Special Holiday-Themed Cooking Class!

Thursday, December 14, 11AM - 12:30PM
In-Person at 75 Laguna

Join 18 Reasons, Openhouse, and Club 75 for a festive holiday cooking workshop! We'll be discussing food storage and coming up with creative ways to repurpose your holiday leftovers. We will also cook some delicious vegetable dishes that can be scaled for a holiday celebration of one or many!

Groceries will be provided for each of the recipes we'll be cooking during the class!

No experience necessary and space is limited.

RSVP at specialevents@openhousesf.org
or (628) 209-8090

DECEMBER 2023	
2	Stand Together: World AIDS Day 2023
3	Social
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8	Support Groups
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LBQ Women's Lunch and Tell Your Story Workshop

Saturday, December 9, 12 - 1:30PM, In-Person at 75 Laguna

Do you have a story to share? An idea that won't let go? Join artist and storyteller, Fran Schiff, to get that story out. Learn to plan and create a way to express what you have been wanting to share. Would you like to use spoken word? A storyboard? Writing? Photos? Video? Create something for yourself. Share it or not.

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

Openhouse Holiday Party
Sunday, December 17, 2 - 4PM
In-Person at 75 Laguna

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

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

Stand Together:
World AIDS Day 2023

On December 1st, we observe World AIDS Day, a moment to unite in the fight against HIV/AIDS. This year's theme, "*Let Communities Lead*," emphasizes inclusivity. As we commemorate the progress made, let's recommit to eradicating stigma, promoting testing, and ensuring equal access to care. **By standing together, educating ourselves, and supporting those affected, we contribute to a future free of HIV/AIDS.** Let's amplify everyone's voice and work towards a world where no one is left behind in the pursuit of a healthier, more equitable global community. One way to do that is by joining the annual National AIDS Memorial event being held on Friday, December 1, 12 - 2PM at Golden Gate Park. It will be an afternoon filled with incredible speakers and an opportunity to connect.

Here is hoping for a safe and joyful holiday season for all.
Kathleen M. Sullivan, Ph.D.
Openhouse Executive Director

Let's Keep our Community Safe During the Holidays

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 LGBTQ+ Elder Hotline: (877) 360-5428 - Available 24 hrs everyday
- SF Suicide Prevention's Crisis 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's Hotline: (877) 565-8860 - Available 24 hrs everyday
- HIV Nightline Crisis Line: (415) 434-2437 or (800) 628-9240 - Available 24 hrs everyday
- Mobile Crisis (415) 970-4000: Mon – Fri, 8:30AM – 11PM, Sat: 12 – 8PM
  Please note: When responding to crisis calls, police may accompany mobile crisis workers.

Social

TGI Monthly Meetup - Holiday edition at Transthrive
Sunday, December 10, 12 - 3PM, In-Person at 1460 Pine Street

We welcome Transgender, Gender Non-Conforming, and Intersex community of ALL AGES to our monthly TGNCI gatherings. Catering to be provided by local TGNCI/ QTBIPOC folks/businesses.

For additional information, questions, or to RSVP, reach out to J: jjha@openhousesf.org or (415) 961-8378

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Holiday Rainbow Lunch!
*NOTE: there is no Rainbow Lunch on Monday, December 25
Monday, December 11, 12 - 1:30PM, In-Person at 75 Laguna

Space is limited. RSVP required by Friday before Rainbow Lunch.
Join us as we connect, share a meal, and enjoy a holiday-themed performance from the CMC Openhouse Choir! Space is limited. **RSVP is required by Friday before Rainbow Lunch.**

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

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Women's Resource Corner and Coffee Hour - NEW TIME!
Thursday, December 14, 12:30 - 1:30PM
In-Person at 75 Laguna, RSVP encouraged

Join us as we learn about what case management is, who qualifies, and case management services available at Openhouse from our Case Manager, Caroline Koorn. Enjoy some coffee and learn about this valuable resource all while in community.

Interested in learning about a particular resource? Let us know!
Contact Annie Gwynne-Vaughan at agywynne-vaughan@openhousesf.org

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

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Men's Drop-In Social Hour
Thursday, December 14 (No Social on December 28), 2 - 3:30PM
In-Person at 75 Laguna, RSVP encouraged

We welcome men of all experiences for conversation, coffee, and some yummy snacks.

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

Social

Unidos/United Meeting
Thursday, December 21, 11:30AM - 1:30PM, In-Person at 75 Laguna

Llamando a todos los latinos a unirse, hablar sobre nuestras historias culturales, y compartir nuestras historias de salida del armario. Únete a nosotros para un dia de conversación, conexión, y almuerzo mientras celebramos a nuestra comunidad! Este evento levantará y centrará a los miembros de nuestra comunidad latina.

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

Calling all Latinos to unite, talk about our cultural histories, and share our coming out stories. Join us for an afternoon of conversation, connection, and lunch as we celebrate our community! This event will be lifting and centering our Latino community members.

To RSVP, contact rsvp@openhousesf.org or (415) 231-5871

Join Openhouse at Muttville
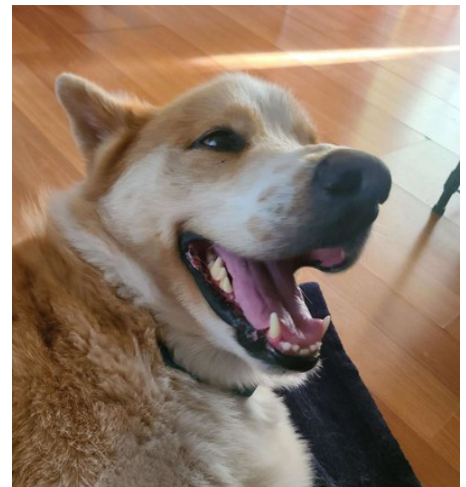Friday, December 15, 2 - 3PM
In-Person at 255 Alabama St

MUTTVILLE®
senior dog rescue

Join us for a monthly in-person visit to Muttville, where we hang out in the cozy Muttville headquarters with fur friends and humans alike!

Space is limited and an RSVP is required.

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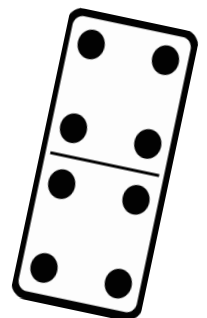

Games Group is now weekly!
Fridays, *No Group on December 29*
11AM - 1PM, In-Person at 75 Laguna

Join us as we play a variety of games together – from Scrabble to Dominoes. Light snacks and coffee will be provided.
No RSVP required

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

Make Intergenerational Connections!

Interested in a friendship with another member/ally of the queer community? That is exactly what the Openhouse Friendly Visitor Program offers – a chance for ongoing social and emotional support through regular chats or perhaps taking a walk together, visiting a museum, or sharing another mutual interest. Let's get connected!

To find out more, contact Rob at rsmith@openhousesf.org or (415) 969-6907

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Feeling Stuck? Check out our Mental Health Program!
Sessions occur in-office or remotely via Zoom

Openhouse's Mental Health Program is a no-cost, short-term counseling program for LGBTQ+ older adults and adults with disabilities offered by a queer Licensed Clinical Social Worker or pre-licensed provider. Sessions occur at Openhouse or remotely.

To see if the program is the right fit for you, contact Aiden Goodwin, LCSW (they/them) at agoodwin@openhousesf.org or (415) 728-0193

Support Groups

Men's Support Group
NOTE: No Group on December 25 and January 1
Mondays, *There will be group in-person at 75 Laguna on December 18*
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!

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
**All programs are via Zoom unless marked as Hybrid or with a location. All programs without a phone number listed, RSVP to rsvp@openhousesf.org or (415) 231-5871**

Housing & ADRC Drop-in Hours, Wednesdays, 1 – 4PM and Thursdays, 10AM – 1PM, 75 Laguna

Curry LGBTQ+ Tech Support with Roberto, Drop-In Appointments: Mondays and Wednesdays, 9AM – 12PM, 75 Laguna

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	NOTE: There is no Rainbow Lunch on December 25				1 World AIDS Day Games Group, 11AM – 1PM, 75 Laguna Queer Elders Writing Workshop 1 - 3PM Yiddish, 3 – 4:30PM, Closed Group	2 Art with Elders 2:30 – 4:30PM, Closed Group
3	4 Wellness Fair & Vaccine Pop-Up, 11AM – 3PM, 75 Laguna Men's Drop-In Support Group 2 – 3:30PM, Hybrid Continuing Japanese, 3-4:30PM, Closed Group	5 CMC OH Choir, 11AM – 12:30PM 75 Laguna History & Development of the Romance Languages , 2 – 3:30PM, 75 Laguna Gray Gay Writers, 4 – 6PM, RSVP: (510) 333-4464	6 Clearing House: Cluttering Support, 12:30 – 2PM Intermediate Spanish, 3 – 4:30PM, Closed Group Trans Resilience, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378	7 Meditation, 11AM – 12PM Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group	8 Games Group, 11AM – 1PM, 75 Laguna QEWW, 1 - 3PM Living with Loss: Drop-in Grief Support, 1 – 2:30 PM Yiddish, 3 – 4:30PM, Closed Group	9 LBQ Women's Lunch, 12 – 1:30PM, 75 Laguna AWE 2:30 – 4:30PM, Closed Group
10	11 Rainbow Lunch, 12 – 1:30PM 75 Laguna, RSVP required by Dec 8 Men's Drop-In Support Group 2 – 3:30PM, Hybrid Continuing Japanese, 3-4:30PM Closed Group	12 CMC OH Choir, 11AM – 12:30PM 75 Laguna History & Development of the Romance Languages , 2 – 3:30PM, 75 Laguna Gray Gay Writers, 4 – 6PM, RSVP: (510) 333-4464	13 Intermediate Spanish, 3 – 4:30PM, Closed Group Trans Resilience, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, RSVP: amellinger@openhousesf.org	14 Meditation, 11AM – 12PM Cooking Matters Holiday Program, 11AM – 12:30PM, 75 Laguna LTS HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Women's Resource Corner and Coffee Hour, 12:30 - 1:30PM, 75 Laguna, RSVP encouraged Men's Social, 2 – 3:30PM, 75 Laguna, RSVP encouraged Housing Workshop, 2 - 3:30PM, RSVP: (415) 347-8509	15 Games Group, 11AM – 1PM, 75 Laguna QEWW, 1 - 3PM Muttville Visit, 2 – 3PM, 255 Alabama St, RSVP required Yiddish, 3 – 4:30PM, Closed Group	16 AWE 2:30 – 4:30PM, Closed Group
17 Holiday Party 2 – 4PM, 75 Laguna	18 OPENHOUSE OFFICES CLOSED	19 LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 – 2:30PM History & Development of the Romance Languages , 2 – 3:30PM, 75 Laguna Gray Gay Writers, 4 – 6PM RSVP: (510) 333-4464	20 Clearing House: Cluttering Support, 12:30 – 2PM Intermediate Spanish, 3 – 4:30PM, Closed Group LGBTQ Caregivers Support Group, 4 – 5:30PM, RSVP: asanchez@caregiver.org Trans Resilience, 5:30 – 7PM, Hybrid, RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, RSVP: amellinger@openhousesf.org	21 Meditation, 11AM – 12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group	22 Games Group, 11AM – 1PM, 75 Laguna QEWW, 1 - 3PM Living with Loss: Drop-in Grief Support, 1 – 2:30 PM Yiddish, 3 – 4:30PM, Closed Group	23 AWE 2:30 – 4:30PM, Closed Group
24	25 OPENHOUSE OFFICES CLOSED	26 OPENHOUSE OFFICES CLOSED	27 OPENHOUSE OFFICES CLOSED	28 OPENHOUSE OFFICES CLOSED	29 OPENHOUSE OFFICES CLOSED	30
31	January 1 OPENHOUSE OFFICES CLOSED HAPPY new YEAR	2 History & Development of the Romance Languages ,2 – 3:30PM, 75 Laguna Gray Gay Writers, 4 – 6PM RSVP: (510) 333-4464	3 Clearing House: Cluttering Support, 12:30 – 2PM Intermediate Spanish, 3 – 4:30PM, Closed Group Trans Resilience, 5:30 – 7PM, Hybrid, RSVP: (415) 961-8378	4 Meditation, 11AM – 12PM Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group	5 Games Group, 11AM – 1PM, 75 Laguna QEWW, 1 - 3PM	6 AWE 2:30 – 4:30PM, Closed Group

Support Groups

Trans Resilience Support Group
December 6,13, and 20, 5:30 - 7PM, Hybrid: 75 Laguna and via Zoom
December 27, 5:30 - 7PM, Virtual only

Join other transgender and gender non-conforming seniors every Wednesday as we come together to support each other through our individual walks in the trans experience. Come enjoy a lovely meal in-person or join us via Zoom.

Co-presented by St. James Infirmary. Hosted by Ms. Billie Cooper.

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

Clearing House: Drop-In Clutter Support Group
Wednesday, December 6 and 20, 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."

Registration required: rsvp@openhousesf.org or (415) 231-5871
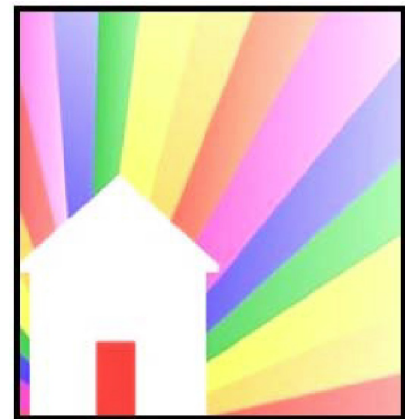
Living with Loss: Drop-In Grief Support Group
Friday, December 8 and 22, 1 - 2:30PM, via Zoom

Join Openhouse and VITAS Healthcare as we discuss the variety of losses that we experience, such as loss that relates to isolation and loneliness or losing those we love. This group is facilitated by Rabbi Jane Litman (she/her) and Chaplain Barb Greve (he/him).

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

Support Groups

LGBTQ Caregivers of Those with Dementia Support Group
In Partnership with the Alzheimer's Association
Wednesdays, December 13 and 20, 6 - 7:30PM, via Zoom

We welcome diverse LGBTQ caregivers of those with Dementia to this twice monthly drop-in support group.

Please note: We will be meeting on the second and third Wednesdays in December.

RSVP at amellinger@openhousesf.org or (415) 503-4180

alzheimer's association®

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LGBTQ Seniors with Chronic Physical Disabilities Support Group
Tuesday, December 19, 1 - 2:30PM, via Zoom

Join us for a monthly group where we discuss how it feels to be disabled, how to manage those feelings in a healthy and self-compassionate way, and other topics as well. This group is co-facilitated by Max Lane and Sumi Colligan.

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

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LGBTQ Caregiver Support Group
In Partnership with Family Caregiver Alliance
Wednesday, December 20, 4 - 5:30PM, via Zoom

FCA Family Caregive Alliance®

This group is for LGBTQ caregivers of those with a variety of illnesses, disorders, and challenges. If you are caring for someone with Dementia-specific challenges, check out the LGBTQ Caregivers of those with Dementia Support Group.

For info on how to join this group, contact Adriana Sanchez: asanchez@caregiver.org

Lifelong Learning

Curry LGBTQ+ Tech Support with Roberto

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

Special services available include:
Tablet Training Program
Home Wi-Fi Set-up
General Technical Support
Troubleshooting Questions
Drop-in and appointments are available,
as well as home visits (if reserved in advance).

Assistance provided for:
Mobile Phones/Tablets
Laptops/Computers
Wi-Fi
Printers

Make an appointment or learn more, contact Roberto: ralvarez@curryseniorcenter.org or (415) 694-2265

Health & Wellness

Virtual Drop-In Meditation

In Partnership with Shanti Project
Thursdays, *No Class on December 28*
11AM - 12PM, via Zoom

Did you know that Openhouse has new Meditation teachers? Let us introduce you to Kiva and Jack! We welcome you to join us as we meditate together.

Kiva Siani's work was built in helping people reclaim their bodies after traumas through somatic healing, movement, and meditation. Her meditation is blended and intuitive and does not come from a particular school, rather practices handed to and gathered in her journey of deep self-awareness, healing, and presence and the way these things show up in the body. She is pleased to share her practice with the Openhouse community.

Jack Bors has had a meditation practice for 47 years. He became interested in Trascendental Meditation (TM), after witnessing the incredible impact it had on the blood pressure of patients in the medical setting where he was working. I am practitioner of mantra-based meditation, Zen Buddhism, and more traditional meditation. I've led and taught meditation groups, classes, and the use of guided imagery.

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

Fall Feast 2023 was a success! Thank you the Openhouse community for filling all three seatings with joy, connection, and high spirits!

openhouse

community, services, and housing for LGBTQ+ seniors

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

DECEMBER 2023

Wellness Fair & Vaccine Popup
Monday, December 4, 11AM - 3PM
In-Person at 75 Laguna

Join the Openhouse Wellness Fair for LGBTQ+ older adults and adults with disabilities, offering vaccines, blood pressure and glucose monitoring, plus a number of other health resources and community support. Prioritize your well-being in this inclusive event designed to empower and celebrate your enjoyment of a full life.
**Insacnce card needed for some services.

WELLNESS FAIR & VACCINE POP-UP

JOIN US FOR AN AFTERNOON OF SELF-CARE!

+ Blood pressure monitoring
+ Bone density testing
+ COVID, MPOX, & flu vaccines

Please bring your insurance card if you have one, as some services may require it.

MON, DEC 4 AT 75 LAGUNA ST FROM 11AM - 3PM

PRODUCED IN PARTNERSHIP WITH:

BayPLS · Chinese Community Health Resource Center · mercy HOUSING · renegade.bio · SFDPH

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

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