

A Message from Kathleen, Openhouse's Executive Director



As I write this, the staff and volunteers are busy serving the Fall Feast meal to community members. It is a wonderful day of joy, food and community! I am so grateful for you and the dedicated staff and vol-

unteers who make Openhouse a warm and loving environment. As we move into December and soon into 2023, we have many things on our agenda at Openhouse, including our 25th Anniversary!

A lot has happened in our first 25 years, developing two affordable senior apartment buildings, a comprehensive training curriculum for providers of care and services and, just this year, we started providing mental health support services.

Sadly, I would like to acknowledge and inform you that our Board of Directors co-Chair passed away in November. Juan Carlos (JC) Wallace was instrumental in the completion of both 95 and 75 Laguna, lending his expertise in real estate and fundraising to complete the community center. He is missed by all of us at Openhouse.

I look forward to seeing you more and more as we continue to bring more programming on-site. Of course, when possible, we will continue to offer on-line programming in hybrid format.

All my best to you and yours,

Kathleen M. Sullivan, Ph.D.
Executive Director

DECEMBER 2022

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Thank you, community,
for an incredible first Fall
Feast back since 2019!

Places Please Explores the 2000s!

Mondays, beginning Dec 5
11AM - 12:30PM, via Zoom

This workshop explores LGBTQ+ plays and playwrights and their enormous LGBTQ+ contributions to U.S. theatre. In our last series we explored the Gay 90's. Now, the Millenium approaches with new plays to explore! Join us we as read and discuss each play. No experience is necessary, just an interest in LGBTQ+ theatre.

Facilitator Jess Miller, RDT EdD, an Openhouse staff alumna, is a Registered Drama Therapist and a proud theatre person / activist who looks forward to raising the curtain on LGBTQ+ theatre with the Openhouse community.

Register at rsvp@openhousesf.org or (415) 231-5871

A Special Holiday-Themed Cooking Matters!

Thursday, December 15
11AM - 12:30PM, via Zoom

Join 18 Reasons and Openhouse for a holiday sides course this winter! We'll be discussing food storage and coming up with creative ways to repurpose holiday leftovers. We will also cook 2 delicious vegetable dishes for your holiday table.



Groceries will be provided for each of the recipes we'll cook during class.

Interested? Contact Kevin at koneal@openhousesf.org or (628) 263-3282

Dr. Aronson Talks Plumbing Matters: Urinary Challenges with Aging

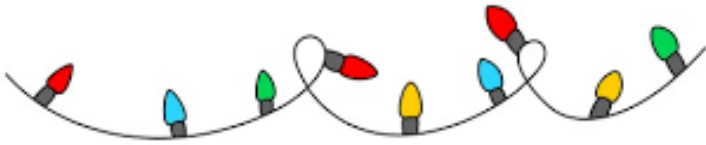
Wednesday, December 7, 1 - 2:30PM, via Zoom

Leaks, faulty valves, blocked pipes, low water pressure. Most of us don't realize how much our urinary systems have in common with our kitchen sinks until we move into old age. Come learn about common changes in urinary function with age, things that vary depending on what type of plumbing and genitalia you have, and what you can do to keep things running smoothly.

Dr. Louise Aronson, leading geriatrician, professor of medicine at UCSF, and author of the Pulitzer Prize Finalist *Elderhood*.



RSVP at rsvp@openhousesf.org or (415) 231-5871



Openhouse Holiday Party

Monday, December 19

11:30AM - 1:30PM

In-Person at 75 Laguna

Join us for a festive event with holiday-specific treats, warm beverages, activities, and an opportunity to spend time together during this season!

RSVP to: rsvp@openhousesf.org
or (415) 231-5871



Drag Bingo!

Wednesday, Dec 21, 1:30PM

In-Person at 75 Laguna

Club 75 invites all community members to a Drag Bingo Extravaganza!

All bingo supplies will be provided and we will have a wonderful selection of prizes for our winners.

Come be in community and enjoy an amazing show.

RSVP Required.

RSVP to: rsvp@openhousesf.org
or (415) 231-5871



Let's 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. We care about you and want to keep our community safe.



Here are some resources that can help:

SAGE LGBT Elder Hotline: (877) 360-5428 - Available 24 hrs everyday

SF Suicide Crisis and Emotional Support Line (415) 781-0500 or (800) 273-8255
Available 24 hrs everyday

Institute on Aging Friendship Line (800) 971-0016 - Available 24 hrs everyday

Trans Lifeline (877) 565-8860 - Available 7AM – 1AM everyday

HIV Nightline (415) 434-2437 or (800) 273-2437 - Available 24 hrs everyday

Mobile Crisis (415) 970-4000: Mon – Fri, 8:30AM – 11PM, Sat and holidays: 12 – 8PM
Please note: When responding in-person to crisis calls, police may accompany mobile crisis workers.

Let's Hang Out!

Join us for Rainbow Lunch!

Monday, December 5

12 -1:30PM, In-Person at 75 Laguna

Space is limited. RSVP required by Friday before Rainbow Lunch.

Join us as we connect, hang out, and share a meal. In order to ensure everyone is able to have a COVID-safe Rainbow Lunch experience, we are requiring an RSVP in order to attend.

RSVP:

rsvp@openhousesf.org
or (415) 231-5871

Please note: there is only one Rainbow Lunch this month



Join the Openhouse Walking Group

Friday, December 9

11AM - 12PM, 65 Laguna St

We invite you to join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome.

Muttville will bring their senior dogs to walk with us on Dec 9. You'll be able to walk the dogs if you'd like -- or just get in some good pets!

Leading us is Openhouse community member and volunteer Freddie Kendrick.

RSVP: koneal@openhousesf.org
or (628) 263-3262

Drop-In Social Hours at Openhouse - let's hang out!

2 - 3:30PM, In-Person at 55 Laguna, RSVP encouraged

Join us for a cup of coffee or tea, some treats, and some in-person socializing!



Women's Drop-In Social Hour:

Dec 1 & 15: we welcome women of all experiences for a social hour happening twice a month.

Men's Drop-In Social Hour:

Dec 8 & 22: we welcome men of all experiences for a social hour happening twice a month.

RSVP: rsvp@openhousesf.org or (415) 231-5871

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.



Join Openhouse at Muttville
Friday, Dec 16, 2PM
In-person at 255 Alabama St.

Join us for a monthly in-person visit to Muttville, where we hang out in the cozy Muttville headquarters. We'll enjoy each others' company and spend time with some delightful doggies!



Space is limited and an RSVP is required.

RSVP at rsvp@openhousesf.org
or (415) 231-5871

Self-Compassion & Belonging
Tuesdays, 11AM -12:30PM
via Zoom

Come learn tools of self-acceptance to build inner strength and resiliency. We will practice responding to life's disappointments (including that of our aging bodies) by offering ourselves self-compassion rather than the well practiced critical inner voice many of us learned as children. We will support each other as we begin to face into the mystery of mortality--our own and that of dear friends and family.

This 8 week drop-in group is facilitated by Molly Reno who has been facilitating Self-Care and Self-Compassion groups at Openhouse since 2012.

To register: rsvp@openhousesf.org
or (415) 231-5871

Curry LGBTQ+ Tech Support with Roberto

Drop-In appointments at Openhouse:
Mondays and Wednesdays, 9:30AM-12PM, 75 Laguna

In partnership with Openhouse, Curry Senior Center is offering tech support for LGBTQ+ Seniors & folks with disabilities.

Special services available include:
Tablet Training Program
Home wi-fi set-up
General Technical Support
Troubleshooting Questions

Assistance provided for:
Mobile Phones
Tablets
Laptops/Personal Computers
WiFi
Printers



Drop-in & appointments are available, as well as home visits (if reserved in advance).

Make an appointment or learn more, contact Roberto: (415) 439-3555
or ralvarez@curryseniorcenter.org

Get Support

LGBTQ Seniors with Chronic Physical Disabilities Support Group Tuesday, Dec 20 1-2:30PM via Zoom

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

This group is co-facilitated by Max Lane and Sumi Colligan.

Contact rsvp@openhousesf.org or (415) 231-5871 for info and to join.

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In the Life: Supporting LGBTQ POC Wednesdays, 11AM-12:30PM via Zoom

Join us for a support group for LGBTQ Elders of Color.



This group is a space where it is safe to be your authentic self as we explore our experiences, share stories, and connect with each other.

Register at rsvp@openhousesf.org or (415) 231-5871

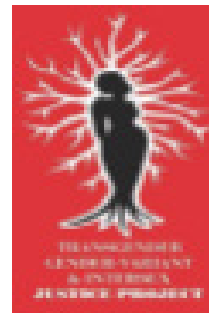
Trans Resilience Support Group Mondays, 5:30-7PM via Zoom

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

Co-presented by TGI Justice Project.

Hosted by Ms. Billie Cooper

To register, contact J: jjha@openhousesf.org or (415) 961-8378



Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 World AIDS Day</p> <p>Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group</p> <p>Women’s Social, 2 – 3:30PM, 55 Laguna RSVP encouraged: X311</p> <p>Heart of Matter, 4 - 5:30PM, Closed Group</p>	<p>2</p> <p>Yiddish, 3 – 4:30PM Closed Group</p>	<p>3</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed Group</p> <p>Art with Elders 2:30 – 4:30PM Closed Group</p>
4	<p>5</p> <p>Places Please, 11AM – 12:30PM Reg req’d: X311</p> <p>Rainbow Lunch, 12 – 1:30PM 75 Laguna Must register to attend: X311</p> <p>Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311</p> <p>“Trans Resilience” TGNC Support Group, 5:30 – 7PM, X326 for info</p>	<p>6</p> <p>Self Compassion & Belonging 11AM – 12:30PM, RSVP req’d: X311</p> <p>Gay Gray Writers, 4 – 6PM (510) 333-4464 for info</p>	<p>7</p> <p>“In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311</p> <p>Clearing House: Cluttering Support 12:30 – 2PM, RSVP req’d: X311</p> <p>Health Talk with Dr Aronson 1 – 2:30PM, RSVP req’d: X311</p> <p>Intermediate Spanish, 3 – 4:30PM</p>	<p>8 Pansexual/Panromantic Day</p> <p>Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group</p> <p>Housing Workshop 2 – 3:30PM, RSVP req’d: X310</p> <p>Men’s Social, 2 – 3:30PM, 55 Laguna RSVP encouraged: X311</p> <p>Heart of Matter, 4 - 5:30PM, Closed Group</p>	<p>9</p> <p>Walking Group with Muttville, 11AM – 12PM Reg req’d: X328</p> <p>Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req’d: X311</p> <p>Yiddish, 3 – 4:30PM Closed Group</p>	<p>10</p> <p>Human Rights Day</p> <p>Art with Elders 2:30 – 4:30PM Closed Group</p>
11	<p>12</p> <p>Places Please, 11AM – 12:30PM Reg req’d: X311</p> <p>Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311</p> <p>“Trans Resilience” TGNC Support Group, 5:30 – 7PM, X326 for info</p>	<p>13</p> <p>Self Compassion & Belonging 11AM – 12:30PM, RSVP req’d: X311</p> <p>Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 9669562941 or attend in person (415) 292-3420 for more info</p>	<p>14</p> <p>“In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311</p> <p>Intermediate Spanish, 3 – 4:30PM Reg req’d: X305</p> <p>LGBTQ Caregivers of those w/ Dementia Support Group 6 – 7:30PM, Reg req’d: X315</p>	<p>15</p> <p>Cooking Matters: Holiday Sides Course 11AM – 12:30PM, RSVP req’d: X328</p> <p>Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group</p> <p>Women’s Social, 2 – 3:30PM, 55 Laguna RSVP encouraged: X311</p> <p>Heart of Matter, 4 - 5:30PM, Closed Group</p>	<p>16</p> <p>Muttville visit, 2PM 255 Alabama St Reg req’d: X311</p> <p>Yiddish, 3 – 4:30PM Closed Group</p>	<p>17</p> <p>Art with Elders 2:30 – 4:30PM Closed Group</p>
18	<p>19</p> <p>Places Please, 11AM – 12:30PM Reg req’d: X311</p> <p>Holiday Party, 11:30AM – 1:30PM 75 Laguna, RSVP req’d: X311</p> <p>Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311</p> <p>“Trans Resilience” TGNC Support Group, 5:30 – 7PM, X326 for info</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Hanukkah begins</p>	<p>20</p> <p>Self Compassion & Belonging 11AM – 12:30PM, RSVP req’d: X311</p> <p>LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req’d: X311</p> <p>Housing Workshop 2 – 3:30PM, RSVP req’d: X310</p> <p>Gay Gray Writers, 4 – 6PM (510) 333-4464 for info</p>	<p>21 Winter Solstice, Yule begins</p> <p>“In the Life”: Supporting LGBTQ POC, 11AM – 12:30PM, RSVP req’d: X311</p> <p>Clearing House: Cluttering Support 12:30 – 2PM, RSVP req’d: X311</p> <p>Drag Bingo, 1:30 - 3PM, 75 Laguna RSVP req’d: (415)231-5872</p> <p>Intermediate Spanish, 3 – 4:30PM</p> <p>LGBTQ Caregivers of those w/ Dementia Support Group 6 – 7:30PM, Reg req’d: X315</p>	<p>22</p> <p>Unidos/United! Social Call (415) 231-5871 for time and location details</p> <p>Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group</p> <p>Men’s Social, 2 – 3:30PM, 55 Laguna RSVP encouraged: X311</p>	<p>23</p> <p>Openhouse closed for the holidays December 23 until January 1</p>	<p>24</p>
25	<p>26 Openhouse Closed</p> <p>Xmas Day</p> <p>Kwanzaa begins Hanukkah Ends</p>	<p>27</p> <p>Openhouse Closed</p>	<p>28</p> <p>Openhouse Closed</p>	<p>29</p> <p>Openhouse Closed</p>	<p>30</p> <p>Openhouse Closed</p>	<p>31</p> <p>New Years Eve</p>

Gay Gray Writers

Dec 6 and Dec 20
4 - 6PM via Zoom



The Gay Gray Writers (GGW), a male-identified writing group, is open. As a self-directed group, GGW has adopted a non-academic format resembling a writing workshop, where written pieces are gently critiqued. Memoir has been the main type of writing generated by participants however other writing genres are welcome!

All levels of writing are welcome.

If interested, contact Luis de la Garza at nosolotaxi@hotmail.com to submit a sample of your writing and to get more information about the group.

Clearing House: Drop-In Clutter Support Group

Wednesdays, Dec 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 mem-



bers age 55+ who "struggle with stuff." The group is a non-judgemental, confidential, and supportive space where you can share your struggles and strategies with other LGBTQ folks.

Registration required:
rsvp@openhousesf.org
or (415) 231-5871

Have you heard of the Home Delivered Groceries (HDG) Program?

If eligible, Openhouse's caring, committed volunteers can deliver a bag of fresh food to you each week that includes:

- Protein, such as chicken or eggs
- Grains, including rice, pasta, and cereal
- Seasonal fruits and vegetables

Please note: We are unable to customize bags for specific diets. Most of the groceries that are delivered require some cooking. If you are unable to cook, we can provide guidance to other food assistance programs available in San Francisco.



For more info, contact Kevin: koneal@openhousesf.org or (628) 263-3262

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

Get Connected

LGBTQ Caregivers of Those with Dementia Support Group *In Partnership with the Alzheimer's Association* Wednesday, Dec 14 and Dec 21, 6 - 7:30PM, via Zoom

This group now meets two times a month!

We welcome diverse LGBTQ caregivers to this twice 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: amellinger@openhousesf.org or (415) 503-4180

Trans 50+ and Fabulous Every 2nd and 4th Tuesday 5 - 6PM, via Zoom

If you are trans or gender non conforming, are 50 and over and most importantly FABULOUS, then this is your group! Let's talk about everything that we didn't dare 'coz they thought we couldn't handle it.

Facilitated by Erica from Trans Thrive.

For info and to RSVP:
Erica@sfcommunityhealth.org



SAN FRANCISCO
COMMUNITY
HEALTH CENTER

Men's Drop-In Support Group Mondays, 2 - 3:30PM Hybrid: 75 Laguna and via Zoom

Join us in a friendly and supportive group where we discuss our shared experiences of aging and life. This is a non-judgmental space where we build community and combat isolation.

As we navigate this changing pandemic, there is a greater need for connection through emotional authenticity and bearing witness to each others' stories.

We look forward to meeting you!

RSVP to rsvp@openhousesf.org
or (415) 231-5871

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

Congratulations to the Openhouse Leadership Council on Queerness, Race, and Privilege on its 4th Anniversary!

The Leadership Council (LC) formed in 2018 by community members Zwazzi Sowu, Mick Robinson, Luis de la Garza and Molly Reno to promote racial inclusion and diversity of Openhouse (OH) board, staff and community members through increasing awareness of white privilege, cross-cultural oppression, and internalized oppression. Current members are Morningstar Vancil, Valerie Tucker, Dave Limcaco, Luis de la Garza, and Molly Reno.

Over the past four years, the LC collaborated with OH staff to put on four programs to expand participation by Asian & Pacific Islanders, African Americans, Latino/a/x, Native Americans, and mixed race/mixed ethnicity older adults:

- White Fragility Workshop
- Native American Two Spirit Program
- Black Lives Matter Unity Town Hall
- Historical Roots and Current Violence Against Trans/GNC AAPI People Panel

We are proud of this collaborative work and look forward to more! To communicate or volunteer with the LC, email us at: ohleadershipcouncil@gmail.com

Master the Art of Aging Well

Your life is both a masterpiece and a work in progress. Learn real skills that will help you live it to its fullest with the Aging Mastery Program.

Learn from aging experts about these topics:

- Navigating Longer Lives
- Financial Fitness
- Healthy Eating and Hydrating
- Relationships
- Exercise and You
- Medication Management
- Advance Planning
- Fall Prevention
- Sleep
- Community Engagement



New Series Starting!
January 10 - March 14
2:30PM - 4:30PM
Virtual by Zoom

For more information, contact Valorie Villela at (415) 439-9364 or valorie@onlok.org



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

DECEMBER 2022

Please Note: Openhouse offices will be closed
Friday, December 23 - Sunday, January 1.
We re-open on January 2, 2023.



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

These programs serving the community are funded by
the City of San Francisco's Department of Disability and
Aging Services.