Honoring Our Experience -In celebration of Older Americans Month May 14, 12:30 - 2:30PM, In-Person at 75 Laguna

Let's gather together as an intergenerational community and honor the journeys that each of us has taken to live lives of authenticity and love. Our Coming Out Stories are made up of some of the most transformative moments of our lives. For some of us, we are telling a story that is decades old, and for some maybe last month.

Gregg Cassin has been facilitating groups since 1989. He created Honoring Our Experiences, a program for long-term survivors of the AIDS epidemic.

For questions, contact Rob at rsmith@openhousesf.org or (415) 969-6907

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

New! LGBTQ Caregiver Support Group

In Partnership with Family Caregiver Alliance Wednesday, May 17, 4 - 5:30PM via Zoom

We welcome LGBTQ Caregivers for a new monthly support group! This group is for caregivers of those with a variety of illnesses, disorders, and challenges. Join us via Zoom as we discuss the stresses, challenges, and variety of experiences that come with providing care in our community.

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

Celebrate AAPI Heritage Month!

Tuesday, May 23, 3 - 5PM, In-Person at 75 Laguna

Join us for a screening of Fanny: The Right to Rock!

The untold story of a Filipina American garage band that morphed into the ferocious rock group Fanny. Fighting barriers of race, gender and sexuality, Fanny made a groundbreaking impact on modern music. An array of Asian American appetizers will be provided.

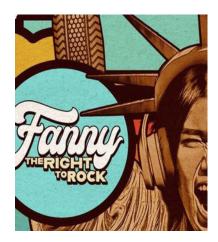
RSVP required: rsvp@openhousesf.org or (415) 231-5871



MAY 2023

3	Health & Wellness		
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May is Older American's Month

Older Americans Month's theme is Aging Unbound, and focuses on the diversity of aging and getting beyond ageist stereotypes.

There is much to celebrate at Openhouse. The Community Engagement team is putting an enhanced focus on wellness, Community Support Service is doing great work to promote mental health and our Strategic Partnership and Training team is expanding our connections to organizations and doing the most innovative trainings in the nation.

Openhouse staff, volunteers and Board members are busy working with community members to create new programs and services that meet the needs and desires of the community. Unfortunately, not every LGBTQ senior in California has an Openhouse. That is one of the reasons we are partnering with the California Department of Aging, UC Berkeley and UCSF to do the state's first every study of the LGBTQ aging experience in our state. We are building a statewide coalition of organizations, service providers and older adults to help inform the study, and we are particularly focused on inclusion of community members who are most underserved, specifically folks who are -BIPOC, API, transgender, women, and those living rurally. If you would like to be part of the coalition, please let me know, ksullivan@openhousesf.org.

Happy Older Americans Month, and may we celebrate older Californians every month.

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

Why the X? "Latinx" Examined Monday, May 15, 11AM - 12:30PM Hybrid: 75 Laguna & via Zoom

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 selfidentify and those terms imposed, or that have gained currency, by social construction entities such as higher education, media, government, and social movements.

Panelists include: Luisa Justo (Openhouse Unidos/United); Laura Lala Chávez (Executive Director, LYRIC); Prado Gómez (Director of Operations, Shanti Project); and Dana Arango (Openhouse Staff Member).

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

LGBTQ Senior Prom is Back!

Thursday, June 8, 3 - 6PM In-Person at 75 Laguna

We are so excited to bring back the LGBTQ Senior Prom to kick off Pride month! This is Prom done Openhouse style: no dress code and no date required. We welcome wallflowers, dancing queens, and everything in between. We'll provide a DJ, light appetizers, prizes for prom royalty, and an amazing time for all -- you just bring your fabulous self!

Health & Wellness

The Openhouse Walking Group is on hiatus!

The Openhouse Walking Group is on hiatus as we make some exciting changes! Check back in future newsletters to see what we've got cooking for group walks.

Join Openhouse at Muttville Friday, May 19, 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



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

Dr. Aronson Talks Blood Test Basics Wednesday, May 24, 1 - 2:30PM via Zoom

Doctors often draw blood – though not as routinely now as they once did. Lab reports are often hard to read. Sometimes there are tests with highlights or exclamation points the clinician isn't worried about and other times there are apparently normal values they do worry about. Many people wonder what tests should be checked with age and whether they are getting the right ones. This is a broad topic so come with your questions and we will have a lively discussion!

This will be Dr. Aronson's final talk in the series! We hope to return with another series led by a different clinician.

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.

Social

Join us for Rainbow Lunch!

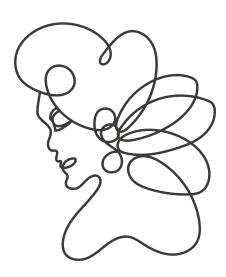
Monday, May 8 & 22 12 - 1:30PM, 75 Laguna

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, May 23, 12 - 1PM Hybrid: 75 Laguna & 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.

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

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

Drop-In Social Hours at Openhouse

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

Women's Social Hour:

May 4 & 18: we welcome women of all experiences for a social hour happening twice a month.

On May 18, come meet our new Women's Programming Assistant, Annie! She's excited to get to know our community!

Men's Social Hour:

May 11 & 25: we welcome men of all experiences for a social hour happening twice a month.



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

Socia

Join the CMC Openhouse Choir

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

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,

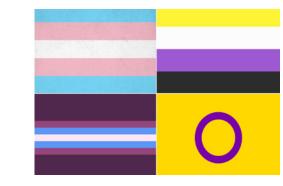
we will explore a wide range of choral repertoire per the interests and abilities of the participants and the vision of the director. No prior singing experience is needed!

Come enjoy a Forest Therapy Walk in AIDS Memorial Grove Friday, May 12, 4:30 - 6PM, AIDS Memorial Grove

Nature is a wonderful place for us to find ourselves and get out of the chaos of our modern world. Join Openhouse at the beautiful AIDS Memorial Grove in Golden Gate Park for a meditative, guided nature walk experience intended to help people slow down and reconnect. You will have the chance to deepen your relationship with the natural world and this profoundly sacred space while with your fellow Openhouse community members.

This Forest Therapy Walk will be led by Tom Imus, a certified guide with the Association of Nature and Forest Therapy. Tom regularly leads forest therapy walks throughout San Francisco and works to help finance renewable energy projects.

Space is limited, so RSVP ASAP if you are interested! RSVP at rsvp@openhousesf.org or (415) 231-5871





SUN	

			s, Wednesdays, 1 - 4PM and Thurs	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
		••	Drop-In Appointments: Mondays	-		
All progra	ams without a phone numbe	er listed, please RSVP to rsvp@oj	penhousesf.org or (415) 231-5871 A	All programs are via Zoom unless mar	ked as Hybrid or w	ith a location
	1 Men's Support Group, 2 - 3:30PM, Hybrid Japanese, 3 - 4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30 - 7PM, Hybrid	2 Openhouse Choir, 11AM - 12:30PM, 75 Laguna What Matters Most, Pt 2, 12:30 - 2:30PM	3 Clearing House: Cluttering Support, 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group	4 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Social, 2 - 3:30PM, 75 Laguna RSVP encouraged	5 Yiddish , 3 - 4:30PM, Closed Group	6 Queer Elders Writing Worksh 12:30 - 2:30PM Art with Elders 2:30 - 4:30PM Closed Group
7	Men's Drop-In Support Group, 2 - 3:30PM, Hybrid Japanese, 3 - 4:30PM, Closed Group	9 Openhouse Choir, 11AM - 12:30PM, 75 Laguna Self Compassion, 11AM - 12:30PM Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464 Trans, 50+ & Fabulous, 5 - 6PM, RSVP: (415) 292-3420	10 "In the Life": Supporting LGBTQ POC 11AM - 12:30PM, 75 Laguna Artist Talk! on LGBT History & Theatre, 1 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: (415) 503-4180	11 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Housing Workshop, 2 - 3:30PM RSVP: (415) 347-8509 Men's Social, 2 - 3:30PM, 75 Laguna, RSVP encouraged	 12 Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Yiddish, 3 - 4:30PM, Closed Group Forest Therapy Nature Walk, 4:30 - 6PM, AIDS Memorial Grove, RSVP required, space limited 	13 Queer Elders Writing Worksh 12:30 - 2:30PM Art with Elder 2:30 - 4:30PM Closed Group
14 Honoring Our Experience, 12:30 – 2:30PM, 75 Laguna	11AM - 12:30PM, Hybrid Men's Drop-In Support Group, 2 - 3:30PM, Hybrid Japanese, 3 - 4:30PM, Closed Group "Trans Resilience" TGNC Support	16 Openhouse Choir, 11AM - 12:30PM, 75 Laguna Self Compassion, 11AM - 12:30PM LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 - 2:30PM Drag Bingo, 1:30 - 3PM, 75 Laguna, RSVP encouraged	17 Taller de Alquilar Viviendas, 11AM - 12PM, RSVP: (628) 208-0020 Clearing House: Cluttering Support, 12:30 - 2PM TGI Spa Day, 2 - 4PM, 75 Laguna, RSVP encouraged Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers Support Group, 4 - 5:30PM, RSVP: asanchez@caregiver.org	 18 World AIDS Vaccine Day Meditation, 11AM - 12PM Unidos/United Meeting, 11:30AM - 1PM, Hybrid Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Social, 2 - 3:30PM, 75 Laguna RSVP encouraged 	19 Muttville Visit , 2 - 3PM, 255 Alabama St Yiddish , 3 - 4:30PM, Closed Group	20 Queer Elders Writing Worksh 12:30 - 2:30PM Art with Elder 2:30 - 4:30PM Closed Group
21	5:30PM Men's Drop-In Support Group 2 - 3:30PM, Hybrid Japanese, 3 - 4:30PM, Closed Group	23 Openhouse Choir, 11AM - 12:30PM, 75 Laguna Sister Circle, 12 - 1PM, Hybrid Housing Workshop, 2 - 3:30PM RSVP: (415) 347-8509 Gray Gay Writers, 4 - 6PM Trans, 50+ & Fabulous, 5 - 6PM, RSVP: (415) 292-3420	24 "In the Life": Supporting LGBTQ POC, 11AM - 12:30PM, 75 Laguna Dr Aronson Talks Blood Test Basics, 1 - 2:30PM Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: (415) 503-4180	25 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Men's Social, 2 - 3:30PM, 75 Laguna, RSVP encouraged	26 Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Yiddish, 3 - 4:30PM, Closed Group	27 Queer Elders Writing Worksh 12:30 - 2:30PM Art with Elder 2:30 - 4:30PM Closed Group
28 TGI Monthly Meal, 5 - 7PM, 75 Laguna, RSVP: (415) 961-8378	29 Memorial Day Openhouse Offices Closed	30 Openhouse Choir, 11AM - 12:30PM, 75 Laguna Self Compassion, 11AM - 12:30PM Live Performance by Knuckle Knockers, 1 - 2PM, 75 Laguna "Trans Resilience" TGNC Support Group, 5:30 - 7PM, Hybrid, RSVP: (415) 961-8378	31 Afternoon at the Museum: Intergenerational Connection, 1 - 4PM, de Young Museum, RSVP required, space limited Intermediate Spanish, 3 - 4:30PM, Closed Group	June 1 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Social, 2 - 3:30PM, 75 Laguna, RSVP encouraged	2 Yiddish , 3 - 4:30PM, Closed Group	3 Queer Elders Writing Worksl 12:30 - 2:30PM Art with Elder 2:30 - 4:30PN Closed Group

Arts & Culture

Live Musical Performance!

Tuesday May 30, 1 - 2PM In-Person at 75 Laguna

Openhouse + On Lok's Club 75 invites you to come experience a live performance by old-time band, Knuckle Knockers! Be in community & enjoy an amazing show. Make sure to mark your calendars, we'll also be back Tuesday, June 27th with Kenny Sommerville and Friends who will be performing traditional Irish music!

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

Drag Bingo! Tuesday May 16, 1:30 - 3PM In-Person at 75 Laguna

Club 75 invites you to a Drag Bingo Extravaganza! All Bingo supplies will be provided and we'll have a wonderful selection of prizes for our winners. And save the date for a very special Pride edition of the event, Drag Tea Time! Saturday, June 10th from 11am to 12:30pm. Come be in community and enjoy the show.

> School of Medicine

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

Afternoon at the Museum: Intergenerational Connection through Art and Food

Wednesday, May 31, 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

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Join Us For Frameline Film Fest!

Openhouse + On Lok's Club 75 will be taking a group trip to the San Francisco Frameline Film Festival! Lookout for an announcement with full details in the June newsletter! This will be open to ALL Openhouse community, so please join us!

Support Group

Men's Drop-In Support Group

Mondays, 2 - 3:30PM (No group on May 29) Hybrid: 75 Laguna & 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

Trans Resilience Support Group

Mondays, 5:30 - 7PM Hybrid: 75 Laguna & via Zoom

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. Come enjoy a



lovely meal in-person or join us via Zoom, now happening EVERY Monday (except for May 29, due to Memorial Day).

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

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

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, May 16 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

Self-Compassion & Belonging

Tuesdays (canceled on May 2 & 23) 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.

Support Group

Clearing House: Drop-In Clutter Support Group Wednesday, May 3 & 17, 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, May 10 & 24 6 - 7:30PM, via Zoom

We welcome diverse LGBTQ caregivers to this twice monthly dropin 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, May 12 & 26 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.

Lifelong Learning

Unidos/United Meeting Thursday, May 18,11:30AM-1:30PM, 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.

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.

For questions, contact Luis de la Garza at nosolotaxi@hotmail.com. RSVP at rsvp@openhousesf.org or (415) 231-5871

Genealogy for Openhouse

Wednesdays, July 12, July 26 & August 9, 11AM - 12:30PM, via Zoom

Local LGBTQ amateur genealogist, Phil James, will present a three-part series of classes on genealogy. Each class will focus on a particular aspect of the field. Participants will have the option of taking specific classes or the entire series. **Space is limited and an RSVP is required.**

- July 12: The Basics of Genealogy: What is genealogy? Is there an LGBTQ aspect to it? Is it a beneficial activity for seniors? What are the challenges faced by marginalized populations (people of color, women, LGBTQ ancestors)?
- July 26: Genealogy The Details: What are the details when gathering data? How to create a family tree from collected data.
- August 9: Genealogy, The Future: What's new in the field? How to ""future-proof"" your work. What do DNA results look like?

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

Queer Asian Americans & Pacific Islanders

The queer AAPI community has often been erased, especially in the larger AAPI landscape, but many Asian and Pasifika cultures have a legacy of ancestors who lived outside of cisheteronomative binaries – from androgyny in East Asian cultures, South Asian dance forms and Leitis in Tonga.

As we celebrate, Openhouse also recognizes that Pacific Islanders are not often given space in the overall celebration of AAPI Heritage month. We also recognize that heritage months should not be the only time to highlight, uplift, and center the wisdom and beauty of the community that is currently set to be celebrated (that wouldn't be pono!).

We send love and appreciation to all of our AAPI community and are honored to be given the opportunity to stand with them, including our Fa'afafine, Māhū, Fakaleiti, Leitis, Queer, Trans, and Gender expansive community.



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

MAY 2023



Openhouse is getting ready for Pride!

Openhouse has so much planned for June. See the timeline of events below and check back in the June newsletter for more details.

- June 4: Join volunteers as we create posters and create Pride decorations for the space at 75 Laguna. Lunch will be provided. Interested in joining? RSVP to rsvp@openhousesf.org or (415) 231-5871.
- June 8: Openhouse LGBTQ Senior Prom is back! Join us at 75 Laguna, 3 6PM, as we dance the afternoon away! More info on page 2.
- June 9 June 11: Openhouse is a proud community partner of the Queer Women of Color Media Arts Project! Check our the June newsletter for more information about engaging this incredible annual film festival.
- June 23: Señora Felicia Flames Intergenerational TGI Brunch
- June 25: Pride Parade!



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.