

Cooking Classes at Openhouse

Thursday, April 27 - Thursday, May 25
 11AM - 12:30PM, In-Person in
 collaboration with Club 75

Join us for a new session of Cooking Matters in person! All skill levels are welcome as we learn or sharpen our cooking skills and prepare a meal together for you to take back home. Each of the 5 classes features a new recipe, with a focus on easy-to-prepare, flavorful, budget-friendly meals. Everything you need will be provided, at no cost. Space is very limited, so reserve yours today!



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

APRIL 2023	
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What Matters Most: A free in-depth Advance Directive Workshop for LGBTQ Older Adults

Part 1: Monday, April 17, 12:30 - 2:30PM
 Part 2: Tuesday, May 2, 12:30 - 1:30PM
 via Zoom

This two-part workshop is led by Redwing Keyssar, RN and Director of Patient and Caregiver Education at the UCSF MERI Center for Education in Palliative Care. Redwing has many years of experience leading Advance Care Planning workshops at Openhouse and around the Bay Area. It is SO important, especially as people in the LGBTQ community, that our wishes are in writing and we choose decision-makers who understand us and know our values.

During this workshop, you will:

- Create a personalized plan to honor your wishes
- Have your questions answered
- Complete your new or revised Advance Directive for Healthcare



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

Springing into our 25th Year

This month Openhouse will celebrate our 25th year at our Silver Anniversary Spring Fling gala. We have accomplished much as a community—from two affordable housing communities, to programs that over 3,000 older adults participate in across the Bay Area, a thriving TGNC suite of services and programs that continue to grow and evolve, to our new mental health support services to work with community members who suffer from depression and isolation.



This year we are honoring Speaker Emerita Nancy Pelosi who has for years been a champion for San Francisco and the LGBTQ community in DC. We are also honoring our partners at On Lok for their commitment to creating safe and welcoming space at programs we are co-designing at Club 75, our joint Community Day Service program.

We also recognize that our work on justice, equity, inclusion, and diversity is an ongoing vital component to our daily work, long-term relevance, and sustainability as an organization. Thank you all for your continued commitment to yourselves, our community, and Openhouse.

In community,
Kathleen M. Sullivan, Ph.D.
Executive Director

New! LGBTQ Caregiver Support Group *In Partnership with Family Caregiver Alliance*

Starting Wednesday, May 17
4-5:30PM via Zoom

We welcome LGBTQ Caregivers for a new monthly support group! Join us via Zoom as we discuss the stresses, challenges, and variety of experiences that come with providing care in our community. This group is for caregivers of those with a variety of illnesses, disorders, and challenges. If you are caring for someone with Dementia-specific challenges, we encourage you to check out the LGBTQ Caregivers of those with Dementia Support Group.

RSVP with Adriana Sanchez at
asanchez@caregiver.org

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

Health & Wellness



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

Dr. Aronson Talks Vision and the Aging Eye

Wednesday, April 12

1-2:30PM via Zoom

Normal aging leads to changes in vision and advancing age increases the risk of various eye conditions. Surveys show that the sense people most fear losing is sight. Come learn about what can go wrong with aging eyes and what you can do about it, as well as which changes are annoying and which symptoms should make you seek medical care.

For Dr. Aronson's final talk of this series on May 24, she will be covering Blood Test Basics. Feel free to RSVP for both talks at once if you would like to attend each.

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

Virtual Drop-In Meditation in Partnership with Shanti Project

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

Join the Openhouse Walking Group

Friday, April 14 & April 28

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 April 14. 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 Openhouse at Muttville

Friday, April 21

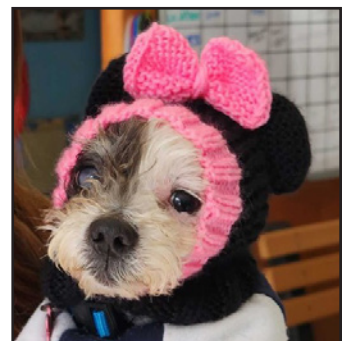
2-3:30PM

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



Social

Join us for Rainbow Lunch!

Monday, April 17 & April 24
12-1:30PM, 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



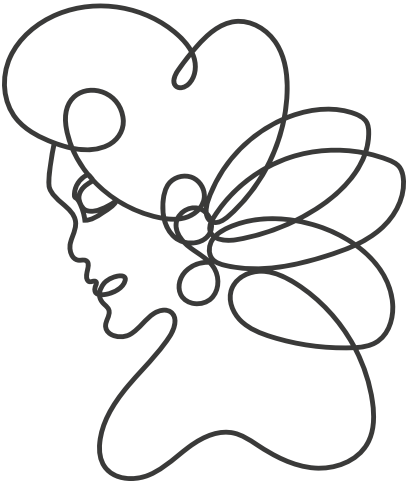
Sister Circle

Tuesday, April 25, 12-1PM
Hybrid: 75 Laguna & 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.

To join in person, an RSVP is required as space is limited.

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



Social Hours at Openhouse

Thursdays, 2-3:30PM, 75 Laguna, RSVP encouraged

Women's Social Hour:

April 6 & 20: we welcome women of all experiences for a social hour happening twice a month.

Men's Social Hour:

April 13 & 27: we welcome men of all experiences for a social hour happening twice a month.



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

Social

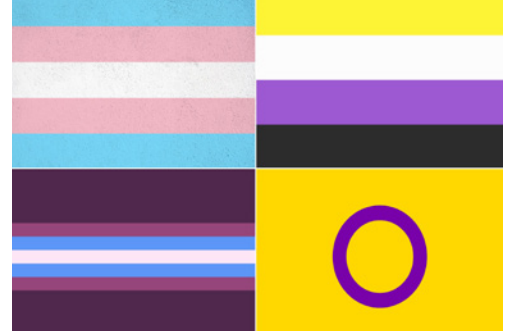
TGI Monthly Meal

Sunday, April 30, 5-7PM, 75 Laguna

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 please reach out to:

J Jha (415) 961-8378 or Kiko B. (415) 509-6684



Arts & Culture

Save the Date!

Why the X? Latinx Examined

Monday, May 15, 11AM-12:30PM, 75 Laguna

Join us for a panel discussion about the term Latinx. Language is always evolving, as are the words that we relate to and use to describe ourselves. We will discuss the ways individuals in the Western hemisphere of Spanish and Portuguese descent self-identify and those terms imposed, or that have gained currency, by social construction entities such as higher education, media, government, and social movements.

Lunch to-go will be provided in person. Let us know when you RSVP if you plan to attend in person or online.

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

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Join the CMC Openhouse Choir

Tuesdays, 11AM-12:30PM, 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!

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



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Housing & ADRC Drop-in Hours, Wednesdays, 1PM-4PM and Thursdays, 10AM-1PM, 75 Laguna						
Curry LGBTQ+ Tech Support with Roberto Drop-In appointments at Openhouse: Mondays and Wednesdays, 9AM-12PM, 75 Laguna						
All programs without a phone number listed, please RSVP to rsvp@openhousesf.org or (415) 231-5871						
2	3 Men's Drop-In Support Group Weekly, 2PM-3:30PM, Hybrid Continuing Japanese, 3PM-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30PM-7PM, RSVP: (415) 961-8378, Hybrid	4 Openhouse Choir, 11AM-12:30PM, 75 Laguna Self Compassion, 11AM-12:30PM Live Performance, 1PM-2PM, 75 Laguna	5 Clearing House: Cluttering Support, 12:30PM-2PM Intermediate Spanish, 3PM-4:30PM, Closed Group	6 Meditation, 11AM-12PM 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, Closed Group	7 Yiddish, 3PM-4:30PM, Closed Group	1 8 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, Closed Group
9	10 Men's Drop-In Support Group Weekly, 2PM-3:30PM, Hybrid Continuing Japanese, 3PM-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30PM-7PM, RSVP: (415) 961-8378	11 Openhouse Choir, 11AM-12:30PM, 75 Laguna Self Compassion, 11AM-12:30PM Gray Gay Writers, 4PM-6PM, RSVP: (510) 333-4464 Trans, 50+ & Fabulous, 5PM-6PM, RSVP: (415) 292-3420	12 "In the Life": Supporting LGBTQ POC 11AM - 12:30PM, 75 Laguna Clearing House: Cluttering Support, 12:30PM-2PM Dr. Aronson Talks Vision and the Aging Eye, 1PM-2:30 PM Intermediate Spanish, 3PM-4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6PM-7:30PM, RSVP: (415) 503-4180	13 Meditation, 11AM-12PM Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995 Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged	14 Walking Group w/ Muttville, 11AM-12PM, 65 Laguna, RSVP: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1PM-2:30 PM Yiddish, 3PM-4:30PM, Closed Group	15 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, Closed Group
16	17 Rainbow Lunch, 12PM-1:30PM, 75 Laguna What Matters Most, Pt 1 12:30PM-2:30PM Men's Support Group, 2PM-3:30PM, Hybrid Continuing Japanese, 3PM-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30PM-7PM, Hybrid	18 National Transgender HIV Testing Day Openhouse Choir, 11AM-12:30PM, 75 Laguna Self Compassion, 11AM-12:30PM LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1PM-2:30PM	19 Clearing House: Cluttering Support 12:30PM-2PM Intermediate Spanish, 3PM-4:30PM, Closed Group	20 Meditation, 11AM-12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Women's Social, 2PM-3:30PM, 75 Laguna RSVP encouraged	21 Muttville Visit, 2PM-3PM @ 255 Alabama St Yiddish, 3PM-4:30PM, Closed Group	22 Earth Day Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, Closed Group
23	24 Rainbow Lunch, 12PM-1:30PM, 75 Laguna Men's Support Group, 2PM-3:30PM, Hybrid Continuing Japanese, 3PM-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30PM-7PM	25 Openhouse Choir, 11AM-12:30PM, 75 Laguna Self Compassion, 11AM-12:30PM Sister Circle, 12PM-1PM, Hybrid Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995 Gray Gay Writers, 4PM-6PM	26 Lesbian Visibility Day "In the Life": Supporting LGBTQ POC, 11AM - 12:30PM, 75 Laguna Intermediate Spanish, 3PM-4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6PM-7:30PM, RSVP: (415) 503-4180	27 Meditation, 11AM-12PM Cooking Class, 11AM - 12:30PM, 75 Laguna, RSVP encouraged Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged TGI Spa Day, 2PM-4PM, 75 Laguna, RSVP encouraged	28 Walking Group, 11AM-12PM, 65 Laguna RSVP: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1PM-2:30 PM Yiddish, 3PM-4:30PM, Closed Group	29 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, Closed Group
30 TGI Monthly Meal, 5PM-7PM, 75 Laguna	May 1 Men's Support Group, 2PM-3:30PM, Hybrid Continuing Japanese, 3PM-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30PM-7PM	2 Openhouse Choir, 11AM-12:30PM, 75 Laguna Self Compassion, 11AM-12:30PM What Matters Most, Pt 2 12:30PM-2:30PM	3 Places Please, 11AM-12:30PM, RSVP Required, (415) 728-0194 Clearing House: Cluttering Support, 12:30PM-2PM Intermediate Spanish, 3PM-4:30PM Museum Trip, 1PM-4PM, de Young Museum	4 Meditation, 11AM-12PM Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Women's Social, 2PM-3:30PM, 75 Laguna RSVP encouraged Cooking Class, 11AM - 12:30PM, 75 Laguna, RSVP encouraged	5 Yiddish, 3PM-4:30PM, Closed Group	6 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, Closed Group

Arts & Culture

Afternoon at the Museum: Intergenerational Connection through Art and Food

Wednesday, May 3, 1-4PM, The de Young Museum

UCSF is excited to host an intergenerational museum visit with UCSF learners/clinicians and Openhouse community members. Join us for an afternoon of food, fun, and celebration at the de Young Museum. Openhouse participants will be paired with one UCSF trainee/faculty member. We'll experience the healing nature of art, enjoy detailed tours of the breathtaking art exhibits, and share life narratives and stories of resilience with each other. A catered lunch will be provided as we debrief the day's experiences.

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



Join us for live music!

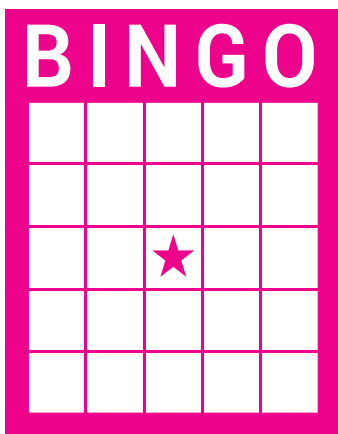
Tuesday, April 4 & May 30

1-2PM at 75 Laguna

Openhouse + On Lok's Club 75 invites you to come experience a live performance by solo guitarist, Lyle Sheffler! Be in community and enjoy an amazing show. Make sure to mark your calendars for May 30th: We'll be back with the Knuckle Knockers, an old time trio featuring a guitar, fiddle, and mandolin!



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



Drag Bingo!

Tuesday, April 18, 1:30-3PM, 75 Laguna

Club 75 invites all community members to a Drag Bingo Extravaganza! 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 at rsvp@openhousesf.org or (415) 231-5871

Support Group

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

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, April 18

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

Trans Resilience Support Group

Mondays, 5:30-7PM via Zoom

Hybrid at 75 Laguna on April 3 & April 17

Join other Transgender, Gender Non-Conforming, seniors every Monday as we come together to support each other through our individual walks in the Trans experience. Group is held virtually every Monday and held as an in-person/hybrid program the last Monday of the month.

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

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



Self-Compassion & Belonging

Tuesdays, 11AM -12:30PM via Zoom

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 listening to our critical inner voices. We will support each other in facing the mystery of mortality-our own and that of those we love.

This 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

Support Group

Clearing House: Drop-In Clutter Support Group

Wednesday, April 5 & April 19
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, supportive space where you can share your struggles and strategies with other LGBTQ folks.



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



LGBTQ Caregivers of Those with Dementia Support Group *In Partnership with the Alzheimer's Association*

Wednesday, April 12 & April 26
6-7:30PM, via Zoom

We welcome diverse LGBTQ caregivers to this twice monthly 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.

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

Living with Loss: Drop-In Grief Support Group

Friday, April 14 & April 28
1-2:30PM 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 Barb Greve.

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

Lifelong Learning

Curry LGBTQ+ Tech Support with Roberto

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

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

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

To makw an appointment or learn more about our services, contact Roberto: (415) 439-3555 or ralvarez@curryseniorcenter.org



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Volunteer with the Openhouse Leadership Council on Queerness, Race, and Privilege

Would you like to help Openhouse (OH) create programs aimed at expanding participation by Asian & Pacific Islanders, African Americans, Latino/a/x, Native Americans, and mixed race/mixed ethnicity older adults? Check out the Leadership Council!

The Leadership Council on Queerness, Race, and Privilege (LC) in conjunction with OH staff is offering a program ""Why the X?"" centering Latino/a/x people on May 15th as more fully described in this newsletter. Future program topics include Disability Justice and Aging into Disability.

We are looking for folks willing to commit to 4 hours a week for 4 months. If you are interested or want to learn more, email the LC at ohleadershipcouncil@gmail.com

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Places Please! Curtain up on the newest LGBTQ+ plays; 2010 to the present!

Wednesdays, May 3 to June 21, 11AM-12:30PM

This exciting workshop explores LGBTQ+ plays and playwrights and their enormous contributions to U.S. theatre. Join us as we read and discuss current plays - from the 2010s to now! No experience is necessary, just an interest in LGBTQ+ theatre. Facilitator, Jess Miller, RDT EdD, is a Registered Drama Therapist. Classes will be limited to 10 participants. Come tread the boards with us!

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

APRIL 2023

Openhouse Remembers



Miss Latonya Jackson

March 22, 1955 -
February 23, 2023

Miss Latonya will be remembered as a kind, generous, grateful, melodious sister, friend and voice of reason in the Trans Resilience Family.

She loved this community and was an advocate for mutual respect and care. She will be missed.



William Langley

William Paris Langley loved Paris and London. He was sophisticated, sang choruses, and loved classical music, theater, and movies. He was a kind and gentle soul, often amusing, and loved dogs and cats. He had many friends and

volunteered his time profusely, including as a long-time reception volunteer at Openhouse. We miss you, William, and celebrate having known you!

