



Fall Feast 2019

Thursday, November 21
401 Van Ness Ave.

Let's celebrate together! We are excited to enjoy Fall Feast once again at the beautiful, historic Green Room at the San Francisco War Memorial. This venue is fully accessible. Join us for an abundant, autumnal feast from Mollie Stone's including sage stuffing, sweet potato pie, and pumpkin pie! The dinner is free but donations are welcome.

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

We ask that folks RSVP to let us know which seating you would like to attend. In addition, we'll need your name, contact info, and the full names of guests joining you. We cannot reserve space for unnamed guests.

To RSVP, contact (415) 231-5871 or fallfeastrsvp@openhouse-sf.org

Openhouse's Queer Elders Writing Workshop presents the publication of:

WRITE ON!

Queer Elder Stories, Her-stories, and Histories

Join us for the publication launch:

Thursday, November 14, 5 - 7PM
Bob Ross LGBT Center at 65 Laguna St.



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.



Workshops are held at Openhouse, Bob Ross LGBT Senior Center, 65 Laguna St. on:

Monday, November 11 at **2PM** | Tuesday, November 19 at **2PM**

To register, contact Jessi Lawrence at (415) 231-5870 or jlawrence@openhouse-sf.org

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Smart Money Coaching

Friday, November 22, 10AM - 5PM

Appointment required

Set up an appointment with The San Francisco LGBT Center's Matthew Rizzie for tips and tools for financial wellness! Smart Money Coaching is a free, confidential coaching program that can help you meet your goals around debt, savings, banking, and credit. Matthew will be available at Openhouse by appointment every 4th Friday of the month.

For more info or to schedule an appointment, contact Matthew Rizzie at (415) 865-5542.

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Volunteering at Openhouse

Join our volunteer family! We couldn't do what we do without you!

Interested in lending Openhouse a hand? We have multiple needs for volunteers: our volunteers are a big part of our Openhouse family and their efforts make a big impact on our community! If you're interested, reach out and ask to fill out one of our volunteer registration forms. We look forward to having you join our family!

We're looking for volunteers to help us with Fall Feast

Thursday, November 21 from 11:30AM - 7:00PM

Varying shifts available throughout the day.



Help us grow our Friendly Visitor Program!

Become a Friendly Visitor and cultivate deep and enriching friendships with our community members. These friendships can take shape in many forms- going on walks, museum visits, sharing stories over coffee, or simply connecting over shared interests! Volunteers help provide companionship, emotional support, and some practical assistance to foster connections with our community. Join us at one of our Friendly Visitor Program trainings where we go over the scope of the program and the role of the volunteer!

Saturday, November 16 from 1:30 - 4:30PM

Saturday, December 14 from 1:30 - 4:30PM

2 For more information, contact Kirk Lorenzo at (415) 231-5888 or klorenzo@openhouse-sf.org

The holidays can be difficult and we want to keep our community safe!

Those who feel sadness, loneliness, or isolation may experience it more acutely during this time. You are not alone. We are here with you to build a community that looks out for each other. Every community experiences a higher risk of suicide during the holidays. We care about you and want to keep our community safe. Here are some resources that can help:

SF Suicide Prevention Hotline: (415) 781-0500 or (800) 273-8255 (available 24 hrs a day)

Institute on Aging Friendship Line: (800) 971-0016 (available 24 hrs a day)

Trans Lifeline: (877) 565-8860 (7AM – 1AM everyday)

HIV Nightline: (415) 434-2437 (available 24 hrs a day)

Mobile Crisis: (415) 970-4000 (Mon – Fri, 8:30AM – 11PM, Saturdays and holidays: 12 – 8PM)

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Tai Chi for Arthritis and Fall Prevention

Thursdays beginning Nov 14, 11AM - 12PM, 55 Laguna Community Room

Registration required

Learn this simplified form of Tai Chi specifically designed for older adults with Openhouse instructor, Patty Woods. This 8-week course is aimed at alleviating arthritic joint stiffness and improving balance.

Instructor Patty Woods is a long time Tai Chi practitioner and a graduate of the Tai Chi for Health's Tai Chi for Arthritis and Fall Prevention training.

To register, contact Faire at (415) 231-5883 or faire@openhouse-sf.org



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12-week Grief Group beginning in December

Thursdays, beginning December 12

Bob Ross LGBT Senior Center at 65 Laguna St.

Interview with the facilitator is required to join this group.



Openhouse is pleased to bring back the Grief Support Group for individuals seeking to attend to their sadness through personal reflection and shared experience. Grieving can bring forth inner reactions which guide us in knowing more about ourselves and, in turn, one another. The aim is to have the group develop to become a major healing experience during one's journey of grief.

Group Facilitator, Den Reno, PhD is a licensed psychologist who has led grief groups at Openhouse for over 5 years. An individual introductory session with Den is required to confirm the group is a good fit for your needs.

For info or to schedule an interview, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

Community Engagement Programs

Join us for a Fabulous Sunday Brunch!

Sunday, November 17, 12-1:30PM, 55 Laguna Community Room

Let's do brunch! Please join us for our first Sunday Brunch hosted by our wonderful friends at Gay Rights Grass Roots Foundation (GRGR). Special chefs are excited to bring their culinary expertise and joy of cooking to our Openhouse community. Volunteers from GRGR and Openhouse staff will be on hand to make the event even more festive!

For more info and to RSVP, contact Faire at 415-231-5883 or email faire@openhouse-sf.org



New to Openhouse and want to learn more?

We invite you to meet with one of our staff, talk about the many programs Openhouse offers, and learn about an exciting opportunity to have your voice heard as a new participant at Openhouse.

To learn more or to schedule a meeting, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

WELCOME

Sister Circle

Tuesday, November 26, 12-1:30PM
55 Laguna Community Room

RSVP required

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.



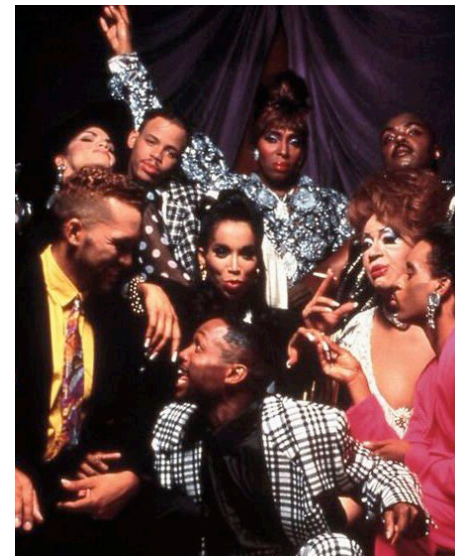
Contact Faire at (415) 231-5883 or faire@openhouse-sf.org

Women's Afternoon at the Movies

Friday, November 15, 1-4PM
55 Laguna Community Room
No RSVP required

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 Film "Paris is Burning". Closed Captions provided. If you have films that you would like to see shown by Openhouse, please email Faire at faire@openhouse-sf.org.

For more info, contact Faire at (415) 231-5883.



Community Engagement Programs

TransGenerational Lunch: honoring Trans Day of Remembrance

Tuesday, November 19, 12-1:30PM
55 Laguna Community Room. No RSVP required

Creating connections across generations is key to building a stronger community, reducing isolation, and passing on our histories. This lunch is for ALL trans, gender queer, and nonbinary folks. We hope you'll join us every 3rd Tuesday for a monthly lunch for the TGNC community at Openhouse!



For more info, contact Faire at (415) 213-5883.

Rainbow Lunch

Wednesday, Nov 13 and 27, 12-1:30PM
55 Laguna Community Room
RSVP Required

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. The second Rainbow Lunch of the month falls right before Thanksgiving and will be a delicious turkey meal. Due to the 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 everyone can be escorted up to the 55 Laguna Community Room.

To RSVP, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

Men's Drop-In Social Hour

Thursday, November 14, 1:30 – 3PM
OH Community Room at 55 Laguna St
No RSVP required.

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



Due to the holiday, Men's Drop-In Social Hour will not meet on November 28.

Contact Faire at (415) 213-5883 or faire@openhouse-sf.org

The holiday season is upon us!

Merry Christmas
Happy Hanukkah
Happy Kwanzaa

Join us for a special three-part series about the three major holidays of the season: Kwanzaa, Chanukah, and Christmas. We will learn about the origins, meanings, similarities, differences, and enjoy food and drink typical of each.

Stay tuned for more information. Dates and times will be announced in our December newsletter.

Community Wellness and Services

MUTTVILLE senior dog rescue

Friday, November 8, 2PM

255 Alabama St.

RSVP requested

We visit Muttville 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.



Let us know if you can make it!

Contact Ariel at (415) 503-4180 or ariel@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 at sylvia@openhouse-sf.org



LGBTQ Caregivers of those with Dementia Support Group *in partnership with the Alzheimer's Association*

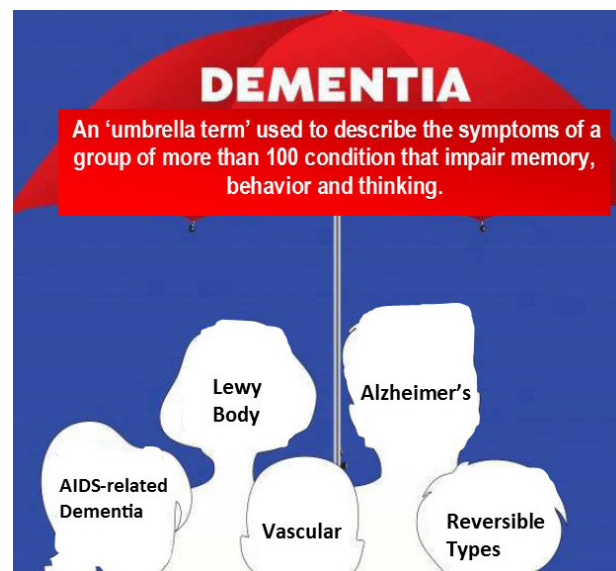
PLEASE NOTE: we will meet on November 20, 6-7:30PM
Bob Ross LGBT Senior Center at 65 Laguna St.
No need to RSVP



We welcome diverse LGBTQ caregivers to this monthly, free drop-in support group. "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.

Holiday schedule:

Wednesday, November 20 and December 18

Contact Ariel for more info at (415) 503-4180 or ariel@openhouse-sf.org



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 November is Transgender Awareness Month 			<p>1 Living with Loss: Drop-in Grief Support, 1 – 2:30PM, BR 65 Laguna</p> <p>Yiddish, 4 – 5:30PM BR 65 Laguna, Reg req'd: X305</p>	<p>2 Games, 10AM – 1PM BR 65 Laguna St</p> <p>Queer Elders Short Stories 12:30 – 3:30PM, PAWS Closed group, X322 for info</p> <p>No Art Group Today: Hiatus</p>
3	<p>4 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St.</p> <p>Men's Group, 2 – 3:30PM, 501 Castro</p> <p>Trans/Gender-Variant Support Group 2 – 3:15PM, 930 4th St. Reg req'd: (510) 863-0359</p>	<p>5 Dance Troupe, 2 – 3PM BR 65 Laguna, Reg req'd: X322</p>	<p>6 Clearing House: Cluttering Support 12:30 – 2PM, BR 65 Laguna St.</p> <p>Intermediate Spanish, 5 – 6:30PM BR 65 Laguna St, Reg req'd: X305</p>	7	<p>8 Intersex Day of Solidarity</p> <p>Walking Group, 11AM – 12PM BR 65 Laguna St, RSVP to X322</p> <p>Visit to Muttville, 2PM 255 Alabama St, RSVP to X315</p> <p>Yiddish, 4 – 5:30PM BR 65 Laguna, Reg req'd: X305</p>	<p>9 Games, 10AM – 1PM BR 65 Laguna St</p> <p>Queer Elders Short Stories 12:30 – 3:30PM, PAWS Closed group, X322 for info</p> <p>No Art Group Today: Hiatus</p>
10	<p>11 Veteran's Day</p> <p>Drop-In Meditation, 11AM – 12PM BR 65 Laguna St.</p> <p>LGBTQ Chat, 1 – 2PM</p> <p>Men's Group, 2 – 3:30PM, 501 Castro</p> <p>"In the Life" Discussion for LGBTQ People of Color, 2 – 3:30PM BR 65 Laguna, RSVP to X322 for info</p> <p>Housing Workshop, 2PM BR 65 Laguna St, RSVP req'd: X310</p>	<p>12 Dance Troupe, 2 – 3PM OHC 55 Laguna, Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM BR 65 Laguna St. Closed group, X322 for info</p>	<p>13 Rainbow Lunch, 12 – 1:30PM OHC 55 Laguna St. RSVP req'd: X322</p> <p>Intermediate Spanish, 5 – 6:30PM BR 65 Laguna St, Reg req'd: X305</p>	<p>14 Tai Chi, 11AM – 12PM OHC 55 Laguna, Reg req'd: X322</p> <p>Men's Drop-In Social Hour 1:30 – 3PM, OHC 55 Laguna St.</p> <p>Publication Launch Event: WRITE ON! Queer Elder Stories, Her-stories, and Histories 5 – 7PM, OHC 55 Laguna</p>	<p>15 Women's Afternoon at the Movies "Paris is Burning" 1 – 4PM, OHC 55 Laguna</p> <p>Living with Loss: Drop-in Grief Support, 1 – 2:30PM, BR 65 Laguna</p> <p>Yiddish, 4 – 5:30PM BR 65 Laguna, Reg req'd: X305</p>	<p>16 Games, 10AM – 1PM BR 65 Laguna St</p> <p>Friendly Visitor Volunteer Discussion Group 10:30 – 11:30AM, BR 65 Laguna</p> <p>Queer Elders Short Stories 12:30 – 3:30PM, PAWS Closed group, X322 for info</p> <p>No Art Group Today: Hiatus</p>
17 Fabulous Sunday Brunch 12 – 1:30PM OHC 55 Laguna	<p>18 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St.</p> <p>Men's Group, 2 – 3:30PM, 501 Castro</p> <p>Trans/Gender-Variant Support Group 2 – 3:15PM, 930 4th St. Reg req'd: (510) 863-0359</p>	<p>19 Trans Day of Remembrance Lunch 12 – 1:30PM, OHC 55 Laguna X322 for info</p> <p>Housing Workshop, 2PM BR 65 Laguna St. RSVP req'd: X310</p> <p>Dance Troupe, 2 – 3PM OHC 55 Laguna, Reg req'd: X322</p>	<p>20 Transgender Day of Remembrance</p> <p>Clearing House: Cluttering Support 12:30 – 2PM, BR 65 Laguna St.</p> <p>Intermediate Spanish, 5 – 6:30PM BR 65 Laguna St, Reg req'd: X305</p>	<p>21 Openhouse offices closed all day, except for Tai Chi.</p> <p>Tai Chi, 11AM – 12PM OHC 55 Laguna Reg req'd: X322</p> <p>We look forward to seeing you at the Fall Feast. Make sure to RSVP!</p>	<p>22 No 4th Friday Health & Wellness this month</p> <p>Smart Money Coaching 10AM – 5PM, BR 65 Laguna St Appt req'd: (415) 865-5542</p> <p>Walking Group, 11AM – 12PM BR 65 Laguna St, RSVP to X322</p> <p>Yiddish, 4 – 5:30PM BR 65 Laguna, Reg req'd: X305</p>	<p>23 Games, 10AM – 1PM BR 65 Laguna St</p> <p>Queer Elders Short Stories 12:30 – 3:30PM, PAWS Closed group, X322 for info</p> <p>No Art Group Today: Hiatus</p>
24	<p>25 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St.</p> <p>LGBTQ Chat, 1 – 2PM</p> <p>Men's Group, 2 – 3:30PM, 501 Castro</p> <p>"In the Life" Discussion for LGBTQ People of Color, 2 – 3:30PM BR 65 Laguna, RSVP to X322 for info</p>	<p>26 Sister Circle, 12 – 1:30PM OHC 55 Laguna, RSVP to X322</p> <p>Dance Troupe, 2 – 3PM BR 65 Laguna, Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM BR 65 Laguna St. Closed group, X322 for info</p>	<p>27 Rainbow Lunch, 12 – 1:30PM OHC 55 Laguna St. RSVP req'd: X322</p> <p>LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, BR 65 Laguna St X315 for info</p>	<p>28 & 29 Openhouse offices closed for holiday</p>		<p>30 Games, 10AM – 1PM BR 65 Laguna St</p> <p>Queer Elders Short Stories 12:30 – 3:30PM, PAWS Closed group, X322 for info</p> <p>No Art Group Today: Hiatus</p>

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 Wellness and Services

Clearing House: Drop-in Clutter Support Group

1st and 3rd Wednesdays

12:30 – 2PM, Bob Ross LGBT Senior Center at 65 Laguna St.



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.

Drop-In Meditation

Mondays, 11AM – 12PM, Bob Ross LGBT Senior Center, 65 Laguna St.

Come find some space in the chaos and learn some tools to get along skillfully and with awareness in this complex world.

Instructors David Lewis and Kathy Barr invite all levels of practitioners--as well as those who are just interested in seeing what meditation is all about--to join us!

Questions?

Contact Faire at (415) 231-5883.

LGBTQ Chat Group in collaboration with Well-Connected.

This telephone-based group is held from 1 – 2PM on the 2nd and 4th Mondays of the month.

Community members can participate via phone or computer from the comfort of their own homes. 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 Ariel Mellinger, ASW.

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

Staying Connected to Services In the Life: A Discussion Group for LGBTQ People of Color

2nd and 4th Mondays, 2 – 3:30PM, Bob Ross LGBT Senior Center at 65 Laguna St.

RSVP encouraged

In partnership with Steppingstone, join us for a discussion group for LGBTQ people of color. Prejudice, bias and bureaucracy make government systems almost impossible to cope with every day; it's a struggle. Every second and fourth Monday, come share your tips, strategies and support with others in a positive environment. We will learn together how to get what we want from community resources, support services and government benefits.

This group is facilitated by Myles Dixon who has a Master's in Health Systems Administration and has both personal and professional experience working with health-related community organizations.

For more info or to RSVP, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

Community Wellness and Services

The Openhouse Dance Troupe and Dance Class

Rehearsals/class take place Tuesdays 2 - 3PM, 55 Laguna Community Room
Registration is required

The Openhouse Dance Program will take place in two-parts: for part of the class, participants will build on and practice choreography for a performance taking place at our Holiday Party in December. For the other half of class, Allegra will build on dance skills, teach some new moves, and make space for some free-flowing dance.

All abilities are welcome and no experience is necessary.

For further info and to register, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

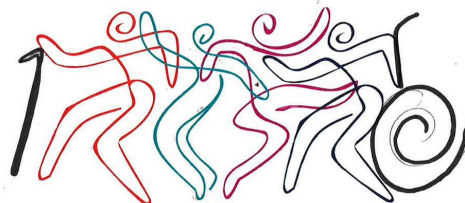
Join the Openhouse Walking Group!

2nd and 4th Fridays, 11AM
Meet at Bob Ross LGBT Senior Center
65 Laguna St.

Join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome and snacks and water will be provided.

Leading us will be community member, Freddie Kendrick. Freddie has been a certified nursing assistant for 30 years and is a volunteer Chaplain at Davies Hospital.

Contact Faire at (415) 231-5883 or faire@openhouse-sf.org



Living with Loss: Drop-In Grief Group

1st and 3rd Fridays, 1 – 2:30PM
Bob Ross LGBT Senior Center
65 Laguna St. No need to RSVP.

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.

For questions, contact Dale Poland at (408) 964-6866 or dale.poland@vitas.com



Trans/Gender-Variant Support Group at SteppingStone

Monday, November 4 and 18
2 - 3:30PM, Registration required.

Join ROAR for Aging for a biweekly support group for transgender and gender-variant people at SteppingStone Mission Creek. This is an open-ended drop-in group where members can share their stories, seek referrals and advice, and cultivate a sense of community. This group is facilitated by D. Hilton, ASW.

It is free and requires an interview with the facilitator prior to enrollment.

Contact D. at (510) 863-0359 or dhilton@steppingstonehealth.org



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

NOVEMBER 2019

A decorative background for the bottom section of the page, featuring a dark purple field with numerous out-of-focus, glowing circles in shades of purple and pink, creating a bokeh effect.

SAVE THE DATE!

Annual Openhouse Holiday Party

Saturday, December 21, 2 - 4PM

Stay tuned for details in the December newsletter!