

## Thank you for your feedback!

We want to give a big shout-out to community members who completed the Openhouse Consumer Satisfaction Survey last month! Thank you for helping Openhouse demonstrate to our funder and partner, the SF Dept. of Aging and Adult Services, that we care about offering quality programs for LGBTQ seniors. As a token of our appreciation, those with the following raffle ticket numbers will receive a \$15 Safeway giftcard!

Winning numbers are: **514751\*** **514670\*** **514766\*** **514551\***

If your ticket is a winner, please contact Sylvia Vargas at 415-659-8123 or email her at [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org).

## Interested in Attending a Housing Workshop?

Need help understanding how to apply for affordable senior housing in San Francisco? Openhouse is here to help! Join us for a housing workshop, an hour-long presentation at Openhouse in which we cover the basics you need to know as you look for housing. We will decode the process of applying and suggest next steps.

Contact Information and Assistance Specialist,  
Manuel Martinez to sign up at (415) 347-8509 or  
[manuel@openhouse-sf.org](mailto:manuel@openhouse-sf.org).

**Taller de Vivienda (Housing workshop)**

¡Empiece su búsqueda de vivienda con Openhouse!

¡Únete a Openhouse para una presentación sobre vivienda asequible! Esta presentación se llevará a cabo en español. Los talleres de vivienda abordan lo que es la vivienda de bajos recursos y de nivel bajo del mercado, la disponibilidad en la ciudad de San Francisco, estrategias de búsqueda y consejos para aplicar. Si te sientes atascado e inseguro de por dónde comenzar, este taller es una excelente manera de obtener apoyo e información al iniciar una búsqueda de vivienda.

### English

April 3<sup>rd</sup> at 11AM

April 9<sup>th</sup> at 1PM

April the 20<sup>th</sup> at 1:30PM

April 24<sup>th</sup> at 11AM

### Spanish

April 27<sup>th</sup> at 3PM

Held at Openhouse  
Bob Ross LGBT Senior Center  
65 Laguna Street



## Transgender Day of Visibility 2018 Lunch Success!

Thanks to everyone who came to our Transgender Day of Visibility Lunch. Such a great day to come together and celebrate our trans family! Great news- we are starting a NEW monthly Trans Elders Lunch! First date: **Tuesday 17th April, held at Bob Ross LGBT Senior Center**. As with all of our lunches an RSVP is required- please contact Sylvia at X303 if you plan to come.

# CELEBRATE PRIDE WITH OPENHOUSE

## **Pride Kick-Off: June 1st (Time, location, TBD)**

Plans are underway to kick-off the month to celebrate and engage in advocacy to support LGBT seniors. Stay tuned for details to come!

## **LGBTQ Senior Prom: June 9th from 4-7pm at the San Francisco War Memorial Green Room**

This popular event returns for the third year and in a new and expanded location- the SF War Memorial Green Room! LGBTQ Senior Prom is a celebration for seniors and allies of all ages to get another chance at Prom- with none of the tradition or rules. No dress code, no need for a date, no dancing required, no gender rules and no holding back! Acceptance is the only theme. The event features a DJ, live band, performances, food and drinks, prizes for prom royalty and an amazing time for all!

## **Openhouse Art Show at Ruth's table: June 16th from 2-5pm at Bethany Center/Ruth's Table**

We are thrilled to showcase art from several of our community members at this event with our amazing friends at Ruth's Table. Ruth's Table offers programs that encourage personal growth and well-being by promoting community participation, lifelong, learning and creative expression. They regularly host art openings, shows, and lecture events attended by the general public, local schools and community partners that foster social capital and promote positive aging. The goals of this exhibition are to stimulate conversation and showcase LGBTQ seniors' lives and perspective.

## **Elder Youth Bruch: June 22nd at Dolores Park (Time TBD)**

LYRIC, Trans March and Openhouse are proud to once again to host Pride's main intergenerational event. We are excited to celebrate youth and elders, as they work together to build a strong LGBTQ community. The event includes a delicious brunch in Dolores park under a comfy canopied area and activities to foster connection across the ages. Brunch is followed by the Trans March rally and march!

## **Pride Parade: June 24th (Meeting location and time TBD)**

This year's parade theme, Generations of Strength, offers Openhouse and our community an opportunity to put seniors at the center of the celebration and the march towards social justice. We are working with Pride organizers to help us to coordinate a large senior contingent with high visibility as part of this year's Parade. Stay tuned for details to come!

## **The Dyke March: Saturday, June 23rd, Dolores Park. Rally (March and Program starting time TBD)**

The mission of the San Francisco Dyke March is to bring the dyke communities together to celebrate our unity, raise our consciousness and be visible! For information about the free shuttle to the park, disabled parking, the Senior and Disabled Cable Car, and the Dyke March's accessible, non-smoking and scent free area for senior and disabled dykes including an ADA port-a-potty, an awning for shade, seating and water go to: [www.thedykemarch.org/access-1](http://www.thedykemarch.org/access-1) To volunteer please email: [info@thedykemarch.org](mailto:info@thedykemarch.org)

Openhouse is thrilled to be partnering with Episcopal Senior Communities to support our pride events this year. We are also thrilled to continue our partnership with the Institute on Aging to support the LGBTQ Senior Prom and continuing our long-standing partnership with LYRIC and Trans March to host the Elder Youth brunch. For more information or to learn about volunteer opportunities, please contact: Peter McDermott ([peter@openhouse-sf.org](mailto:peter@openhouse-sf.org); 415-685-0886)

Interested or know of potential sponsors? Contact Charles Renfroe at [crenfroe@openhouse-sf.org](mailto:crenfroe@openhouse-sf.org).

# NEW!

## Queer Elders Writing Workshop Returns!

April 14th, 12:45 - 3PM @ PAWS, 3170 23rd St.

Join the group for non competitive writing and friendly feedback. All levels of writing & new folks always welcome!

Contact group organizers for more info:  
Betsy Bannerman, [bannerperson2@gmail.com](mailto:bannerperson2@gmail.com)  
or Luis de la Garza, [nosolotaxi@hotmail.com](mailto:nosolotaxi@hotmail.com)

## On Behalf of Gay Gray Writers Openhouse Proudly Presents...

### THE GRAYING OF GAY

Thursday, April 26

7PM @ Dog Eared Books, Castro Street  
(Between Market & 18<sup>th</sup> St.)

Free and Open to the Public

Further Stories from the Annals of Senior Gay Memoirists:  
Loves, Lives, Family, Coming Out, Loss, Maturity

Join us at this community event to meet these men, hear their stories, and learn about their lives, their loves, their friends, and their adventure in and out of San Francisco. The Gay Gray Writers is a group of mature male



### FREE TICKETS!

Trailblazing transgender choreographer Sean Dorsey returns to the stage with BOYS IN TROUBLE, a new evening of dances that unpack masculinity with unflinching honesty – from unapologetically trans and queer perspectives. BOYS IN TROUBLE is an extravaganza of full-throttle dance, raw emotion, irreverent humor, exquisite queer partnering and super-vulnerable storytelling ... all performed with Sean Dorsey Dance's signature precision, guts and deep humanity.

Venue: Z Space (wheelchair accessible and has all-gender restrooms)  
450 Florida Street @ 17<sup>th</sup> Street  
San Francisco, CA 94110

For tickets, please call Peter at 415-685-0886 or email [peter@openhouse-sf.org](mailto:peter@openhouse-sf.org)

# Support and Wellness Programs

Questions about any programs listed here? Contact Ariel, OH Program Coordinator, (unless otherwise noted). Call her at 415.503.4180 or email her at [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org).

## Drop-in Clutter Support Group

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, and supportive space where you can share your struggles and strategies with other LGBTQ folks.

**Every 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays 12:30-2PM**  
@65 Laguna St., Bob Ross LGBT Senior Center

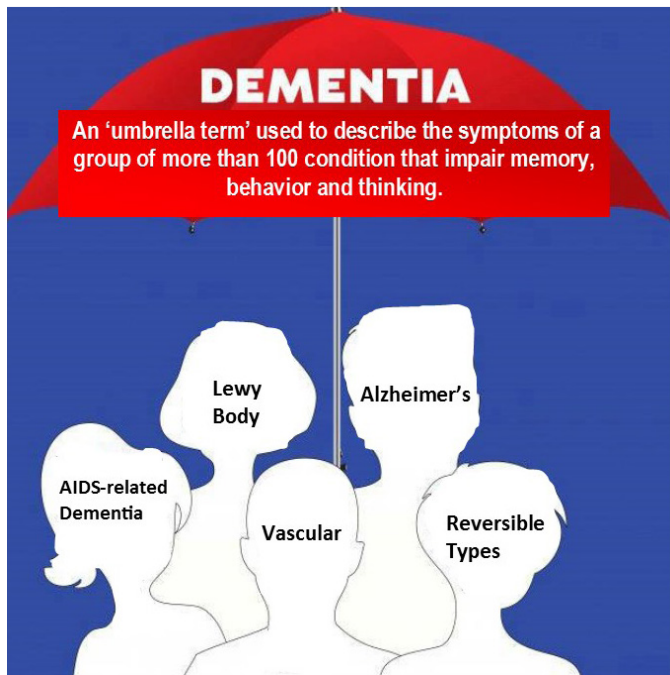
## Fifty+ and Fabulous! Trans Drop-In Group and Dinner

Trans Thrive and Openhouse join forces to offer a trans drop-in group, "Fifty+ and Fabulous!" This facilitated group welcomes all transgender folks in their golden years.

*Group is free and food is served!*

Join us every 2nd and 4th  
Tuesday of the month from 6-7:30 PM  
@ 730 Polk Street, 4<sup>th</sup> Floor

For more info please email:  
[transthive@apiwellness.org](mailto:transthive@apiwellness.org)  
or (415) 292-3420 ext 348.



## LGBT Group for Those who Care for Someone with Dementia *in partnership with the Alzheimer's Association*

We welcome diverse LGBTQ caregivers to this monthly, free drop-in support group. You may care for a partner, friend, neighbor, or family member routinely or from time to time, in your home or community, or even to someone you love over the phone or online. "Dementia" is an umbrella term and includes a vast range of symptoms and more than 100 conditions that impair memory, behavior and thinking. Caring for someone with dementia, whether mild or severe, is important work and inspires many questions about how to deal with what is. We welcome you to join the conversation.

Group meets every 4th Wednesday  
6-7:30PM

Questions? Call Ariel Mellinger at  
(415) 503-4180 or email:  
[ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

Next meeting:

**April 25<sup>th</sup>**  
**6-7:30 PM**

**Bob Ross LGBT Senior Center**  
**65 Laguna St.**

*More SWP on p.8*

# Support Groups

Questions about any programs listed here?

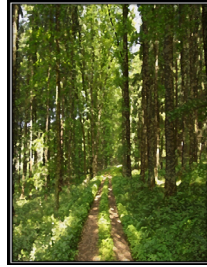
Contact Ariel, OH Program Coordinator, at 415.503.4180 or email: [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org).

## Living with Loss

### Drop-In Grief Support Group

Openhouse and VITAS Healthcare are pleased to partner in offering this drop-in grief support group to all older LGBTQ adults in the San Francisco area who have experienced loss and are looking for support in a safer, welcoming environment. There is no cost for this group and no ongoing commitment to attend. The group will be co-facilitated by Dale Poland and Jane Litman.

**VITAS**  
Healthcare



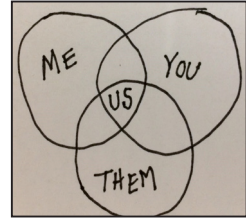
No need to RSVP, but please arrive on time to ensure entrance to the building. If you have questions, you may contact Dale Poland at 408.964.6866 or email [dale.poland@vitas.com](mailto:dale.poland@vitas.com).

1<sup>st</sup> and 3<sup>rd</sup> Fridays, 1– 2:30PM  
Openhouse Community @55 Laguna St.

## Relationships:

### Connecting Authentically as We Age

In this 16-week group we will create space to talk about relationships: our struggles to initiate them and maintain them as well as the pain of losing them. We will discuss the challenges we face and how ageism or physical limitations may create barriers to connection.



We will ask: What kind of connections do we want and what gets in our way? What can connection teach us?

Through sharing our struggles and our strategies and building trust we will learn from each other and learn about ourselves.

Thursdays from 1-2:30PM  
February 8<sup>th</sup>-May 24<sup>th</sup> @ 65 Laguna St.  
Bob Ross LGBT Senior Center  
Contact Ross for more info. at 415.296.8995  
X311 or [ross@openhouse-sf.org](mailto:ross@openhouse-sf.org).

## Health and Wellness

### HIV and Memory

4<sup>th</sup> Friday: April 20<sup>th</sup>, 3–4:30PM

Openhouse Community Room, 2<sup>nd</sup> Floor 55 Laguna St.

No RSVP required.

Join Openhouse and Dr. Joanna Hellmuth of UCSF for a free presentation on the impact of HIV on the brain and what scientists know about HIV-Associated Neurocognitive Disorder (HAND). She will discuss how normal cognitive aging differs from HIV-related changes, what we still need to learn, and what we can do for cognitive issues. She will also discuss studies focused on HIV, aging and cognition that are currently underway at the UCSF Memory & Aging Center.

Dr. Joanna Hellmuth specializes in HIV-related cognitive disorders and serves as a board-certified neurologist and Assistant Professor in the UCSF Department of Neurology. Her research focuses on the mechanisms underlying HIV-associated neurocognitive disorder (HAND), the interface of HIV and the aging brain, and the central nervous system (CNS) effects of acute HIV infection. She provides care for patients with various cognitive disorders, including HAND, at the UCSF Memory & Aging Center clinic.

# Support and Wellness Programs

Questions about any programs listed here?

Contact Ariel, OH Program Coordinator, at 415.503.4180 or email [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org).

## Drop-In Meditation

Wednesdays, 10-11AM at Bob Ross LGBT Senior Center @ 65 Laguna St.

This is a drop-in class. No need to RSVP.

Join us for weekly meditation for all experience levels. Group sits for part of the hour and then spends time sharing their experiences. The practice is facilitated by long-time Openhouse instructor, David Lewis and our newest instructor, Karen Sundheim, who's been practicing meditation for over 40 years.

### Facilitators:

*David Lewis* has been practicing meditation for 45 years. He teaches meditation at various centers around San Francisco and has been leading the Openhouse group for the past 6 years.

*Karen Sundheim* has practiced in the Suzuki Roshi Soto Zen lineage for over forty years. She received Lay Entrustment from Sojun Mel Weitsman in 2010. In 2017, she retired from the SF Public Library where she was the Program Manager of the James C. Hormel LGBT Center for 10 years.



**howard  
grayson**  
LGBT ELDER LIFE  
CONFERENCE

## SAVE THE DATE

7th Annual Howard Grayson LGBT Elder Life Conference  
Saturday, May 19<sup>th</sup>, 2018  
The Cadillac Hotel at 380 Eddy St.  
12PM-4PM

Join in diverse community celebrating LGBTQ elder life and history. The conference is free and will feature speakers, organizations serving our community, panel discussions, films, music, and more. Refreshments provided. For more information please email: [graysonlgbtelderlife@gmail.com](mailto:graysonlgbtelderlife@gmail.com)

Dear Friends and Openhouse Supporters,

As many of you may know, I am leaving my position at Openhouse to explore other career opportunities. I wanted to take this opportunity to express my thanks to all of you who have made my time here such a great experience on both a professional and personal level. Thanks for all the support and guidance – I have learned so much and will miss working with you.

Kind regards,  
Chalwe Mwansa



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Men's Group 2-3:30PM @501 Castro St. Conversational French 4:30-6PM @BR 65 Laguna St. Self-Compassion Group 4:30-6PM Reg reqd.	3 Housing Workshop- English 11AM @ BR 65 Laguna St. RSVP X313	4 <b>Meditation 10-11AM- see pg. 8</b> Clearing House: Cluttering Support 12:30-2PM See pg. 4 Beginning Italian OHC@ 55 Laguna St. 4-5:30PM Pre-registration reqd. call X305	5 Beginning Italian OHC@ 55 Laguna St. 4-5:30PM Pre-registration reqd. call X305	6 Yoga, 11-12PM, Reg. reqd. Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 Living With Loss, 1-2:30 @OHC 55 Laguna St. Yiddish 4-5:30PM @ BR 65 Laguna St. Pre-registration reqd. call X305	7 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM
8	9 Conversational French 4-5:30PM @BR 65 Laguna St. Housing Workshop- English 1PM @ BR 65 Laguna St. RSVP X313 LGBTQ Chat-1-2PM Info on pg.9 Men's Group 2-3:30PM @501 Castro St. Self-Compassion Group 4:30-6PM Reg reqd.	10 Gay Gray Writers 4-5:30PM @BR 65 Laguna St. Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor	11 <b>Meditation 10-11AM- see pg. 8</b> Rainbow Lunch 12-1:30PM OHC, 65 Laguna St. RSVP required X303 Beginning Italian! 4-5:30PM Pre-registration reqd. call X305	12 Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St. Beginning Italian OHC@ 55 Laguna St. 4-5:30PM Pre-registration reqd. call X305 Friendly Visitor Volunteer Training 6-9PM @ BR 65 Laguna St.	13 Yoga, 11-12PM, Reg. reqd. Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 Visit Muttville with Openhouse! 2PM, 255 Alabama St. Call X315 for info Yiddish 4-5:30PM @ BR 65 Laguna St. Pre-registration reqd. call X305	14 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 1-4PM @ PAWS 3170 23rd St.
15	16 Men's Group 2-3:30PM @501 Castro St Conversational French 4-5:30PM @BR 65 Laguna St. Self-Compassion Group 4:30-6PM Reg reqd.	17 <b>*NEW* Trans Elders Lunch 12PM @ BR 65 Laguna St. RSVP required: X303</b>	18 <b>Meditation 10-11AM- see pg. 8</b> Clearing House: Cluttering Support 12:30-2PM See pg. 4 Beginning Italian OHC@ 55 Laguna St. 4-5:30PM. Pre-registration reqd. call X305 Friendly Visitor Volunteer Discussion Group 6-7PM @BR 65 Laguna St.	19 Beginning Italian OHC@ 55 Laguna St. 4-5:30PM Pre-registration reqd. call X305	20 Yoga, 11-12PM, Reg. reqd. Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 Living With Loss, 1-2:30 @OHC 55 Laguna St. Housing Workshop English- 1:30PM @ BR 65 Laguna St. RSVP X313 Yiddish 4-5:30PM @ BR 65 Laguna call X305	21 Games 10-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Friendly Visitor Vol. Training 1:30 4:30PM @ BR 65 Laguna St. Friendly Visitor Vol. Discussion Grp. 10-11:15AM @BR 65 Laguna St. Queer Elders Writing Workshop 1-4PM @ PAWS 3170 23rd St.
22	23 Conversational French 4-5:30PM @BR 65 Laguna St. Men's Group 2-3:30PM @501 Castro St. LGBTQ Chat- 1-2PM Info on pg. 9 Self-Compassion Group 4:30-6PM Reg reqd.	24 Sister Circle Lunch, OHC 55 Laguna St. 12-1:30PM RSVP reqd. X303 Gay Gray Writers 4-5:30PM @BR 65 Laguna St. Housing Workshop- English 11AM @ BR 65 Laguna St. RSVP X313 Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk St.	25 <b>Meditation 10-11AM- see pg. 8</b> Rainbow Lunch 12-1:30PM OHC, 65 Laguna St. RSVP required X303 Beginning Italian OHC@ 55 Laguna St. 4-5:30PM Pre-registration reqd. call X305 LGBTQ Caregivers of those with Dementia Support Group, 6-7:30pm @ BR 65 Laguna St.	26 Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St. Beginning Italian OHC@ 55 Laguna St. 4-5:30PM Pre-registration reqd. call X305 The Graying of Gay 7PM Dog Eared Books-info on pg. 3 Mayoral Candidate Townhall Herbst Theatre, 401 Van Ness Ave.	27 Yoga, 11-12PM, Reg. reqd. Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 Housing Workshop- Spanish 3PM @ BR 65 Laguna St. RSVP X313 <b>4th Fridays 3-4:30PM @OHC, 2<sup>nd</sup> Floor 55 Laguna St.</b> Yiddish 4-5:30PM @ BR 65 Laguna	28 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM Queer Elders Writing Workshop 1-4PM @ PAWS 3170 23rd St
29	30 Men's Group 2-3:30PM @501 Castro St. Conversational French 4-5:30PM @BR 65 Laguna St. Self-Compassion Group 4:30-6PM Reg reqd.	1 <b>MAY</b>	2 <b>Meditation 10-11AM- see pg. 8</b> Beginning Italian OHC@ 55 Laguna St. 4-5:30PM Pre-registration reqd. call X305	3 Beginning Italian OHC@ 55 Laguna St. 4-5:30PM Pre-registration reqd. call X305	4 Yoga, 11-12PM, Reg. reqd. Embracing Sexuality As We Age, 11:30-12:45PM Reg reqd. X315 Yiddish 4-5:30PM @ BR 65 Laguna St. Pre-registration reqd. call X305	5 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM

Locations: Openhouse (BR): Bob Ross LGBT Senior Center, 65 Laguna St. 415.296.8995 | Openhouse Community (OHC): 55 Laguna St. Castro Community Meeting Room: 501 Castro (upstairs) | Muttville: 255 Alabama (off 16<sup>th</sup>) | Trans Thrive: 730 Polk St., 4<sup>th</sup> Floor

# Community Engagement Programs

## Interested in Rainbow Lunch?

The goal of Rainbow Lunch is to bring seniors together to meet each other for social connection and make new friends in a safe and welcoming space.

Since moving to 55 Laguna, Rainbow Lunch has truly blossomed. Due to the wonderful success and amazing turnout we've had, we are becoming increasingly concerned with making sure that folks have enough space and food.

This is a gentle reminder that an RSVP is required to attend Rainbow Lunch. **Please call by noon Tuesday before Rainbow Lunch if you would like to attend.** If folks do not RSVP, we cannot guarantee a spot at the lunch.

**Please note: It is important for attendees to arrive no earlier than 11:45AM and no later than 12:30PM** in order to ensure folks can be escorted up to the 2nd fl. Community Room at 55 Laguna.

RSVP required. Contact Sylvia for more details at (415)659-8123 or email [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org).

## LGBTQ Chat Group

**in collaboration with Senior Center Without Walls**

This telephone-based group is held the 2nd and 4th Mondays of the month.

Community members can participate via phone or computer from the comfort of their own home. The chat is open to all LGBTQ seniors interested in connecting and building community over the phone. We create an inclusive and supportive space to share our stories and perspectives!

The group is facilitated by Sylvia Vargas, Openhouse Manager of Community Engagement.

For more information or to register, please call Senior Center Without Walls, toll-free at (877) 797-7299.

## Sister Circle

*a lunch discussion group*

Many of us are still here living in the city! Let's get together to grow friendships and make new connections. We warmly welcome all women-identified LGBTQ community members to join us for a monthly luncheon.



Tuesday 24<sup>th</sup> April  
12-1:30PM

RSVP required. Contact Sylvia for more details at (415) 659-8123 or email [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org).

## Men's Drop-In Social Hour

Thursdays,  
55 Laguna Community Rm.

This group welcomes all male-identified community members for coffee, snacks, and socializing.



For questions or more info, contact Peter on (415)-685-0886 or email [peter@openhouse-sf.org](mailto:peter@openhouse-sf.org).

## LGBTQ Online Caregiver Discussion Group

Openhouse and Family Caregiver Alliance offer this Online Discussion Group as a place for LGBTQ caregivers of older adults with chronic health concerns to discuss the unique issues of caring for a partner, family member, friend, or loved one. This is a national online group. Caregivers with basic computer access (emails) are welcomed and encouraged to participate in this supportive space!

For more info contact Sylvia Vargas at (415) 659-8123 or email [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org).



# Community Engagement Programs

## Would You Like a Visitor?

*No matter our situation, we all need connection and community.*



If you'd like someone to connect with, our Friendly Visitor program affirms that LGBTQ elders have lifetimes of experience, perspective and

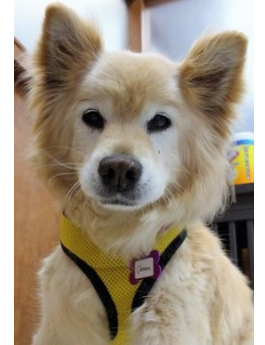
know-how. Friendly Visitor volunteers are honored to get to know you. We screen, train and support all volunteers who spend time with community members for: home visits, walks in the park, outings to the museum, shopping, coffee and tea meet-ups, or just to chat and have some laughs.

To learn more about receiving a visit, or for any questions about the program, please contact Sylvia 415.659.8123 or email [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org).

## MUTTVILLE senior dog rescue

Friday, 13<sup>th</sup> April  
2PM @ 255 Alabama  
(near Harrison & 16<sup>th</sup>)

Muttville's mission is to change the way the world treats older dogs and to create better lives for them through rescue, foster, and adoption.



Muttville is every 2nd Friday of the month and we invite you to join us. You'll hang out with a handful of sweet dogs in a cozy living-room like setting. You can also elect to walk with the dogs.

Please RSVP by calling 415.503.4180 or emailing [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

## New to Openhouse?

## We would love to hear your perspective!



Openhouse is engaging in an exciting Community Participatory Research Project—which means we want to hear from you, our community! We are seeking input from participants coming to our programs for the first time, so that Openhouse can measure impacts they may experience as a result of engaging in our programs. More specifically, the focus of our research project is to look at outcomes related to participation in Openhouse Lunches, Support Groups, and Friendly Visitor visits.

We are seeking community members age 55+ **who have attended 5 or FEWER** Openhouse activities in the past 2 years. If eligible, participants will be offered an incentive to enroll in the study and to complete several surveys in the next 18 months. Participation is completely voluntary. If you are unsure of how many activities you have attended, let us know.

For those who have been part of the Openhouse community for some time, your input also matters! We will invite you to participate in focus groups at a future date. Stay tuned for those opportunities to provide your valuable input! For questions about how to enroll in the study or about CRDP, please contact Ariel at 415-503-4180 or Sylvia at 415-659-8123.

# Lifelong Learning

---

## Brush Up On A Foreign Language! (Some previous knowledge required.)

### **French Conversation: Mondays April 2<sup>nd</sup> – 30<sup>th</sup>**

The first class will be from 4:30-6PM, following classes will be 4-5:30PM all held @ 65 Laguna Community Room

### **Beginning Italian with Armando Paone has been extended!**

Held at Openhouse Community Room @ 55 Laguna St. Participants may choose one of the following classes:

- Wednesdays: March 21 – May 23 from 4-5:30PM
- Thursdays: March 22 – May 24 from 4-5:30PM

### **Yiddish Language and Culture** (Some knowledge of the language is required.)

Fridays 4-5:30PM @ Openhouse Community Room, 65 Laguna St., Bob Ross LGBT Senior Center

For questions, or to register for programs listed here, contact Armando, OH Education Coordinator by calling 415.728.0194 or emailing [armando@openhouse-sf.org](mailto:armando@openhouse-sf.org).

---

## Volunteering at Openhouse

Are you available to volunteer at Openhouse? We have multiple needs for volunteers – give a little time and make a big impact. Volunteers can help behind the scenes, out in the community and here at Openhouse. Let us know your availability and interests – we look forward to having you join our team!

We still need volunteers to help with upcoming events:

**Howard Grayson LGBT Elder Conference (5/19); Elder Youth Brunch (6/22); Pride (6/24)**

### **We also need Friendly Visitor Volunteers!**

Becoming a Friendly Visitor gives you the chance to share stories over a cup of coffee, go for a walk, visit at home, perhaps help with a few errands, and share some laughs! Volunteers are trained and supported by Openhouse staff to provide companionship, emotional support, and some practical assistance to promote wellness and connection to the community. Mark your calendars for our Friendly Visitor

Volunteer Info sessions!

Openhouse @ 65 Laguna St., Bob Ross LGBT Senior Center

**For more information, contact Peter at (415) 685-0886 or [peter@openhouse-sf.org](mailto:peter@openhouse-sf.org).**

Come along to Friendly Visitor Volunteer Info Session!

April 12<sup>th</sup> from 6-9PM or  
April 21<sup>st</sup> from 1:30-4:30PM

Held at Bob Ross LGBT Senior Center, 65 Laguna St.