Gong hei fat choy (Best wishes, wishing you happiness and prosperity)



Happy Lunar New Year and Black History Month!

This is the Year of the Rabbit a symbol of longevity, peace



and prosperity. We will

celebrate the new year with a special luncheon; look in the newsletter to RSVP.

February is also Black History Month, and this year the theme is Resistance. In acknowledgment of the theme, historians at the Association for the Study of African American Life and History write powerfully that, "African Americans resisted historic and ongoing oppression, in all forms,



especially the racial terrorism of lynching, racial pogroms, and police killings since our arrival upon these shores. These efforts have been to advocate for a dignified self-determined life in a just democratic society in the United States and beyond the United States political jurisdiction."

As we enter the month of February, my hope is that we both honor those who were part of resistance movements in the past and continue to support and uphold resistance against racism, hatred and violence.

In peace,

Kathleen M. Sullivan, Ph.D. Executive Director

opennouse housing for LGBTQ+ seniors opennouse

FEBRUARY 2023						
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Special Lunar New Year Lunch

Monday, February 6 12PM-1:30PM In-Person at 75 Laguna

Join us for a special lunch commemorating Lunar New Year! We'll enjoy some delicious food and celebrate the Year of the Rabbit.

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

Celebrating Black History Month at Openhouse

Friday, February 24 12PM-1:30PM

In-Person at 75 Laguna

To honor and celebrate Black History Month, please join us for an afternoon of delicious food and community. We will be centering our African American/Black community members for this event.

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

Openhouse Artists Exhibit Artwork around the City!

Come see the work of our Openhouse community artists! Artists from the Art with Elders program will have work on display at several exhibits around the city:

The AWE 30th Annual Exhibit at the San Francisco War Memorial and Performing Arts Center (Veterans Building - Herbst Theater Lobby)

Exhibit: Jan 4 - Mar 1

The Women of AWE at the San Francisco Women Artists Gallery (647 Irving St)

Exhibit: Jan 10 - Feb 3

Art With Elders: The Power of Creativity and Community at the San Francisco Arts Commission Galleries at San Francisco City Hall

Exhibit: Feb. 2 - Aug. 25

For information about the exhibits, visit: www.artwithelders.org

Heart of the Matter Community Group

Thursday, February 16 4PM - 5:30PM via Zoom

Join us as we discuss what still matters to you. This group is for those interested in building connection through rich and meaningful conversation about loss and change. Topics for discussion include mortality, regret, faith, hope, and defining the appeal life still offers. We are looking to create group of diverse life experiences and encourage all who are interested to register.

Space is limited and a conversation with the facilitator is required before joining.

Den Reno, Ph.D. and Licensed Psychologist, is a long-time Openhouse facilitator.

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

Sister Circle: A Women's Social Group

Tuesday, February 28 12PM-1PM Hybrid: 75 Laguna and via Zoom

We invite women of all expressions to join us either on Zoom or in person at 75 Laguna for some connection and good



conversation. For those joining in person, we will be providing a small meal to go. For those joining via Zoom, we invite you to grab a cup of coffee and pull up a chair.

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

Dr. Aronson Talks Feet

Wednesday, February 8 1PM - 2:30PM via Zoom

Are your feet wider? Longer? Just, well...different? The answer is almost certainly yes. By middle age, most of us have walked an amount equivalent to walking around planet earth three times. That's a lot of wear and tear. And feet, like other body parts, often change or develop diseases with age. Plus there's the old song: the foot bone's connected to the leg bone, the leg bone's connected to the hip bone, etc. So sometimes feet hurt because of problems elsewhere, and vice versa. Come learn about your aging feet and how to keep them feeling and functioning their best!

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



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

Join the CMC Openhouse Choir!

Tuesdays, starting March 14 11AM-12:30PM, In-Person at 75 Laguna



Community Music Center's Older Adult Choir Program and Openhouse are collaborating to create a space for LGBTQ Older Adults to connect through the joyful power of music! Led by Director, Jessalyn Levine and Accompanist, Reuben Zellman, we will explore a wide range of choral repertoire per the interests and abilities of the participants and the vision of the director. **No prior singing experience is needed!**

Jessalyn Levine (she/her) is a choral music educator with a bachelor's degree in music education and a masters degree in choral conducting. She has sung professionally in choirs throughout the Houston and San Francisco areas and will be bringing her experience as a choir director and voice coach for transgender clients to the Openhouse community.

Reuben Zellman (he/him) is a teacher, conductor, singer and longtime activist and educator in the transgender community. He is also a lecturer in the School of Music at San Francisco State University, where he teaches ear training, musicianship and choral ensembles, and is a staff countertenor in the Choir of Men and Boys at San Francisco's Grace Cathedral.

Let's Hang Out!

Spa Day for our TGI Community

Wednesday, February 22, 2:30PM-4PM In-Person at 75 Laguna

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 with Kiko at kbutler@openhousesf.org or (415) 509-6684

Join the Openhouse Walking Group

Fridays, Feb 10 & Feb 24 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 February 10. 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

Join us for Rainbow Lunch!

Mondays, Feb 13 & Feb 27 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

Social Hours at Openhouse

2PM-3:30PM, In-Person at 75 Laguna, RSVP encouraged

Women's Social Hour:

Feb 2 & 16: we welcome women of all experiences for a social hour happening twice a month.

Men's Social Hour:

Feb 9 & 23: we welcome men of all experiences for a social hour happening twice a month.





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

It's Black History Month

Openhouse would like to highlight the work and contributions of Black LGBTQ+ people, which are too often forgotten and erased from history.

Black people have always been at the center of the LGBTQ+ movement, from Marsha P. Johnson and Stormé DeLarverie to modern day leaders like Phill Wilson and Miss Major Griffin-Gracy.

Looking for Black History Month Events around the city? We recommend checking out:

The SF Public Library's: "More than a Month 2023" https://sfpl.org/events/more-month-2023

Museum of African Diaspora Events:

https://www.moadsf.org/programs-events



Virtual Drop-In Meditation is Back!

Thursdays, starting February 2, 11AM-12PM via Zoom

Mindfulness meditation is an easily learned practice that can help us cope and be more physically and mentally resilient. We invite you to give your mind a break and create more space as we meditate together.

RSVP to 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 diabilities.

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		
3		Housing & ADRC Drop-in Hours Are Back! Wednesdays, 1PM-4PM and Thursdays, 10AM-1PM In-Person at 75 Laguna							
AKY 202				Clearing House: Cluttering Support 12:30PM-2PM @ online Intermediate Spanish, 3PM-4:30PM @ Online, Closed Group	2 Meditation, 11AM-12PM @ Online Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Women's Social, 2PM-3:30PM @ 75 Laguna RSVP encouraged	3 Yiddish, 3PM-4:30PM, Closed Group	Queer Elders Writing Workshop 12:30 - 2:30PM @ online Art with Elders 2:30PM-4:30PM,		
FEBRU		6 Places Please, 11AM- 12:30PM, Closed Group Special Lunar New Year Lunch, 12PM-1:30PM @ 75 Laguna St Men's Drop-In Support Group Weekly, 2PM-3:30PM @ 75 Laguna & Online "Trans Resilience" TGNC Support Group, 5:30PM-7PM, contact J to RSVP: 415-961-8378	7 National Black HIV/AIDS Awareness Day	8 Self-Compassion & Belonging, 11AM-12:30PM @ Online "In the Life": Supporting LGBTQ POC 11AM-12:30PM @ 75 Laguna Dr. Aronson Talks Feet, 1PM-2:30 PM @ Online Intermediate Spanish, 3PM-4:30PM @ Online, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6PM-7:30PM @ Online, call to RSVP: (415) 503-4180	9 Meditation, 11AM-12PM @ Online Long Term Survivors HIV/AIDS Support Group, 12PM 1:30PM, Closed Group Housing Workshop, 2PM-3:30PM @ Online, call RSVP: (415) 296-8995 Men's Social, 2PM-3:30PM @ 75 Laguna, RSVP encouraged	Living with Local Drop in Grief	11 Queer Elders Writing Workshop 12:30 - 2:30PM @ online Art with Elders 2:30PM-4:30PM, Closed Group		
SIMONIA		Places Please, 11AM-12:30PM, Closed Group Rainbow Lunch, 12PM-1:30PM @ 75 Laguna St Men's Support Group, 2PM-3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30PM-7PM, contact J to RSVP: 415-961-8378	14 Valentine's Day Drag Bingo, 1:30PM-3PM, In-Person @ 75 Laguna Gray Gay Writers, 4PM-6PM @ online, call to RSVP: (510) 333-4464 Trans, 50+ & Fabulous, 5PM-6PM @ online, Call to RSVP: (415) 292-3420	Clearing House: Cluttering Support 12:30PM-2PM @ online Intermediate Spanish, 3PM-4:30PM @ Online, Closed Group	16 Meditation, 11AM-12PM @ Online Cooking Matters, 11AM - 12:30PM @ 75 Laguna, call RSVP: (628) 263-3262 Unidos/United Meeting, 11:30AM-1:30PM @ 75 Laguna Long Term Survivors HIV/AIDS Support Group, 12PM 1:30PM, Closed Group Women's Social, 2PM-3:30PM @ 75 Laguna, RSVP encouraged Heart of the Matter: 4PM-5:30PM @ online	255 Alabama St Yiddish, 3PM-4:30PM, Closed Group	18 Queer Elders Writing Workshop 12:30 - 2:30PM @ online Art with Elders 2:30PM-4:30PM, Closed Group		
OKT/FUI UKE		20 President's Day Openhouse Offices Closed	21 LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1PM-2:30 PM @ online, call to RSVP: (415) 231- 5871	22 "In the Life": Supporting LGBTQ POC 11AM - 12:30PM @ 75 Laguna TGI Community Spa Day, 2:30PM-4PM, In-Person @ 75 Laguna Intermediate Spanish, 3PM-4:30PM @ Online, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6PM-7:30PM @ Online, call to RSVP: (415) 503-4180	23 Meditation, 11AM-12PM @ Online Cooking Matters, 11AM - 12:30PM @ 75 Laguna, call RSVP: 628-263-3262 Long Term Survivors HIV/AIDS Support Group, 12PM 1:30PM, Closed Group Men's Social, 2PM-3:30PM @ 75 Laguna, RSVP encouraged	Celebrating Black History Month 12PM-1:30PM @ 75	25 Queer Elders Writing Workshop 12:30 - 2:30PM @ online Art with Elders 2:30PM-4:30PM, Closed Group		
BLACK MIST		Places Please, 11AM-12:30PM, Closed Group Rainbow Lunch, 12PM-1:30PM @ 75 Laguna St "Trans Resilience" TGNC Support Group, 5:30PM-7PM @ online, contact J to RSVP: 415-961-8378	28 Sister Circle, 12PM-1PM @ Hybrid Housing Workshop, 2PM-3:30PM @ Online, call to RSVP: (415) 296-8995 Gray Gay Writers, 4PM-6PM @ online, call to RSVP: (510) 333-4464 Trans, 50+ & Fabulous, 5PM-6PM @ online, Call to RSVP: (415) 292-3420						

Get Support

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, February 21, 1PM-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 cofacilitated by Max Lane and Sumi Colligan

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

In the Life: Supporting LGBTQ POC

Wednesdays, Feb 8 & Feb 22 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 nonconforming 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, Feb 14 & Feb 28 4PM-6PM via Zoom

The Gay Gray Writers (GGW), a maleidentified 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!

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

Drag Bingo!

Tuesday, February 14 1:30PM-3PM In-Person at 75 Laguna

Club 75 invites all community members to a Drag Bingo Extravaganza! February will feature our own Ms. Billie Cooper and One of Oakland's Newest Queens, Del'Treesce!! All Bingo supplies will be provided and we'll have a wonderful selection of prizes for our winners. Come be in community and enjoy an amazing show.

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

Catch OH Community on stage at SF Symphony

Friday, February 24, 7:30PM SF Symphony SoundBox space

We're thrilled to announce that SF Symphony Collaborative Partner and flutist Claire Chase will present a one-night only performance of Marcos Balter's Pan, a musical drama written for Chase and featuring solo flute, electronics, and community chorus. Balter's work recounts the Greek myth of the legendary trickster flutist Pan while revealing the machinations that give him his powers. Openhouse and Amateur Music Network are community partners of this performance.

For tickets, please go to https://www.sfsymphony.org/Buy-Tickets/2022-23/Claire-Chase-Pan

Get Connected

LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer's Association Wednesdays, Feb 8 & Feb 22 6PM-7:30PM, via Zoom

alzheimer's \mathfrak{P}

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, Feb 14 & Feb 28 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



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

Friday, Feb 10 & Feb 24 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





Join Openhouse at Muttville Friday, February 17, 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

Unidos/United Meeting

Thursday, February 16, 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 dia 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.







Aging with Pride: Building a Caring Community Together Conference

Thursday, February 9, 9AM-12PM Hybrid: CA Endowment Office and Zoom

Join us for a half day conference focused on learning, resources, and support for LGBTQIA+ caregivers and community members.

RSVP in-person: <u>tinyurl.com/AgeWithPride</u>
RSVP virtual: <u>tinyurl.com/ZoomAgewithPride</u>

LGBTQ+ Dementia Care Project

Tuesday, February 28, 1PM & Tuesday, March 14, 1PM Hybrid: 75 Laguna and Zoom

In partnership with Family Caregiver Alliance and the Alzheimer's Association, Openhouse is offering free training to health and social services providers on the care needs of LGBTQ+ seniors living with Alzheimer's disease or other forms of dementia and their care partners. Join us at our new LGBTQ+ Senior Community Center for this blended in-person and virtual two-part training.

Housing & ADRC Drop-in Hours Are Back!

Wednesdays, 1PM-4PM and Thursdays, 10AM-1PM In-Person at 75 Laguna

You don't have to look for housing or resources alone—come in and get help with answering questions, filling out applications, using DAHLIA, and more. No appointment needed, just come on by! First come, first served, max 5 drop-in clients seen per session.

No documents required, but the following can be helpful: photo ID, proof of income (like a Social Security/SSI benefits letter, pension statement, paystub), proof of SF residency (utility bill, internet bill, lease), relevant housing documents (eviction notice, landlord letter). A face mask is required for entry.

Contact Aisling at apeterson@openhousesf.org or (628) 219-6519 for questions.



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