support around the losses we experienced during COVID.

Register with Faire at (415) 699-2244 or faire@openhousesf.org

Reach Out, Come Out, Plug Back In A New Openhouse Support Group

Thursdays, beginning August 12, 4-5:30PM

The lasting impact of COVID-related isolation and loneliness can be felt deeply by LGBTQ seniors. As a community with a history of mistrust and shame, the impact of shelter-in-place may be reigniting our social inhibition. Now with the prospect of being in-person, we may be confronting a wide range of feelings: emotional residue from the past; overwhelm at changes in restrictions and health expectations; and general uneasiness around engaging in person as we emerge from 15 months of physical isolation.



Join facilitator Den Reno, Ph.D., for a closed 8-week session to explore all of this and more as we renew and refresh the in-person experience. Space is limited and a conversation with the facilitator is required before joining

Register with Faire at faire@openhousesf.org, (415) 699-2244.

Learn something new!

Places Please Act 2: LGBTQ+ plays & playwrights

Mondays, August 9, 16, and 23
11AM-12:30PM
via Zoom

Our second workshop exploring American LGBTQ+ plays and playwrights follows the works produced post-Stonewall, beginning with *Boys in the Band*. This groundbreaking play will be followed by such works as *The Fifth of July*, *Last Summer at Bluefish Cove* and *The Normal Heart*. We will read and discuss each play and there will be an opportunity for actors and would-be actors to read aloud portions of the plays, bringing them alive to the group.



No experience is necessary for Places Please Act 2!, only an interest in LGBTQ+ theatre.

The facilitator of Places Please Act 2 is Jess Miller, RDT EdD, an Openhouse staff alumni. Jess is a Registered Drama Therapist and a proud theatre person/activist.

Interested? Register with Armando at armando@openhousesf.org or (415) 728-0194.

Intermediate Japanese

Mondays starting August 23
3:30-5PM
via Zoom

Openhouse is happy to announce that Dan Stewart, our resident Instructor of Japanese, will be presenting a series of Intermediate level classes via ZOOM. As always, Dan brings to his craft a rich background of having lived in Japan, along with his teaching position at Cabrillo College. In addition to teaching the language, he incorporates insights into the history and culture of Japan. Dan's expertise in the Japanese language and his lighthearted approach to the subject matter have ranked his classes among the most popular here at Openhouse.

Please note that this is not a beginner's class. A basic knowledge of the language is required.

Register with Armando at (415) 728-0194 or armando@openhousesf.org



Most Openhouse programs are held virtually via Zoom, which can be accessed via telephone or computer. For more info on how to virtually connect, call (415) 296-8995.

Mind and Body Wellness

Flavorful healthy cooking at Openhouse

Thursdays, August 19 and 26,
September 2 and 9
11AM-12:30PM
via Zoom

In partnership with 18 Reasons, a non-profit community cooking school, Openhouse welcomes you to join a series of cooking classes from the comfort of your home. Each session will deal with simple flavorful food with an extra added "healthy" touch. Two days before each class you will receive a recipe along with the necessary ingredients delivered to your home, all free of charge.

Classes are held in a group of four sessions and we ask that you agree to attend all four.

Register with Armando at (415)728-0194 or armando@openhousesf.org



Virtual Yoga with Jay is Back!

Fridays, beginning
August 13
2:30-3:30PM
via Zoom



Long-time Openhouse Yoga instructor, Jay Helfand, offers a slow flow for all bodies, connecting breath and movement in a grounding and nourishing practice. The movements in this virtual class will be adjusted for the potential limitations of practicing yoga from home. No prior experience is required and no yoga props needed!

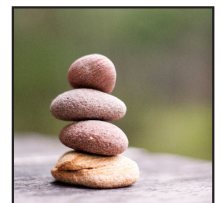
This practice is offered through Zoom. Jay has been teaching yoga and somatics for queer, trans and disabled communities for the last 6 years.

Register with Faire at (415) 699-2244 or faire@openhousesf.org

Virtual Meditation

Every Thursday, 11-11:45 AM

Mindfulness meditation is an easily learned practice that can help us cope and be more physically and mentally resilient in a time when we are living with increased uncertainty and uneasiness. With this practice, we invite you to give your mind a break and create more space.



Register with Faire at (415) 699-2244 or faire@openhousesf.org

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	2 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	3 Art with Elders 1 – 3PM, Reg req'd: (415) 535-2765
4	5 Men's Drop-In Support Group 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM (415) 654-2561 for info	6 Self Compassion & Belonging, 1 – 2:30PM Reg req'd: X322 Tech Help Office Hours, 1PM - 4PM By appointment only: X322 Gay Gray Writers, 4 – 6PM Reg req'd: X322	7 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	8 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Housing Workshop, 2 – 3:30PM RSVP req'd: X310	9 Walking Group 11 – 12PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	10 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art with Elders 1 – 3PM, Reg req'd: (415) 535-2765
11	12 Men's Drop-In Support Group 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM (415) 654-2561 for info	13 Self-Compassion and Belonging, 1 – 2:30PM Reg req'd: X322 Fifty + Fabulous, 5 – 6:30PM, (415) 535-0927 for info	14 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 Virtual Rainbow Lunch, 12 – 1:30PM, RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	15 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	16 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	17 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art with Elders 1 – 3PM, Reg req'd: (415) 535-2765
18	19 Men's Drop-In Support Group 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM (415) 654-2561 for info	20 LGBTQ Seniors with Chronic Physical Disabil- ities Support Group, 12:30 – 2PM Reg req'd: X322 Tech Help Office Hours, 1PM - 4PM By appointment only: X322 Gay Gray Writers, 4 – 6PM, Reg req'd: X322	21 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	22 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	23 Walking Group 11 – 12PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	24 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art with Elders 1 – 3PM, Reg req'd: (415) 535-2765
25	26 Men's Drop-In Support Group 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM (415) 654-2561 for info	27 Self-Compassion and Belonging, 1 – 2:30PM Reg req'd: X322 Housing Workshop, 2 – 3:30PM, RSVP req'd: X310 Fifty + Fabulous, 5 – 6:30PM, (415) 535-0927 for info	28 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, Reg req'd: X315	29 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	30 Coping with Recent Loss during COVID, 1 – 3PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	31 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art with Elders 1 – 3PM, Reg req'd: (415) 535-2765

Looking for support?

LGBTQ Caregivers of Those with Dementia Support Group



Wednesday, July 28, 6-7:30PM, via Zoom

We welcome diverse LGBTQ caregivers to this monthly free drop-in support group. Caring for someone with dementia, whether mild or severe, is important and challenging work and inspires many questions about how to deal with what is. Join us as we continue to connect virtually through Zoom.

Register with Ariel at ariel@openhouse-sf.org or (415) 503-4180

Living with Loss: Virtual Drop-In Grief Support Group



Fridays, July 2 and 16, 1-2:30PM, via Zoom

Are you feeling sad? There are a variety of losses that we experience and many of us are feeling new and more acute forms of loss during COVID-19. Some of these experiences include loss that relates to isolation and loneliness, losing those we love, or maybe even the loss of the life we had before the pandemic. Loss and grief come in many forms. Join Openhouse and VITAS Healthcare for a drop-in grief support group where we can find community and support each other through these experiences in a safe and welcoming environment. This group is co-facilitated by Dale Poland and Rabbi Jane Litman.

Register with Faire at faire@openhousesf.org or (415) 699-2244.

Clearing House: Drop-In Clutter Support Group



Wednesdays, July 7 and 21, 12:30-2PM, via Zoom

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.

Register with Ariel at (415) 503-4180 or ariel@openhouse-sf.org

Most Openhouse programs are still held virtually via Zoom, which can be accessed via telephone or computer. For more info on how to virtually connect, call (415) 296-8995.

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, July 20, 12:30-2PM, via Zoom

People with chronic physical disabilities often feel left out even when in a group. Join us for a monthly group where we'll discuss how it feels to be disabled, managing those feelings in a healthy and self-compassionate way, and other topics relevant to our experiences.

Facilitator Max Lane is a gay-identified man who's been disabled by polio for 69 years. Max is a disability rights and independent living advocate and has served as president of the board of directors of ILRCSF for four years.

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

In the Life: Supporting LGBTQ POC



**Every Wednesday, 11AM-12:30PM
via Zoom**

Join us for a support group for LGBTQ Elders of color. Prejudice, bias, and bureaucracy makes navigating government systems, health care, and life in general challenging for LGBTQ people of color, especially as elders and during a pandemic. This group is a space where it is safe to be your authentic self as we explore our experiences, share our stories, and connect with each other.

Myles Dixon, who is gay-identified and African American has been facilitating this group for almost two years. He has a Masters in Health Service, Administration, and Community Health Planning and has both personal and professional experience working with elders and LGBTQ folks. Myles and the group welcome new members--the doors are always open.

Register with Faire at (415) 699-2244 or faire@openhousesf.org

Trans Resilience Support

**Every Monday, 5:30-7PM
via Zoom**

Join other transgender and gender non-conforming seniors as they come together to support each other through their individual walks in the trans experience.

Co-presented by TGI Justice Project.
Hosted by Ms. Billie Cooper

To register, contact L'Oreale at (415) 654-2561 or loearle@openhousesf.org



Have some fun!

Virtual Visit to Muttville!

Wednesday, July 21
2:30-3:30PM

Love dogs and want to feel some pure doggie-related joy? Join us for a monthly virtual visit to Muttville where we will watch the senior dogs gallivant around the headquarters, learn the stories of the dogs who are there, and spend some time enjoying the company of our community and some doggie companions.

Register with Ariel at
ariel@openhouse-sf.org
or (415) 503-4180.



Queer Visions

Exhibit at the Haight
Street Art Center



On display through August 15
Free of Charge!

The Haight Street Art Center (HSAC) is proud to present *Queer Visions*, an exhibition that brings together LGBTQ+ artists and institutions to explore the role of nightlife in the creation of queer community in San Francisco as well as the importance of chosen families and genealogies in the shaping of individual queer identities. Anchored by a display of pinbacks from the Stud Archive, the exhibition will look at iconic taverns and gathering places in San Francisco that have provided haven and joy for the LGBTQ+ community since the 1960s, as well as work by young queer artists considering the role of their queer families and role models in their sense of self.

Artwork by Openhouse community members is displayed in the Garden Gallery.

Visit the Haight Street Art Center at
215 Haight Street, SF, CA 94102

Hours:
Thursday 12-8PM
Friday through Sunday 12-6PM

Admission is free of charge.



Art at Openhouse In partnership with Art With Elders



Every Saturday, 1-3:15PM

Join to explore new ideas, and build positive relationships with your peers. These are not craft activities, but instead focus on skill-building — ranging from color and composition to perspective and background. This class will explore a variety of mediums and is open to all skill levels. Supplies are provided, and there will be a waiting list. Instructed by Hugh Leeman, an artist whose work acts as a form of social commentary. To find out more go to hughleeman.com

Register with Penn at (415) 535-2769 or
pweldon@openhousesf.org

Friendly Visitor Program during COVID-19

Opportunities to connect socially in person may have changed for now, but conversations can still happen through phone calls. We encourage you to contact us to learn more about being matched up with a Friendly Caller. You are not alone and this program can also help bridge times of isolation. Our LGBTQ seniors have lifetimes of experience and perspective. Your stories have tremendous value and you have so much to share.

To learn more, contact Penn at (415) 535-2769 or pweldon@openhousesf.org



Openhouse Board Member Named Lifetime Achievement Grand Marshal

Openhouse is proud of Morey Riordan, a board member and LGBTQ+ champion, for being named Lifetime Achievement Grand Marshal at the 2021 LGBT Pride Celebration last month. Morey was selected by the San Francisco Pride Board of Directors. Please read below more about why they chose Morey for his lifetime achievement. Thank you Morey for all your work at Openhouse, leading our efforts to make us a more diverse, equitable and inclusive community.



Morey has been involved in LGBTQ and HIV activism and work for over 30 years. He has served as the Executive Director of four nonprofit organizations, including Women Organized to Respond to Life-threatening Disease (WORLD), the Santa Cruz AIDS Project, and The Sperm Bank of California, a feminist sperm bank focused primarily on LGBTQ family creation. Morey led the effort to become the first fully licensed sperm bank in the US to accept gay men as sperm donors, despite stigma-driven opposition from the FDA and other regulators. He served as Vice President of Access & Innovation at AIDS United and managed several national grantmaking initiatives for nearly seven years. Following this, Morey became Principal at Riordan Strategies, working as a consultant to funders and community-based organizations focused on creating a more just and equitable world. Currently, Morey is the Founding Director of the Transgender Strategy Center (TSC). TSC is an all TGNC national organization providing no-cost capacity building services to grassroots, trans-led organizations.

Morey's experiences within both nonprofit and funder worlds provided him with a deep understanding of what social justice organizations need to survive and thrive on the road to equity and liberation. He is passionate about providing transgender-led organizations with the support, training and faith in their expertise and brilliance. Morey is also Co-President of the PTA at his son's school, Oakland School for the Arts.

JULY 2021

Pride Recap



Top: Ms. Billie Cooper performs "Let's Dance" for the Out Loud and Proud Variety Show.

Below: Dr. Karyn Skultety (left) receives a bowtie from Ephraim Getahun (right) when announcing that the balcony of 75 Laguna is named after her.

Above: Openhouse delivered an extra dose of love and comfort by way of 600 Pride totes, which were hand-delivered with the help of volunteers all over the Bay Area! Photo credit: Penn Weldon