

Happy New Year!



From all of us at Openhouse, happy new year. I am so grateful for another spin around the sun with you all and look forward to charting Openhouse's next chapter with you.

25 years ago, Openhouse was founded by Marcy Adelman and Jeanette Gurevitch. They both noticed that LGBTQ+ seniors were disappearing from the Castro District and both found it alarming, and being good lesbians, they sprang into action to create one of the most dynamic organizations on the planet serving LGBTQ+ mid-life and older adults.

For some of us, 25 years ago may not seem like all that long ago. It was 1998, we were starting to worry about the impact Y2K could have on our computers, a frenzy of anti-LGBT ballot measures were being proposed in states across the country, and in San Francisco a small group gathered to think differently and co-create what was to be named Openhouse.

It would be eight years until Openhouse received its first contract from the City of San Francisco to train direct care providers, city agencies and non-profits working in senior services. Since that first contract, we have trained over 10,000 professional aging staff—from direct care workers to geriatricians and county agencies.

This year we celebrate our first quarter of a century, and look forward to our next twenty-five years. So glad to take this journey with you.

May this first month treat you kindly!

Kathleen M. Sullivan, Ph.D.
Executive Director

JANUARY 2023

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Let's Dance!

Tuesday, January 24

2PM-4PM

In-Person at 75 Laguna

Come dance the afternoon away with Club 75! We will be transforming the 75 Laguna Activity Room into the perfect space to party with refreshments, music, and community.

Dress in something that makes you feel amazing, and we'll see you there!

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



Alzheimer's Association Talk with Q&A

Tuesday, January 10

2PM - 3PM

In-Person at 75 Laguna

Club 75 invites you to an Introductory Talk to Living with Alzheimer's presented by the Alzheimer's Association. Join us in-person in the 75 Laguna Activity Room for a 30 minute talk followed by a Q&A.

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

alzheimer's 
association®

Cooking Matters... Now in person!

Starting in February, Dates TBA

11AM - 12:30PM, In-Person in
collaboration with Club 75

Beginning in February, we are pleased to announce Cooking Matters, for the first time in-person! All skill levels are welcome as we learn or sharpen cooking skills, and enjoy a shared meal. Each of the four classes features a new recipe, centering on easy-to-prepare, flavorful, budget-friendly meals. All necessary ingredients will be provided. Check back for specific dates!

RSVP with Kevin at koneal@openhousesf.org
or 628-263-3282

18 REASONS

Dr. Aronson Talks Food as Medicine, Food as You Age

Tuesday, January 11
1PM - 2:30PM via Zoom

Food plays an important role in all cultures. It's also essential to health. Come learn how what your body needs changes with age and how to use food as medicine – to improve your health, manage certain diseases, treat symptoms, and even prevent or reverse certain diseases.

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



Unidos/United Meeting

Thursday, January 19
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. Nuestras historias diferentes y experiencias de vida afectan nuestras identidades comunitarias!

Únete a nosotros para un día de conversación, conexión, y almuerzo mientras celebramos a nuestra comunidad! Este evento levantará y centrará a los miembros de nuestra comunidad latina.

Calling all Latinos to unite, talk about our cultural histories, and share our coming out stories. Our many different histories and lived experiences impact our community identities!

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.

If interested, contact Luis de la Garza at nosolotaxi@hotmail.com.

Let's Hang Out!

Join us for Rainbow Lunch!

Mondays, Jan 9 & Jan 23

12PM-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 at rsvp@openhousesf.org
or (415) 231-5871

Join the Openhouse Walking Group

Fridays, Jan 13 & Jan 27

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 January 13. 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 at koneal@openhousesf.org
or (628) 263-3262

Drop-In Social Hours at Openhouse - new location!

2PM-3:30PM, In-Person at 75 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:

Jan 5 & 19: we welcome women of all experiences for a social hour happening twice a month.

Men's Drop-In Social Hour:

Jan 12 & 26: we welcome men of all experiences for a social hour happening twice a month.

RSVP at 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

Thursday, January 20

2PM-3:30PM

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, Jan 3 & Jan 10

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.

RSVP at 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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2 Places Please, 11AM – 12:30PM, Closed Group Men's Drop-In Support Group 2 – 3:30PM @ 75 Laguna & Online, call to RSVP: (415) 231-5871 "Trans Resilience" TGNC Support Group, 5:30 – 7PM @ online, contact J at 415-961-8378 to RSVP	3 Self Compassion & Belonging, 11AM – 12:30PM @ online, call to RSVP: (415) 231-5883 Gray Gay Writers, 4 - 6 PM @ online, call to RSVP: (510) 333-4464	4 Clearing House: Cluttering Support 12:30 – 2PM @ online, call to RSVP: (415) 231-5871 Intermediate Spanish, 3 – 4:30PM @ Online, Closed Group	5 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Women's Social, 2 – 3:30PM @ 75 Laguna RSVP encouraged, call 415-231-5883 Heart of Matter, 4 - 5:30PM, Closed Group	6 Yiddish, 3 – 4:30PM, Closed Group	7 Queer Elders Writing Workshop 12:30 – 2:30PM @ online, call to RSVP: (415) 231-5871 Art with Elders 2:30 – 4:30PM Closed Group
8	9 Places Please, 11AM – 12:30PM, Closed Group Rainbow Lunch, 12 – 1:30PM @ 75 Laguna St, call to RSVP: (415) 231-5871 Men's Drop-In Support Group 2 – 3:30PM @ 75 Laguna & Online, call to RSVP: (415) 231-5871 "Trans Resilience" TGNC Support Group, 5:30 – 7PM @ online, contact J to RSVP: 415-961-8378	10 Self Compassion & Belonging, 11AM – 12:30PM @ online, call to RSVP: (415) 231-5883 Alzheimer's Association Talk with Q&A, 2 PM - 3PM, 75 Laguna, call to RSVP: (415) 231-5871 Trans, 50+ & Fabulous, 5 – 6 PM @ online, call to RSVP: (415) 292-3420	11 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM @ 75 Laguna, call to RSVP: (415) 231-5871 Health Talk with Dr. Aronson, 1 - 2:30 PM @ Online, call to RSVP: (415) 231-5871 Intermediate Spanish, 3 – 4:30PM @ Online, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM @ Online, call to RSVP: (415) 503-4180	12 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Housing Workshop, 2 –3:30PM @ Online, call to RSVP: (415) 296-8995 Men's Social, 2 – 3:30PM @ 75 Laguna, RSVP encouraged, call 415-231-5883 Heart of Matter, 4 - 5:30PM, Closed Group	13 Walking Group, 11AM – 12 PM @ 65 Laguna, call to RSVP: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30 PM @ online call to RSVP: (415) 231-5871 Yiddish, 3 – 4:30PM Closed Group	14 Queer Elders Writing Workshop 12:30 – 2:30PM @ online, call to RSVP: (415) 231-5871 Art with Elders 2:30 – 4:30PM Closed Group
15	16 Martin Luther King Jr. Day Places Please, 11AM – 12:30PM, Closed Group Men's Drop-In Support Group, 2 – 3:30PM @ 75 Laguna & Online, call to RSVP: (415) 231-5871 "Trans Resilience" TGNC Support Group, 5:30 – 7PM @ online, contact J to RSVP: 415-961-8378	17 LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 - 2:30 PM @ online, call to RSVP: (415) 231-5871 Gray Gay Writers, 4 - 6 PM @ online, call to RSVP: (510) 333-4464	18 Intermediate Spanish, 3 – 4:30PM @ Online, Closed Group Clearing House: Cluttering Support 12:30 – 2PM @ online, call to RSVP: (415) 231-5871	19 Unidos/United! Meeting, 11:30AM – 1PM @ 75 Laguna, call to RSVP: (510) 333-4464 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Women's Social, 2 – 3:30PM @ 75 Laguna RSVP encouraged, call 415-231-5883 Heart of Matter, 4 - 5:30PM, Closed Group	20 Muttville Visit, 2 – 3PM @ 255 Alabama St, call to RSVP: (415) 231-5871 Yiddish, 3 – 4:30PM Closed Group	21 Queer Elders Writing Workshop 12:30 – 2:30PM @ online, call to RSVP: (415) 231-5871 Art with Elders 2:30 – 4:30PM Closed Group
22	23 Places Please, 11AM – 12:30PM, Closed Group Rainbow Lunch, 12 – 1:30PM @ 75 Laguna St, call to RSVP: (415) 231-5871 Men's Drop-In Support Group 2 – 3:30PM @ 75 Laguna & Online, call to RSVP: (415) 231-5871 "Trans Resilience" TGNC Support Group, 5:30 – 7PM, online, contact J at 415-961-8378 to RSVP	24 Let's Dance! 2 - 4PM, 75 Laguna, call to RSVP: 415-231-5871 Housing Workshop, 2 –3:30PM @ Online, call to RSVP: (415) 296-8995 Trans, 50+ & Fabulous, 5 - 6 PM @ on-line, Call to RSVP: (415) 292-3420 31 Gray Gay Writers, 4 - 6 PM @ online, call to RSVP: (510) 333-4464	25 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM @ 75 Laguna, call to RSVP: (415) 231-5871 Intermediate Spanish, 3 – 4:30PM @ Online, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM @ Online, call to RSVP: (415) 503-4180	26 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Men's Social, 2 – 3:30PM @ 75 Laguna, RSVP encouraged, call 415-231-5883 Heart of Matter, 4 - 5:30PM, Closed Group	27 Walking Group, 11AM – 12PM @ 65 Laguna, call to RSVP: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30PM @ online, call to RSVP: (415) 231-5871 Yiddish, 3 – 4:30PM Closed Group	28 Queer Elders Writing Workshop 12:30 – 2:30PM @ online, call to RSVP: (415) 231-5871 Art with Elders 2:30 – 4:30PM Closed Group
29	30 See above, same schedule as Jan 23rd, minus Rainbow Lunch					

Get Support

LGBTQ Seniors with Chronic Physical Disabilities Support Group Monday, January 17, 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

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

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In the Life: Supporting LGBTQ POC: New times and now in person!

Wednesdays, Jan 11 & Jan 25
11AM-12:30PM
In-Person at 75 Laguna

Join us for a group supporting 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. We are excited to bring this group back in person at 75 Laguna!

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

Trans Resilience Support Group Mondays, 5:30PM-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.

Gay Gray Writers

Tuesdays, Jan 4 & Jan 18
4PM-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.



Queer Elders Writing Workshop

Saturdays, 12:30PM-2:30PM via Zoom

The Queer Elders Writing Workshop, QEWW, is looking for new members in 2023!

QEWW is a diverse and friendly group that welcomes writers of all genres and styles. Our no-pressure writing philosophy is dedicated to making writing expressive and fun.

Tell your writing friends!

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

Continuing Japanese

Mondays, Starting February 6
3PM-4:30PM via Zoom

Openhouse is pleased to announce that Dan Stewart, our resident Japanese instructor, will be presenting the next installment of his ongoing series on conversational Japanese.

Please note that a prior, basic knowledge of the language is strongly recommended.

Dan's experience and lighthearted approach have made his classes among the most popular here at Openhouse. He brings to his craft a rich background of having lived in Japan and his experience teaching at Cabrillo College. In addition to teaching the language, Dan incorporates insights into the history and culture of Japan.

RSVP with Armando at armando@openhouse-sf.org or (415) 728-0194



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, January 11 and Wednesday, January 25

6PM-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

Tuesdays, Jan 10 and 24

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, 2PM-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.

Living with Loss: Drop-In Grief Support Group

Fridays, Jan 13 and Jan 27
1PM-2:30PM via Zoom

There are a variety of losses that we experience, such as loss that relates to isolation and loneliness, losing those we love, or maybe even the loss of the life we had before the pandemic.

Join Openhouse and VITAS Healthcare for a space where we can find community and support each other.

This group is co-facilitated by Rabbi Jane Litman and Chaplain Martin Allen.

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



Clearing House: Drop-In Clutter Support Group

Wednesdays, Jan 4 and Jan 18
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.



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

Happy Lunar New Year!

It begins on January 22, 2023 and ends on February 9, 2024 and this year is the Year of the Rabbit.

What is Lunar New Year?

Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in China, and it is also widely celebrated in South Korea, Vietnam, and countries with a significant overseas Chinese population.

What does the Year of the Rabbit Mean?

Each year in the Lunar calendar is associated with one of 12 Chinese zodiac animals. The 12 zodiac animals in order are: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. Other Asian cultures that celebrate Lunar New Year have slight variations to this zodiac system.

What does the Year of the Rabbit Mean?

The sign of Rabbit is a symbol of longevity, peace, and prosperity in Chinese culture. 2023 is predicted to be a year of hope.





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

JANUARY 2023

Thank you to our volunteers!

As the year closes out, we'd like to thank our volunteers. Their contributions are big, and their hearts are even bigger.

In 2022 alone, there were

- 344 unique volunteers contributed 4,848 hours of service
- 4,100 grocery deliveries to Community Members
- 1,043 Friendly Visitor Calls were made to LGBTQ+ seniors
- 625 gift bags were delivered to Community members for holidays and LGBTQ+ Pride



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.