

Happy New Year, Openhouse Community!

As we welcome the new year, I am reflecting on the milestones that shape our collective journey. In the spirit of progress and justice, we acknowledge the historic Roe v. Wade decision (while now repealed), was a landmark ruling that affirmed a woman's right to choose and marked a pivotal moment in the ongoing struggle for reproductive rights. As we celebrate Martin Luther King Jr.'s birthday, we honor his legacy of courage and resilience in the fight against racial injustice. Dr. King's dream of equality and unity resonates across generations, inspiring us to strive for a world where justice prevails. In the tapestry of a new year, let us weave the threads of compassion, understanding, and advocacy, ensuring that the principles upheld by Roe v. Wade and the ideals championed by Martin Luther King Jr. continue to guide us toward a more equitable and compassionate future.

Kathleen M. Sullivan, Ph.D.
Openhouse Executive Director

JANUARY 2024

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Winter Wonderland Dance with Openhouse and Club 75

Friday, January 26, 2 - 4PM, In-Person at 75 Laguna

Come join Openhouse and Club 75 for an afternoon of whimsy and warm company at the Winter Wonderland Dance! Festivities will include tasty wintertime treats, music, a dancefloor to get down on, and fun for all. Festive attire welcome. Dance away your winter blues with community and cheer!

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



Welcome Dani Soto!

We are excited to introduce Dani Soto (they/them), Openhouse's new Deputy Director! Dani's role is meant to help Openhouse in a variety of ways, most importantly successfully helping to manage our growing organization! Openhouse has doubled the size of our staff in just two years. As we grow, we want to ensure our staff are getting the support they need and to create the necessary time and space to build services that better serve our community. Dani is a huge sci-fi nerd, enjoys playing complicated board games, and loves kitties, orchids, and cooking! Dani is excited to meet community members, so come by anytime!



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 - 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

"I'm Still Here" Cabaret

Tuesday, February 14, 1 - 2:30PM

In-Person at 75 Laguna

"I'm Still Here" is a serio-comic cabaret in three short acts performed by Joshua Grodsky and featuring the music of Kurt Weill, Jerry Herman, Stephen Sondheim, Richard Rodgers, and others on the theme of time, life, love, loss, more time, more life, more love, more loss, etc.

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



Social

Join us for Rainbow Lunch!

Monday, January 8 and 22, 12 - 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 that there is enough space and food for everyone at Rainbow Lunch, **we require an RSVP to attend.**

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



Women's Resource Corner and Coffee Hour

Thursday, January 11, 12:30 - 1:30PM
In-Person at 75 Laguna, RSVP encouraged

This month, join us for coffee as we learn about the incredible Friendly Visitor Program as well as opportunities for intergenerational connection with Rob Smith, Openhouse's Intergenerational Program Manager.

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

Men's Drop-In Social Hour

Thursday, January 11 and 25, 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, January 18, 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 día 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, January 19, 2 - 3PM

In-Person at 255 Alabama St

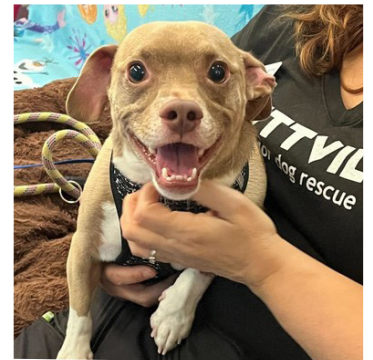


MUTTVILLE[®]
senior dog rescue

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



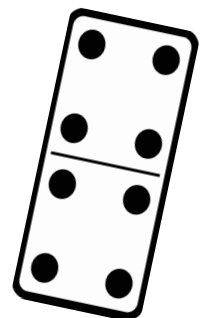
Games Group is now weekly!

Fridays, 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



Social

LBO Women's Lunch and "Nyad" Screening

Saturday, January 27, 12 - 1:30PM

In-Person at 75 Laguna

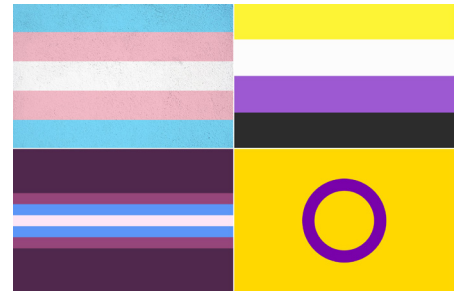
Join us for lunch, discussion, and a screening of "Nyad", a biography of legendary swimmer and lesbian icon Diana Nyad (Annette Bening) and her coach Bonnie Stoll (Jodi Foster). The film depicts her epic efforts to swim from Cuba to Florida without a shark cage.

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

TGI Monthly Meal

Sunday, January 28, 5 - 7PM, In-Person 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, reach out to: J Jha (415) 961-8378

Support Groups

Clearing House: Drop-In Clutter


Support Group

Wednesday, January 3 and 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."

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



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>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</p>						
<p>Housing & ADRC Drop-in Hours, Wednesdays, 1 - 4PM and Thursdays, 10AM - 1PM, 75 Laguna</p>						
<p>Curry LGBTQ+ Tech Support with Roberto, Drop-In Appointments: Mondays and Wednesdays, 9AM - 12PM, 75 Laguna</p>						
	<p>1 OPENHOUSE OFFICES CLOSED</p> 	<p>2 History & Development of the Romance Languages ,2 - 3:30PM, 75 Laguna</p> <p>Gray Gay Writers, 4 - 6PM RSVP: (510) 333-4464</p>	<p>3 Clearing House: Cluttering Support, 12:30 - 2PM</p> <p>Intermediate Spanish, 3 - 4:30PM, Closed Group</p> <p>Trans Resilience, 5:30 - 7PM, Hybrid, RSVP: (415) 961-8378</p>	<p>4 Meditation, 11AM - 12PM</p> <p>Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group</p>	<p>5 Games Group, 11AM - 1PM, 75 Laguna</p> <p>Queer Elders Writing Workshop, 1 - 3PM</p> <p>Yiddish, 3 - 4:30PM, Closed Group</p>	<p>6 Art With Elders 2:30 - 4:30PM, Closed Group</p>
7	<p>8</p> <p>Rainbow Lunch, 12 - 1:30PM 75 Laguna, RSVP required by Jan 5</p> <p>Men's Drop-In Support Group 2 - 3:30PM, Hybrid</p>	<p>9</p> <p>History & Development of the Romance Languages , 2 - 3:30PM, 75 Laguna</p> <p>Trans, 50+ & Fabulous, 5PM-6PM, RSVP: (415) 292-3420</p>	<p>10</p> <p>Intermediate Spanish, 3 - 4:30PM, Closed Group</p> <p>Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378</p> <p>LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org</p>	<p>11 Meditation, 11AM-12PM</p> <p>Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group</p> <p>Women's Resource Corner and Coffee Hour, 12:30P-1:30PM, 75 Laguna</p> <p>Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995</p> <p>Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged</p>	<p>12 Games Group, 11AM - 1PM, 75 Laguna</p> <p>QEW, 1 - 3PM</p> <p>Living with Loss: Drop-in Grief Support, 1 - 2:30 PM</p> <p>Yiddish, 3 - 4:30PM, Closed Group</p>	<p>13</p> <p>AWE 2:30 - 4:30PM, Closed Group</p>
14	<p>15 Martin Luther King Jr. Day</p> <p>OPENHOUSE OFFICES CLOSED</p>	<p>16</p> <p>Self-Compassion & Belonging, 11AM - 12:30PM, 75 Laguna</p> <p>LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 - 2:30PM</p> <p>History & Development of the Romance Languages , 2 - 3:30PM, 75 Laguna</p> <p>LBO Women's Drop-In Support Group, 3 - 4:30PM, 75 Laguna</p> <p>Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464</p>	<p>17</p> <p>Clearing House: Cluttering Support, 12:30 - 2PM</p> <p>Intermediate Spanish, 3 - 4:30PM, Closed Group</p> <p>LGBTQ Caregivers Support Group, 4 - 5:30PM, For Info: asanchez@caregiver.org</p> <p>Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378</p>	<p>18</p> <p>Meditation, 11AM - 12PM</p> <p>Unidos/United Meeting, 11:30AM-1PM, 75 Laguna</p> <p>Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group</p>	<p>19</p> <p>Games Group, 11AM - 1PM, 75 Laguna</p> <p>QEW, 1 - 3PM</p> <p>Muttville Visit, 2 - 3PM, 255 Alabama St, RSVP required</p> <p>Yiddish, 3 - 4:30PM, Closed Group</p>	<p>20</p> <p>AWE 2:30 - 4:30PM, Closed Group</p>
21	<p>22</p> <p>Rainbow Lunch, 12 - 1:30PM, 75 Laguna, RSVP required by Jan 19</p> <p>Men's Drop-In Support Group 2 - 3:30PM, Hybrid</p>	<p>23</p> <p>Self-Compassion & Belonging, 11AM - 12:30PM, 75 Laguna</p> <p>Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995</p> <p>Trans, 50+ & Fabulous, 5PM-6PM, RSVP: (415) 292-3420</p>	<p>24</p> <p>Drag Bingo, 1:30 - 3PM, 75 Laguna</p> <p>Intermediate Spanish, 3 - 4:30PM, Closed Group</p> <p>Trans Resilience, 5:30 - 7PM, Hybrid, RSVP: (415) 961-8378</p> <p>LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org</p>	<p>25</p> <p>Meditation, 11AM - 12PM</p> <p>Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group</p> <p>Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged</p>	<p>26</p> <p>Games Group, 11AM - 1PM, 75 Laguna</p> <p>QEW, 1 - 3PM</p> <p>Living with Loss: Drop-in Grief Support, 1 - 2:30 PM</p> <p>Winter Wonderland Dance, 2 - 4PM 75 Laguna</p> <p>Yiddish, 3 - 4:30PM, Closed Group</p>	<p>27</p> <p>LBO Women's Lunch, 12 - 1:30PM, 75 Laguna</p> <p>AWE 2:30 - 4:30PM, Closed Group</p>
28	<p>29</p> <p>Men's Drop-In Support Group 2 - 3:30PM, Hybrid</p>	<p>30</p> <p>Self-Compassion & Belonging, 11AM - 12:30PM, 75 Laguna</p> <p>Concert at Club 75, 1 - 2PM, 75 Laguna</p> <p>Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464</p>	<p>31</p> <p>Intermediate Spanish, 3 - 4:30PM, Closed Group</p> <p>Trans Resilience, 5:30 - 7PM, Hybrid, RSVP: (415) 961-8378</p>	<p>February 1</p> <p>Meditation, 11AM - 12PM</p> <p>Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group</p>	<p>2</p> <p>Games Group, 11AM - 1PM, 75 Laguna</p> <p>Queer Elders Writing Workshop, 1 - 3PM</p> <p>Yiddish, 3 - 4:30PM, Closed Group</p>	<p>3</p> <p>AWE 2:30 - 4:30PM, Closed Group</p>

Support Groups

Living with Loss: Drop-In Grief Support Group

Friday, January 12 and 26, 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



LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer's Association

Wednesday, January 10 and 24, 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



Self-Compassion and Belonging

Tuesdays, beginning January 16, 11AM - 12PM, 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 compassion rather than listening to our critical inner voices and supporting 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 leading Self-Care and Self-Compassion groups at Openhouse since 2012.

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

Support Groups

LBO Women's Support Group

Tuesday, January 16, 3 - 4:30PM, In-Person at 75 Laguna

We are excited to offer a new LBO Women's Support Group. This group will be a caring, curious space where we work to better understand our feelings and how they shape our lives. Awareness brings clarity and empathy, and this group will center emotional awareness and support.

A conversation with the facilitator, Annie, is required before joining.

To schedule a conversation with Annie, please contact the RSVP line.

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

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, January 16, 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

LGBTQ Caregiver Support Group

In Partnership with Family Caregiver Alliance

Wednesday, January 17, 4 - 5:30PM, via Zoom



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

Support Groups

Trans Resilience Support Group

Wednesdays, 5:30 - 7PM, Hybrid: 75 Laguna and via Zoom

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



Men's Support Group

NOTE: Office is Closed January 15

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.

There is a great 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

Exploring the Ways of Karma

Thursdays, starting February 8, 4 - 5:30PM, via Zoom

This is a relaxed gathering of up to 8 people who are curious about the phenomena of karma. Observing the frequency of getting back what we put out can be illuminating. Further, one may not always understand motivations (emotions, thoughts, behaviors) though what shows up can be an important clue in knowing.

Facilitated by Den Reno, Ph.D. Licensed Psychologist, this 8 week series of Zoom meetings will focus on exploring further the mystery of consciousness along our life's journey.

A conversation with the facilitator is required before joining.

To schedule a conversation, contact rsvp@openhousesf.org or (415) 231-5871

Lifelong Learning

Curry LGBTQ+ Tech Support with Roberto

Office Closed on January 15

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

Assistance provided for:

Mobile Phones/Tablets
Laptops/Computers
Wi-Fi
Printers



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

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

Arts & Culture

Concert at Club 75

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

Join us for a performance by JimBo Trout and the Fishpeople! Their music is a good-time gumbo of bluegrass, rock+roll, honky-tonk country, old-time, ragtime, blues, western-swing, rockabilly, jug band, jazz, swing, Cowboy, New Orleans, and more.

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

Queer Elders Writing Workshop

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

QEW 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





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

JANUARY 2024

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



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.