

Get Ready for Fall Feast 2018! - Thursday, November 8th

Let's celebrate together! We are excited to enjoy the Fall Feast once again at the beautiful, historic Green Room at the San Francisco War Memorial (401 Van Ness Ave). This venue is fully accessible. Join us for an abundant, autumnal feast from Mollie Stone's with a nice helping of pumpkin pie to finish! The dinner is free but donations are welcome. We ask that folks RSVP to let us know which seating you would like to attend:



Seating One: 2 - 3:30PM or Seating Two: 4:30 - 6PM

In addition, we'll need your name, contact info, and the names of guests joining you. For more info or to RSVP, call 415.347.8509 or email fallfeastrsvp@openhouse-sf.org.

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Panel Discussion: Advocating for LGBTQ Seniors in the Master Plan for Aging in California
Thursday, October 11, from 9:00-11:00 AM at LGBT Center, 1800 Market. (accessible space)



We invite community members, senior service and housing providers, educators and researchers to join us for a panel discussion that brings together the advocacy for a state-wide plan for aging with the LGBTQ community. The panel will include a review of the findings from the statewide voter survey, an overview of the unique needs of the LGBTQ senior population, next steps in the education campaign and advocacy for a statewide plan, and how the plan will reflect marginalized communities. Speakers include:

- *Dr. Marcy Adelman, Openhouse Founder; California Commission on Aging*
- *Bill Early, Esq., West Foundation; California Commission on Aging*
- *Tom Nolan, Manager- Special Projects, San Francisco Dept of Adult and Aging Services*
- *Dr. Karyn Skultety, Executive Director, Openhouse*
- *Sarah Steenhausen, MS, SCAN Foundation*
- *Senator Scott Weiner, California State Senate*

There will be ample time for questions, comments and input from the community.
Please register online at bit.ly/rsvp-panel-event

Save the Date: Transgender Day of Remembrance Lunch
Tuesday, November 20th, 12 – 1:30PM, 55 Laguna St. Community Room. RSVP Required

At Openhouse, we recognize that transgender elders fight every day to be true to who they are. Join us for this special lunch to remember trans community members who have left us, to celebrate their lives and honor their legacies of activism that continue to inspire us today. For more info or to RSVP, contact Faire Faircloth at 415.347.8509 or ffaircloth@openhouse-sf.org

We are committed to Openhouse Community Members

As Openhouse grows in size and strengthens in connections, we continue to work to create a community where we can feel seen, heard, and connected. To this end, we are revitalizing our Community Agreements as one way to do this and you will begin seeing them in all of our activities and groups. We are excited to be in this process with you.

Volunteer with Openhouse! Every little bit counts!

Are you available to volunteer at Openhouse? We have multiple needs for volunteers including for our Rainbow Lunches, Trans Elder Lunch, Sister Circle, Men's Drop-In Social, front desk reception, and more! 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! Please contact Sylvia at 415.659.8123 or sylvia@openhouse-sf.org for more details.

Volunteer Informational Happy Hour and Mixer

Interested in volunteering at Openhouse but want more information? Or already a volunteer and looking to meet and share stories with other Openhouse volunteers? Join us for a free informational happy hour and mixer where you can learn more about Openhouse volunteer opportunities such as the Friendly Visitor program and meet LGBTQ seniors and volunteers already involved in the Friendly Visitor Program who will share their stories and lived experiences. Snacks and drinks will be provided.

Upcoming Dates for Informational Happy Hour Mixers

Wed: Oct 17- 5:30PM to 7PM & Nov 14 - 5:30 to 7PM

55 Laguna Community Room

Planning to attend? Please RSVP to Sylvia Vargas at 415.659.8123 or sylvia@openhouse-sf.org

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Welcome Faire- Our New Activities Coordinator!



Faire Faircloth, (he/him), Activities Coordinator

Faire is joining Openhouse after three years of working at Groundswell, an LGBTQ retreat center in Mendocino County, where he played a number of organizational roles to create a welcoming and inclusive space for the community. As Activities Coordinator, Faire will be focused on coordination across all Openhouse programs, along with helping SteppingStone Mission Creek to develop California's first LGBTQ-affirming Adult Day Health Program. Outside of work, he enjoys doing needlepoint, going camping, and generally prancing about with friends.

Support and Wellness Programs

Questions about any programs listed here? Need to RSVP?

Contact Ariel, OH Program Coordinator, at 415.503.4180 or email ariel@openhouse-sf.org.

The Openhouse End-of-Life Planning Series continues through December

We know there are many reasons why end-of-life planning can be difficult. Dealing with death—whether through planning or just contemplating our own—can bring up complicated feelings. This series will continue with an Estate Planning and End-of-Life Care Options Workshop in November and Conversations on Death and Dying every 2nd Friday through December. Look out for workshop details in the November newsletter.

Conversations on Death and Dying *facilitated by Ariel Mellinger, ASW.*

2nd Fridays, October 12th, 11:30 – 1PM, Bob Ross LGBT Senior Center at 65 Laguna St.

Join Openhouse for a monthly drop-in discussion about the many aspects of death and dying. While this is not a grief support group, this conversation invites community members to participate in an open-hearted discussion where we can openly share thoughts and feelings about our own eventual death in a meaningful, dynamic space free from judgement. Join us at our new time: 2nd Friday of every month.

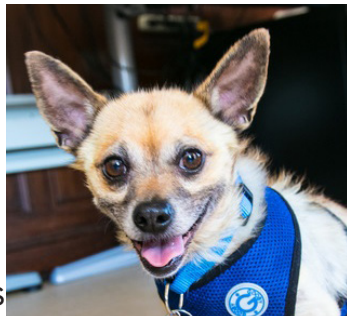
MUTTVILLE senior dog rescue

Friday, October 12th
2PM @ 255 Alabama
(near Harrison & 16th)

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



LGBTQ Group for Those who Care for Someone with Dementia

in partnership with the Alzheimer's Association

Wednesday, October 24th from 6-7:30PM
Bob Ross LGBT Senior Center, 65 Laguna St.

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. Please contact ariel@openhouse-sf.org or 415.503.4180.

Support and Wellness Programs

Questions about any programs listed here? Contact Ariel, OH Program Coordinator, 415.503.4180 or email: ariel@openhouse-sf.org

Clearing House: 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 1st & 3rd 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 6-7:30PM
@ 730 Polk Street, 4th Floor

For more info please email:
transthive@apiwellness.org



Women's Afternoon at the Movies

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

Friday, October 19th, 1 - 3:45PM

We warmly welcome all women-identified LGBTQ community members to join us every 3rd Friday of the month to socialize and watch movies. Light snacks and refreshments will be served.

Upcoming Films

Boys on The Side – 10/19/18



African-American Lesbians, Help Us Design Programs for You!



Openhouse will be conducting a focus group with African-American lesbians to discuss our current and future programming. This group will be held in October, date TBD. If you are interested in participating, please call Jana at 628.208.0792. This confidential phone line takes messages. Thank you.

Support and Wellness

Living with Loss: Drop-In Grief Group

1st and 3rd Fridays, 1 – 2:30PM, 55 Laguna St.

Join Openhouse and VITAS Healthcare for a drop-in grief support group for LGBTQ older adults who have experienced loss and are looking for support in a safe, welcoming environment. There is no cost for this group and no on-going commitment to attend. The group is co-facilitated by Dale Poland and Jane Litman. No need to RSVP, but please arrive on time to ensure entrance to the building. For questions, contact Dale Poland at (408) 964-6866 or dale.poland@vitas.com

Lifelong Learning

An Introduction to the Spanish Language

Tuesdays, November 13th - January 29th, 6-7:30 PM, (no class on Dec 25 and Jan 1)

Bob Ross LGBT Senior Center, 65 Laguna St.

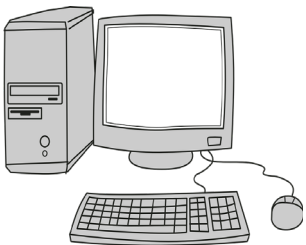
In response to popular demand, Openhouse is pleased to offer a return engagement of Introductory Spanish. Taught by our resident linguist, Armando Paone, this 10-session course will concentrate on basic grammar while accentuating the spoken language. For more info and to register, contact Armando Paone at (415) 728-0194 or armando@openhouse-sf.org.

Introductory French

Mondays, Oct. 8th- Nov. 19th, 4-5:30PM @ Bob Ross LGBT Senior Center at 65 Laguna St.

John Frediani, our French Instructor "par excellence", is back for a return engagement of his critically acclaimed course on Introductory French. John brings to his classes a consummate command of the language as well as an intimate knowledge of French culture and history. He has been associated with Openhouse's Education Program for over two years and his courses are among the most requested by our community members. Join us for this seven-week course! Register with Armando Paone at 415.728.0194 or armando@openhouse-sf.org.

New Computing Group Starting!



Openhouse is starting a new computer course aimed at helping you navigate the world of the internet and smartphones. To best serve you, we've created a survey to gauge your technology needs. There are several ways to give your input:

Click this link: <https://www.surveymonkey.com/r/33PH9GG> and fill out the survey or contact Armando Paone at 415. 728.0194 for a paper copy

of the survey. We will also distribute surveys during our activities.

In order for us to implement this program in a timely manner, we would appreciate your feedback as soon as possible.

Community Engagement

4th Friday Health and Wellness

“Steps to a Healthier Blood Pressure”

Friday, October 26th, 3 - 4:30 pm, 55 Laguna St. Community Room

Join us for a free seminar to learn steps to obtaining a healthier blood pressure. We will focus on current recommendations and some of health and lifestyle changes that can help to improve overall heart health. We will conclude with a fun round of “Blood Pressure Bingo”, with prizes for bingo winners! The presenter, Jason Flatt, is an Assistant Professor in Residence at the Institute for Health & Aging, Department of Social & Behavioral Sciences, at UCSF’s School of Nursing. Jason’s current research works to better understand the risk and protective factors for Alzheimer’s disease and related dementias among older sexual and gender minorities. He is also partnering with Openhouse to examine the role of affordable housing on the health of LGBTQ older adults.

Gay Films: From Self-Doubt to Celebration

1st and 3rd Wednesdays, 12:30-3:30PM at 55 Laguna St.

Join us on a journey through the changing landscape of gay films, noting the progression from a cinema of self-doubt and loathing to one of self-acceptance and celebration. Led by Ralph Beren, Ed. D., a long time film buff, stand up-up comic and former head of SFSU’s Teacher Training Program, we will discuss how the eight films presented offer a different perspective on society’s view of the gay and lesbian community.

October’s Films

October 3: The Children’s Hour (1961) October 17: Maurice (1973).

October 31: Longtime Companion (1990)

Contact Armando Paone at 415.728.0194 or armando@openhouse-sf.org to register.

Wild Tongues: A Panel Discussion on Race and Disability in Older LGBTQ Community

Friday, October 12th, 2-3:30PM, 55 Laguna St. Community Room

Race and disability hugely shape our life experiences as older LGBTQ adults yet they are often sidelined or de-prioritized within LGBTQ spaces. Come dig into these issues with the “Wild Tongues” Panel. Our very own Midgett, Patti Ann Hall, Luis de la Garza, and Morningstar Vancil will share their personal experiences and reflections on race and racism and disability and ableism in the Older LGBTQ Community. Light snacks and refreshments will be served.

Access information: **This event is wheelchair accessible.** There are gender neutral and wheelchair accessible bathrooms available. Please note that while we ask that participants come scent-free, the location itself has intermittent chemical smells due to nearby construction. Please let us know if you have other access needs by October 5th and we will do our best to accommodate them. Please RSVP to beck@openhouse-sf.org or 628.208.0851

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. Men's Group, 2-3:30PM 501 Castro St. Self-Compassion Group 4:30 - 6PM, Reg req'd X315 for info	2	3. Clearing House: Cluttering Support, 12:30-2PM BR 65 Laguna St. Gay Films Class 12:30-3:30PM OHC 55 Laguna. *Reg req'd	4 Spirituality & Aging, 2:30- 3:45PM BR 65 Laguna, Reg req'd Intermediate Italian, 4 - 5:30PM OHC 55 Laguna, Reg req'd	5 Yoga 11AM-12PM, Reg Req'd Living with Loss: Drop-in Grief Support 1-2:30PM, OHC 55 Laguna St. Housing Workshop 2PM, RSVP reqd. X319 Yiddish, 4-5:30PM, BR 65 Laguna St.	6 Games 10AM-1PM, BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM, PAWS Art Group 1:15-4PM, BR 65 Laguna
7	8 LGBTQ Chat-1-2PM Info on pg.9 Men's Group, 2-3:30PM 501 Castro St Intro to French, 4 - 5:30PM BR 65 Laguna, Reg req'd Self-Compassion Group 4:30 - 6PM, Reg req'd X315 for info	9 It's About How You L.I.V.E, 1:30 - 3:30PM BR 65 Laguna St. RSVP req'd Gay Gray Writers, 4-5:30PM BR 65 Laguna St. Trans 50+ & Fabulous Drop-In 6 - 7:30PM, Trans Thrive	10 Rainbow Lunch 12-1:30PM OHC 55 Laguna St. RSVP req'd. X313	11 National Coming Out Day Panel Discussion: Advocating for LGBTQ Seniors, 9 - 11AM Info on pg 4 Men's Drop-In Social Hour, 1:30-3PM OHC 55 Laguna St. Spirituality & Aging, 2:30 - 3:45PM Intermediate Italian, 4 - 5:30PM Grief Group, 4 - 5:30PM	12 Housing Workshop 11AM BR 65 Laguna RSVP reqd. X319 Conversation on Death and Dying 11:30AM-1PM OHC 55 Laguna X315 for info Visit to Muttville, 2PM, 255 Alabama St. "Wild Tongue" Panel, 2 - 3:30PM, OHC 55 Laguna, X321 for info Yiddish, 4-5:30PM BR 65 Laguna, Reg req'd	13 Games 10AM-1PM, BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM, PAWS Art Group 1:15-4PM, BR 65 Laguna
14	15 Men's Group 2-3:30PM 501 Castro St. Intro to French, 4 - 5:30PM BR 65 Laguna, Reg req'd Self-Compassion Group 4:30 - 6PM, Reg req'd X315 for info	16 Trans Elder Lunch 12-1:30PM OHC 55 Laguna St, X313 for info	17 Clearing House: Cluttering Support 12:30-2PM 65 Laguna Gay Films Class 12:30-3:30PM OHC 55 Laguna. *Reg req'd Volunteer Info Happy Hour 5:30-7PM, OHC 55 Laguna X303 to RSVP Housing Workshop, 6PM	18 Spirituality & Aging, 2:30 - 3:45PM BR 65 Laguna, Reg req'd Intermediate Italian, 4 - 5:30PM OHC 55 Laguna, Reg req'd Grief Group, 4 - 5:30PM BR 65 Laguna, Reg req'd	19 Living with Loss: Drop-in Grief Support 1-2:30PM, OHC 55 Laguna St. Women's Afternoon at the Movies 1- 3:45PM, "Boys on the Side" BR 65 Laguna, X303 for info Yiddish, 4-5:30PM BR 65 Laguna St., Reg req'd	20 Games 10AM-1PM, BR 65 Laguna Friendly Visitor Volunteer Discussion Group, 10-11:15AM, OHC 55 Laguna Queer Elders Writing Workshop 12:30-3:30PM, PAWS Art Group 1:15-4PM, BR 65 Laguna Friendly Visitor Volunteer Training
21	22 LGBTQ Chat, 1-2PM Info on pg.9 Men's Group, 2-3:30PM 501 Castro St. Intro to French, 4 - 5:30PM BR 65 Laguna, Reg req'd Self-Compassion Group 4:30 - 6PM, Reg req'd X315 for info	23 Housing Workshop 11AM BR 65 Laguna, RSVP req'd. X319 Sister Circle, 12-1:30PM OHC 55 Laguna, X303 for info Opera Group, 1-4PM, OHC 55 Laguna It's About How You L.I.V.E, 1:30 - 3:30PM BR 65 Laguna St. RSVP req'd Gay Gray Writers 4-5:30PM Trans 50+ & Fabulous Drop-In 6-7:30PM, Trans Thrive	24 Rainbow Lunch 12-1:30PM OHC 55 Laguna St. RSVP reqd. X313 LGBTQ Caregivers of those with Dementia Support Group, 6-7:30PM BR 65 Laguna St.	25 Men's Drop-In Social Hour 1:30-3PM, OHC 55 Laguna St. Spirituality & Aging, 2:30 - 3:45PM BR 65 Laguna, Reg req'd Intermediate Italian, 4 - 5:30PM OHC 55 Laguna, Reg req'd Grief Group, 4 - 5:30PM BR 65 Laguna, Reg req'd	26 New Community Members Programs Info and Mingle , 1:30-2:30PM, BR 65 Laguna St. 4th Friday Health & Wellness: "Blood Pressure" 3 - 4:30PM OHC 55 Laguna St. X315 for info Yiddish, 4-5:30PM BR 65 Laguna St. Reg req'd	27 Games 10AM-1PM, BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM, PAWS Art Group, 1:15-4PM, BR 65 Laguna
28	29 Men's Group, 2-3:30PM 501 Castro St. Intro to French, 4 - 5:30PM BR 65 Laguna, Reg req'd Self-Compassion Group 4:30 - 6PM, Reg req'd	30 Gay Gray Writers 4-5:30PM BR 65 Laguna St.	31 Happy Halloween! Gay Films Class 12:30-3:30PM OHC 55 Laguna, Reg req'd	Nov. 1 Spirituality & Aging, 2:30 - 3:45PM BR 65 Laguna, Reg req'd Intermediate Italian, 4 - 5:30PM OHC 55 Laguna, Reg req'd Grief Group, 4 - 5:30PM BR 65 Laguna, Reg req'd	2 Living with Loss: Drop-in Grief Support 1-2:30PM, OHC 55 Laguna St. Yiddish, 4-5:30PM@ BR 65 Laguna St. Req,req'd	3 Games, 10AM-1PM, BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM, PAWS Art Group, 1:15-4PM, BR 65 Laguna

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 16th) | Trans Thrive: 730 Polk St., 4th Floor | PAWS: 3170 23rd St. | SteppingStone: Mission Creek Adult Day Health Center 930 4th St.

Community Engagement Programs

Trans Elder Lunch

Tuesday, October 16th 12-1:30PM at Bob Ross
LGBT Senior Center at 65 Laguna St.



Openhouse honors transgender elders in our community! If you identify as a trans older person, we hope you'll join us for a new monthly lunch for trans elders at Openhouse! To RSVP or for more info, contact

Faire Faircloth at 415.347.8509 or ffaircloth@openhouse-sf.org

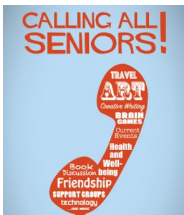
Rainbow Lunch *a community gathering*

Please join us for a unique opportunity to be with community to socialize, laugh, feel supported, and make new friends in a safe and welcoming space. Due to the wonderful popularity of the lunch, please RSVP no later than 10AM the Monday before the luncheon. RSVP required.

We ask folks to please arrive no earlier than 11:45PM and no later than 12:30PM to ensure folks can be escorted up to the 2nd Floor Community Room at 55 Laguna St. RSVP required. To RSVP or for more info, contact Faire Faircloth at 415.347.8509 or ffaircloth@openhouse-sf.org

LGBTQ Chat Group

in collaboration with Well Connected (formerly 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

Tuesday, October 23rd, 12-1:30PM, 55 Laguna Community Room

Many of us are still living in the city! Let's get together to grow friendships and make new connections. We warmly welcome all women-identified community members to join us for a luncheon on the 4th Tuesday of every month.



RSVP required. Please contact Sylvia at 415.659.8123 or email sylvia@openhouse-sf.org.

Men's Drop-In Social Hour

2nd and 4th Thursdays, 1:30-3PM
55 Laguna Community Room



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

Join us! For more info, contact Faire at 415 .47.8509 or ffaircloth@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.

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 the program, please contact Sylvia 415.659.8123 or email sylvia@openhouse-sf.org.

New to Openhouse? We would love to hear your perspective!

Openhouse has an exciting opportunity to learn from you, our community! We've received funding to expand a few of our programs and evaluate their impact through a historic Community Participatory Research Project. We are seeking input from participants experiencing Openhouse programs for the first time, so that we can measure if they make a difference in the lives of LGBTQ seniors. More specifically, the focus of our research project is to look at impacts 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. *Your voice matters!*

For questions about how to enroll in the study or about CRDP, please contact Ariel at 415.503.4180.

Get Involved: Intergenerational Opportunity

The MISCI Pilot for Creative Engagement matches college students with older people to develop a creative project together over the course of 3 months. Openhouse is partnering with the UCSF Global Brain Health Institute to offer this program aimed at building relationships and exchanging stories across generations. This project studies its impact on participants' health and wellbeing and seeks their feedback in shaping the program as it grows. No background in arts is required, only a willingness to connect and create!

To learn more and find out if you are eligible, contact Rachael at 415.259.4140 or rachael@openhouse-sf.org.



Openhouse Programs Info Session and Community Mingle!



Friday, October 26th, 1:30 – 2:30PM, at Bob Ross LGBT Senior Center, 65 Laguna St. Join us to hear the scoop on all that Openhouse has to offer including housing workshops, support groups, language classes, lunches, and other exciting happenings for LGBTQ seniors! Meet our friendly staff and make new connections! Light snacks provided.

Aging with Pride

Are you assisting an LGBT adult experiencing changes in memory or thinking?

OR

Are you an LGBT adult experiencing memory loss or changes in memory or thinking?

OR

Are you interested in improving the lives of LGBT adults with memory loss?

Announcing Aging with Pride: IDEA

This 6-week exercise and problem-solving program is designed to improve well-being and physical health of LGBT people experiencing memory loss, along with a friend, partner or caregiver.

Please contact us at ageIDEA@uw.edu or **1-888-655-6646**
for more information

Housing Workshops at Openhouse

Need help understanding how to apply for affordable senior housing in San Francisco? Openhouse is here to help! Join us for an hour-long presentation at Openhouse where we cover the basics you need to know as you look for housing. We will decode the process of applying and suggest next steps. We've added more workshops this month. Check calendar for October workshop listings. RSVP required, please contact Theresa Mullen at 415.685.0886 or theresa@openhouse-sf.org. Call the Openhouse Housing Hotline for updates: 415.230.0634!

Spirituality and Aging

Thursdays, beginning Oct 4th, 2:30–3:45PM, at Bob Ross LGBT Senior Center , 65 Laguna St.

Can we embrace both our sexuality and gender expression as well as religion and spirituality? Spirituality and religion in the LGBTQ+ community have not always had a smooth relationship. However, we know that spiritual and religious practices can play a large role in some LGBTQ+ older adults' lives and identities, contributing to both well-being and quality of life, and especially as we look for ways to find a deeper meaning in life as we age. This group will aim to provide a safe space for members to process and discuss our varied experiences of, and journeys through, spirituality as LGBTQ+ older adults.

This group is facilitated by José Buenrostro, M.S. and Maggie Furey, MSW and requires an interview prior to enrollment. For more info and to set up an interview, contact José Buenrostro at 415.231.5871 or jbuenrostro@openhouse-sf.org.