Celebrating Women's History Month

MARCH 2024

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Women's Resource Corner and Coffee Hour with Bay Area Lesbian Archives
Thursday, March 14, 12:30 - 1:30PM, In-Person at 75 Laguna, RSVP encouraged

Bay Area Lesbian Archives (BALA) was founded in 2014 by curator, photographer, and filmmaker Lenn Keller, who recognized the critical need for Bay Area lesbian history to be preserved. Come meet a representative of the organization and learn more about their history, goals, and how you can be a part of their efforts.

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

Lesbian, Bisexual, Queer Women's Lunch and Celebrating Women's History Month
Saturday, March 23, 12 - 1:30PM, In-Person at 75 Laguna

In honor of Women's History Month, join us as we share stories of our Lesbian, Bisexual, and Queer Women's History! From paving the way to national legislation to dancing together in a club, we will center the daily courage of being ourselves. We will be finding connection through images, music, stories, and lunch. If you have images or stories from your past that you'd like to share you can email amellinger@openhousesf.org or just bring some the day of. **(Images will not be used outside of Openhouse programming unless explicitly given permission)**

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

New to Openhouse? Come learn about all we have to offer!
Monday, March 18, 3 - 4PM
In-Person at 75 Laguna

Join us for some coffee and pastries as we discuss the various activities and programs Openhouse offers. You will also have a chance to learn about an ongoing feedback opportunity that we have for new participants at Openhouse. We encourage community members who have attended 5 or fewer activities to attend this orientation!

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

Openhouse + On Lok = A Culture of Care

Happy March! I can hardly believe spring is on the horizon. This month, I thought I would take a moment to highlight one of our most important partnerships and programs, Club 75. You may already know that Tuesday through Saturday Openhouse + On Lok have a shared program called Club 75. The staff of Club 75 identify with the queer community they serve and truly revere LGBTQIA older adults. They are specially trained to care for adults who have experienced trauma, have mental health challenges, or who are living with Alzheimer's or other forms of dementia.

The joint programming is robust and intentional, filling the day with activities tailored to the individual needs of participants. Community members enrolled with Club 75 are engaged in San Francisco's culture, with outings to music performances, cultural events, galleries, and museums—the kind of activities they've always enjoyed but can no longer access on their own.

If needed, members and their caregivers are referred to competent LGBTQIA friendly and welcoming health and social services through Openhouse and On Lok to make sure our community gets the care they need in a place that accepts and, dare I say, loves them.

Want to learn more about Club 75? Contact Isaiah at imeade@openhouse.org.

In community,
Kathleen Sullivan, ED

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Alzheimer's and the LGBTQ+ Community:
A Conversation with Dr. Jason Flatt
Wednesday, March 27, 10 - 11:30AM via Zoom

The LGBTQ+ community may face particular challenges related to Alzheimer's and dementia. Age is the greatest risk factor for Alzheimer's disease and an estimated 2.7 million LGBTQ+ people are over age 50. In this session you'll learn some of the latest research impacting LGBTQ+ older adults from Dr. Jason Flatt, UNLV, and how to access community resources from trusted organizations Openhouse, Family Caregiver Alliance, and the Alzheimer's Association.

Jason D. Flatt, PhD, MPH is an Assistant Professor at the University of Nevada, Las Vegas, School of Public Health, Department of Social and Behavioral Health.

Link to register is here: https://shorturl.at/wyNPU

Do You Use Paratransit? We want your feedback!
Thursday, March 21, 2 - 3PM, In-Person at 75 Laguna

Join Dani Soto, Deputy Director at Openhouse, for a 90-minute focus group on your San Francisco Paratransit experiences. Your insights will be shared with the MUNI Paratransit Coordinating Council. Enjoy a light meal and receive a $25 gift card as thanks. Let us know if you need transportation.

Please RSVP by Monday, March 18 at rsvp@openhousesf.org or (415) 231-5871

Sunday, March 31: Transgender Day of Visibility

On Transgender Day of Visibility, Openhouse stands firm: transgender rights are human rights. We honor the resilience and achievements of transgender, nonbinary, and gender non-conforming individuals worldwide, applauding their ongoing struggle for equality, inclusion, and full recognition of their human rights. Yet, we acknowledge the ongoing effort required to ensure every individual can live authentically, safely, and with dignity.

Contact J or Saroj for details on how Openhouse is celebrating!
J: jjha@openhousesf.org, 415-961-8378
Saroj: afatehpuria@openhousesf.org, 415-509-1677
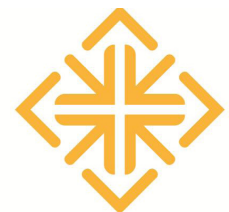
Socials

Intergenerational Event! Queering Education
Friday, March 8, 5:30 - 7:30PM, In-Person at 75 Laguna

Meet with students from the University of San Francisco for an intergenerational dialogue about LGBTQ issues in education. Share your story as a queer student, educator, counselor, administrator, or parent in school. Hear what students from USF are doing to make schools more inclusive. Your experience will contribute to students' understanding of where we've come from, how far we've gone, and where we still need to go.

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

UNIVERSITY OF
SAN FRANCISCO

Socials

Make Intergenerational Connections!

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

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Join us for Rainbow Lunch!
Monday, March 11 and 25, 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. Rainbow Lunch has gotten very popular! In order to make sure we have enough room and space, please continue RSVPing by the Friday before the lunch. You will receive a confirmation of whether you are on the list or on the waitlist.

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

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Men's Drop-In Social Hour
Thursday, March 14 and 28, 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

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Unidos/United Meeting
Thursday, March 21, 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 dia 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

Socials

Games Group

Note: No Group on March 29
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

Join Openhouse at Muttville

Friday, March 15, 2 - 3PM
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 with fur friends and humans alike!

Space is limited and an RSVP is required.

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

MUTTVILLE®
senior dog rescue

LBQ Women "Tell Your Story" Workshop Part Two

Saturday, March 30, 12 - 1:30PM, In-Person at 75 Laguna

This workshop will offer a quick recap of our first meeting with visual and/or audio examples to help us see the page as a starting point for our projects. Do you have a story to share? An idea that won't let go? Join artist and storyteller, Fran Schiff, to get that story out. Learn to plan and create a way to express what you have been wanting to share. Create something for yourself. Share it or not.
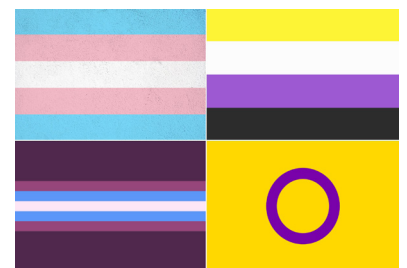
RSVP to rsvp@openhousesf.org or (415) 231-5871

TGI Monthly Meal Celebrating Trans Visibility

Sunday, March 31, 5 -7PM, In-Person at 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 at (415) 961-837

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
all: **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**						

Housing & ADRC Drop-in Hours, Wednesdays, 1 – 4PM and Thursdays, 10AM – 1PM, 75 Laguna

Curry LGBTQ+ Tech Support with Roberto, Drop-In Appointments: Mondays and Wednesdays, 9AM – 12PM, 75 Laguna

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 Games Group, 11AM – 1PM, 75 Laguna Queer Elders Writing Workshop, 1 - 3PM Watercolor Basics, 1:30 – 3PM, Closed Group Yiddish, 3 – 4:30PM, Closed Group	**2** AWE 2:30 – 4:30PM, Closed Group
3	**4** Men's Drop-In Support Group 2 – 3:30PM, Hybrid	**5** CMC OH Choir, 11AM – 12:30PM, 75 Laguna Self-Compassion & Belonging, 11AM – 12:30PM LBQ Women's Drop-In Support Group, 3 – 4:30PM, 75 Laguna	**6** Clearing House: Cluttering Support, 12:30 – 2PM Intermediate Spanish, 3 – 4:30PM, Closed Group Trans Resilience, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378	**7** Meditation, 11AM-12PM Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Hybrid Today Only Exploring the Ways of Karma, 4 - 5:30 PM, Closed Group	**8** Games Group, 11AM – 1PM, 75 Laguna Queer Elders Writing Workshop, 1 - 3PM Watercolor Basics, 1:30 – 3PM, Closed Group Yiddish, 3 – 4:30PM, Closed Group Intergen Event, 5:30 – 7:30PM, 75 Laguna	**9** AWE 2:30 – 4:30PM, Closed Group
10 Daylight Savings Time: Spring Forward!	**11** Rainbow Lunch, 12 – 1:30PM, 75 Laguna, RSVP required by March 8 Men's Drop-In Support Group 2 – 3:30PM, Hybrid	**12** CMC OH Choir, 11AM – 12:30PM, 75 Laguna Gray Gay Writers, 4 – 6PM, RSVP: (510) 333-4464 Trans, 50+ & Fabulous, 5PM-6PM, RSVP: (415) 292-3420	**13** Intermediate Spanish, 3 – 4:30PM, Closed Group Trans Resilience, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org	**14** Meditation, 11AM – 12PM Women's Resource Corner and Coffee Hour, 12:30P-1:30PM, 75 Laguna LTS HIV/AIDS Support Group, 12PM-1:30PM Housing Workshop, 2PM-3:30PM, RSVP: (415) 296-8995 Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged Exploring the Ways of Karma, 4 - 5:30 PM, Closed Group	**15** Games Group, 11AM – 1PM, 75 Laguna QEWW, 1 – 3PM Living with Loss: Drop-in Grief Support, 1 - 2:30PM Watercolor Basics, 1:30 – 3PM, Closed Group Muttville Visit, 2 – 3PM, 255 Alabama St, RSVP required	**16** AWE 2:30 – 4:30PM, Closed Group
17	**18** Men's Drop-In Support Group 2 – 3:30PM, Hybrid Openhouse New Member Orientation 3 - 4PM, RSVP Required	**19** CMC OH Choir, 11AM – 12:30PM, 75 Laguna LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 – 2:30PM LBQ Women's Drop-In Support Group, 3 – 4:30PM, 75 Laguna	**20** Clearing House: Cluttering Support, 12:30 – 2PM Drag Bingo, 1:30 – 3PM, 75 Laguna Intermediate Spanish, 3 – 4:30PM, Closed Group LGBTQ Caregivers Support Group, 4 – 5:30PM, For Info: asanchez@caregiver.org Trans Resilience, 5:30 – 7PM, Hybrid, RSVP: (415) 961-8378	**21** Meditation, 11AM – 12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna LTS HIV/AIDS Support Group, 12PM-1:30PM Paratransit Focus Group, 2 - 3:30 PM, 75 Laguna Exploring the Ways of Karma, 4 - 5:30 PM, Closed Group	**22** Games Group, 11AM – 1PM, 75 Laguna QEWW, 1 – 3PM Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Watercolor Basics, 1:30 – 3PM, Closed Group Yiddish, 3 – 4:30PM, Closed Group	**23** LBQ Women's Lunch, 12 - 1:30PM, RSVP Required AWE 2:30 – 4:30PM, Closed Group
24 **31** Trans Day of Visibility! TGI Monthly Meal, 5-7PM, 75 Laguna	**25** Rainbow Lunch, 12 – 1:30PM, 75 Laguna, RSVP required by March 22 Men's Drop-In Support Group 2 – 3:30PM, Hybrid	**26** CMC OH Choir, 11AM – 12:30PM, 75 Laguna Music aLive!, 1 – 2PM, 75 Laguna Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995 Gray Gay Writers, 4 – 6PM, RSVP: (510) 333-4464 Trans, 50+ & Fabulous, 5PM-6PM, RSVP: (415) 292-3420	**27** Alzheimer's in the LGBTQ+ Community, 10 – 11:30AM Intermediate Spanish, 3 – 4:30PM, Closed Group Trans Resilience, 5:30 – 7PM, Hybrid, RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org	**28** Meditation, 11AM – 12PM LTS HIV/AIDS Support Group, 12PM-1:30PM Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged Exploring the Ways of Karma, 4 - 5:30 PM, Closed Group	**29** Cesar Chavez Day Observed **OPENHOUSE OFFICES CLOSED**	**30** LBQ Women Tell Your Story Workshop Part 2, 2 - 3:30PM, RSVP Required AWE 2:30 – 4:30PM, Closed Group

Support Groups

Men's 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. 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

Lesbian, Bisexual, Queer (LBQ) Women's Support Group
Tuesday, March 5 and 19, 3 - 4:30PM, In-Person at 75 Laguna

This group is 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.

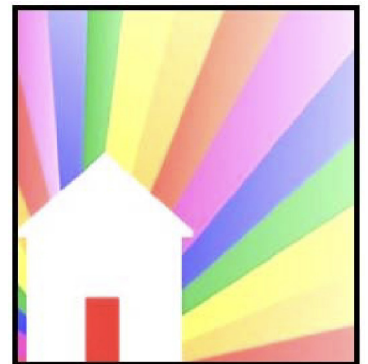RSVP at rsvp@openhousesf.org or (415) 231-5871

Clearing House: Drop-In Clutter Support Group
Wednesday, March 6 and 20, 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

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.

Hosted by Ms. Billie Cooper.

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

Support Groups

Living with Loss: Drop-In Grief Support Group
Friday, March 8 and 22, 1 - 2:30PM, via Zoom

VITAS®
Healthcare

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

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LGBTQ Caregivers of Those with Dementia Support Group
In Partnership with the Alzheimer's Association
Wednesday, March 13 and 27, 6 - 7:30PM, via Zoom

alzheimer's association®

We welcome diverse LGBTQ caregivers of those with Dementia to this twice monthly drop-in support group.

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

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LGBTQ Seniors with Chronic Physical Disabilities Support Group
Tuesday, March 19, 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 Sumi Colligan and Max Lane.

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

LGBTQ Caregiver Support Group
In Partnership with Family Caregiver Alliance
Wednesday, March 20, 4 - 5:30PM, via Zoom

FCA Family Caregiver Alliance®

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
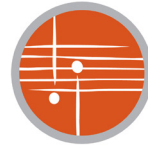
Arts & Culture

Join the CMC Openhouse Choir!
Tuesdays, 11AM - 12:30PM, In-Person at 75 Laguna

Community Music Center's Older Adult Choir Program and Openhouse create a space for LGBTQ+ Older Adults to connect through the joyful power of music! We explore a wide range of choral repertoire per the interests and abilities of the participants and the vision of the director.

New members welcome and no prior singing experience is needed!

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

COMMUNITY MUSIC CENTER
MUSIC FOR EVERYONE SINCE 1921

Drag Bingo at Club75
Wednesday, March 20, 1:30 - 3PM, In-Person at 75 Laguna

Join us for Drag Performances, food, games, and prizes. We'll be featuring drag performers brought to us by Queens of the Castro.

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

Music aLIVE! at Club75
Tuesday, March 26, 1 - 2PM, In-Person at 75 Laguna

Join Club75 for their continued Music aLIVE! concert series. The Carlitos Medrano Trio will be performing Afro-Cuban world music.

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

Queer Elders Writing Workshop
Fridays, 1 - 3PM via Zoom

QEWW, the Queer Elders' Writing Workshop is a diverse and friendly group and our no-pressure writing philosophy is dedicated to making writing creative and fun. QEWW welcomes writers of all genres and styles, including memoirs, stories, poems, lyrics, and more!

A conversation with QEWW facilitators is required before joining.

To get connected, contact rsvp@openhousesf.org or (415) 231-5871.

Save the Date! Disability Justice Panel and Workshop
Monday, April 29, 11AM - 1PM, Hybrid: 75 Laguna and via Zoom

Openhouse and the Leadership Council or Queerness, Privilege, and Race are excited to invite you to a panel and workshop on Disability Justice! You can join virtually for just the panel via webinar or come in person to view the panel via webinar and engage in a workshop following the panel. Check out the April newsletter for more details!

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

Lifelong Learning

Curry LGBTQ+ Tech Support with Roberto
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

Beginning Japanese returns to Openhouse!
Mondays, April 8 - June 17, 3 - 4:30PM via Zoom

Openhouse is happy to announce that Dan Stewart, our resident instructor of Japanese, will be presenting a series of beginner level classes. Dan brings to his craft a rich background of having lived in Japan, along with his teaching position at Cabrillo College. In addition to teaching the language, he will incorporate insights into the history and culture of Japan. Dan's experience and his lighthearted approach to the subject matter have made his classes among the most popular here at Openhouse.

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

openhouse

community, services, and housing for LGBTQ+ seniors

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

MARCH 2024

Spring Forward: Daylight Savings Time
March 10, 2024

Don't forget to set your clock 1 hour forward for Daylight Savings Time! Daylight saving time officially begins at 2 a.m. on March 10

World Premiere: Jewelle Gomez Play at NCTC
March 1 - March 31 at 25 Van Ness Ave

In 1959, former vaudevillians Buster, Lydia, Minty, and Scottie gather in Provincetown for their annual summer reunion. Amidst the backdrop of the Civil Rights movement, they confront long-hidden changes, reflecting on their past while navigating the challenges of the present. "Unpacking in P'town" by Jewelle Gomez is a world premiere play capturing the vibrant lives of queer artists of color, celebrating their legacy and resilience.

For more info, contact boxoffice@nctcsf.org or (415) 861 - 8972

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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.