

NEW FORMAT!

In response to feedback on the newsletter, we're switching things up in the month of March. We've reorganized our content to have featured programs in the front of the newsletter with the rest being organized into sections: Support Group, Social, Health & Wellness, Arts & Culture, and Lifelong Learning. Each category will be placed in date chronological order.

Join the CMC Openhouse Choir

Tuesdays, starting March 14
11AM-12:30PM, 75 Laguna

Community Music Center's Older Adult Choir Program and Openhouse are collaborating to create a space for LGBTQ Older Adults to connect through the joyful power of music! Led by Director, Jessalyn Levine and Accompanist, Reuben Zellman, we will explore a wide range of choral repertoire per the interests and abilities of the participants and the vision of the director. **No prior singing experience is needed!**

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

Celebrate Women's History with Openhouse at Sister Circle

Tuesday, March 28, 12PM-1:30PM
Hybrid: 75 Laguna and via Zoom

We invite women of all expressions to join us either on Zoom or in person at 75 Laguna for some connection and good conversation. For those joining in person, we will be providing a small meal to go. For those joining via Zoom, we invite you to grab a cup of coffee and pull up a chair.

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

MARCH 2023

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TGNCI Monthly Brunch

Sunday, March 26, 5PM-7PM
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 please reach out to:
J Jha (415) 961-8378 or
Kiko B. (415) 509-6684

March is Women's History Month

Despite making an enormous amount of progress with regards to gender equity, there are still many unfortunate inequities that we see in our culture today:

- Women in the US still make less than their male counterparts for similar work
- The Supreme Court overthrew Roe vs. Wade, creating a new precedent that women in the US do not have the right to make medical decisions for themselves
- While we have our very first female Vice President in office currently, the vast majority of elected representatives and senators are cisgender men

For those of us who identify as women, these inequities can feel unrelenting, or inescapable. That said, there are glimmers of hope everywhere. I was fortunate to grow up in a state that was home to the first woman elected governor in her own right, Governor Ella Grasso. Her mere presence taught me that I too, could aspire to great things - but still, only 39 women have been elected governor for a US state. We are behind in many ways, from full rights for transgender people, to institutions that are blind their own racist policies and action. All that said - as spring approaches and the rebirth of the flora and fauna begin to bloom, I find optimism in our ongoing momentum to create community that is safe and supportive for all.

I look forward to connecting with you, so come on by and say hello!

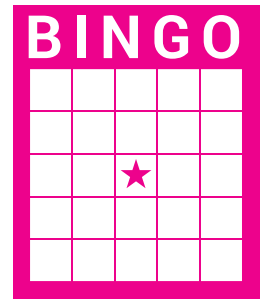
In community,

Kathleen M. Sullivan, Ph.D.
Executive Director

Drag Bingo!

Tuesday, March 14
1:30PM-3PM at 75 Laguna

Club 75 invites all community members to a Drag Bingo Extravaganza! All Bingo supplies will be provided and we'll have a wonderful selection of prizes for our winners.



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

Join us for live music!

Tuesday, March 28
1PM-2PM at 75 Laguna

Club 75 invites all community members to experience a live performance by an old-time string band, Skillet Licorice! They will be playing Appalachian dance tunes and early swing music all the way from Texas. Come be in community and enjoy an amazing show.



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

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

Health & Wellness

Dr. Aronson Talks Bones

Wednesday, March 8

1PM-2:30PM via Zoom

Our bones change throughout our lives. Bone mass peaks at the ripe old age of 30(!) The good news is that there are many ways to control and improve your bone health. This matters for all older adults since falls are the leading cause of accidental death as we age and protecting bone health is easier than many people think. Come learn what you can do!

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



Dr. Louise Aronson, leading geriatrician, professor of medicine at UCSF, and author of the Pulitzer Prize Finalist *Elderhood*.

Housing & ADRC Drop-in Hours

Wednesdays, 1PM-4PM & Thursdays, 10AM-1PM, 75 Laguna

You don't have to look for housing or resources alone—come in and get help with answering questions, filling out applications, using DAHLIA, and more. No appointment needed, just come on by!

First come, first served, max 5 drop-in clients seen per session.

No documents required, but the following can be helpful: photo ID, proof of income (like a Social Security/SSI benefits letter, pension statement, paystub), proof of SF residency (utility bill, internet bill, lease), relevant housing documents (eviction notice, landlord letter). A face mask is required for entry.

Contact Aisling at apeterson@openhousesf.org or (628) 219-6519 for questions.



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.

Health & Wellness

Virtual Drop-In Meditation in Partnership with Shanti Project

Thursdays, 11AM-12PM via Zoom

Mindfulness meditation is an easily learned practice that can help us cope and be more physically and mentally resilient. We invite you to give your mind a break and create more space as we meditate together.



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

Join the Openhouse Walking Group

Friday, March 10 & March 24
11AM-12PM, 65 Laguna St

We invite you to join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome.

Muttville will bring their senior dogs to walk with us on March 10. You'll be able to walk the dogs if you'd like - or just get in some good pets! Leading us is Openhouse community member and volunteer Freddie Kendrick.

RSVP at koneal@openhousesf.org
or (628) 263-3262



MUTTVILLE
senior dog rescue

Join Openhouse at Muttville

Friday, March 17
2PM-3:30PM
255 Alabama St.

Join us for a monthly in-person visit to Muttville, where we hang out in the cozy Muttville headquarters. We'll enjoy each others' company and spend time with some delightful doggies!

Space is limited and an RSVP is required.

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



Social

Social Hours at Openhouse

Thursdays, 2PM-3:30PM, 75 Laguna, RSVP encouraged

Women's Social Hour:

March 2 & 16: we welcome women of all experiences for a social hour happening twice a month.

Men's Social Hour:

March 9 & 23: we welcome men of all experiences for a social hour happening twice a month.



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

Join us for Rainbow Lunch!

Monday, March 13 & 27

12PM-1:30PM, 75 Laguna

Space is limited. RSVP required by Friday before Rainbow Lunch.

Join us as we connect, hang out, and share a meal. In order to ensure everyone is able to have a COVID-safe Rainbow Lunch experience, we are requiring an RSVP in order to attend.

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



Unidos/United Meeting

Thursday, March 16, 11:30AM-1:30PM, 75 Laguna

Llamando a todos los latinos a unirse, hablar sobre nuestras historias culturales, y compartir nuestras historias de salida del armario. Nuestras historias diferentes y experiencias de vida afectan nuestras identidades comunitarias! Únete a nosotros para un día de conversación, conexión, y almuerzo mientras celebramos a nuestra comunidad! Este evento levantará y centrará a los miembros de nuestra comunidad latina.

Calling all Latinos to unite, talk about our cultural histories, and share our coming out stories. Our many different histories and lived experiences impact our community identities! 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.

For questions, contact Luis de la Garza at nosolotaxi@hotmail.com.

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">Housing & ADRC Drop-in Hours, Wednesdays, 1PM-4PM and Thursdays, 10AM-1PM, 75 Laguna</p>						
<p style="text-align: center;">Curry LGBTQ+ Tech Support with Roberto Drop-In appointments at Openhouse: Mondays and Wednesdays, 9AM-12PM, 75 Laguna</p>						
	<p>All programs without a phone number listed, please RSVP to rsvp@openhousesf.org or (415) 231-5871</p>		<p>1 Clearing House: Cluttering Support 12:30PM-2PM Intermediate Spanish, 3PM-4:30PM, Closed Group</p>	<p>2 Cooking Matters, 11AM-12:30PM, Closed Group, 75 Laguna Meditation, 11AM-12PM Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Women's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged</p>	<p>3 Yiddish, 3PM-4:30PM, Closed Group</p>	<p>4 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, RSVP required</p>
5	<p>6 Places Please, 11AM-12:30PM, Closed Group Men's Drop-In Support Group Weekly, 2PM-3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30PM-7PM, RSVP: (415) 961-8378</p>	7	<p>8 International Women's Day "In the Life": Supporting LGBTQ POC 11AM-12:30PM, 75 Laguna Dr. Aronson Talks Bones, 1PM-2:30 PM Intermediate Spanish, 3PM-4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6PM-7:30PM, RSVP: (415) 503-4180</p>	<p>9 Cooking Matters, 11AM-12:30PM, Closed Group, 75 Laguna Meditation, 11AM-12PM Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995 Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged</p>	<p>10 Walking Group, 11AM-12 PM, 65 Laguna RSVP: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1PM-2:30 PM Yiddish, 3PM-4:30PM, Closed Group</p>	<p>11 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, RSVP required</p>
12	<p>13 Places Please, 11AM-12:30PM, Closed Group Rainbow Lunch, 12PM-1:30PM, 75 Laguna St Men's Support Group, 2PM-3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30PM-7PM</p>	<p>14 Openhouse Choir, 11AM-12:30PM, 75 Laguna Drag Bingo, 1:30PM-3PM, 75 Laguna Gray Gay Writers, 4PM-6PM, RSVP: (510) 333-4464 Trans, 50+ & Fabulous, 5PM-6PM, RSVP: (415) 292-3420</p>	<p>15 Clearing House: Cluttering Support 12:30PM-2PM Intermediate Spanish, 3PM-4:30PM, Closed Group</p>	<p>16 Meditation, 11AM-12PM Cooking Matters, 11AM - 12:30PM, 75 Laguna, Closed Group Unidos/United Meeting, 11:30AM-1:30PM, 75 Laguna Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Women's Social, 2PM-3:30PM, 75 Laguna RSVP encouraged</p>	<p>17 Muttville Visit, 2PM-3PM @ 255 Alabama St Yiddish, 3PM-4:30PM, Closed Group</p>	<p>18 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, RSVP required</p>
19	<p>20 Places Please, 11AM-12:30PM, Closed Group Men's Support Group, 2PM-3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30PM-7PM</p>	<p>21 Openhouse Choir, 11AM-12:30PM, 75 Laguna LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1PM-2:30PM</p>	<p>22 "In the Life": Supporting LGBTQ POC 11AM - 12:30PM, 75 Laguna Intermediate Spanish, 3PM-4:30PM, Online, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6PM-7:30PM, RSVP: (415) 503-4180</p>	<p>23 Meditation, 11AM-12PM, Online Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged</p>	<p>24 Walking Group, 11AM-12PM, 65 Laguna, RSVP: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1PM-2:30 PM Yiddish, 3PM-4:30PM, Closed Group</p>	<p>25 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, RSVP required</p>
26	<p>TGNCI Brunch, 12PM-1PM, 750 Ellis St Rainbow Lunch, 12PM-1:30PM, 75 Laguna St Men's Support Group, 2PM-3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30PM-7PM</p>	<p>28 Openhouse Choir, 11AM-12:30PM, 75 Laguna Self Compassion, 11AM-12:30PM Celebrate Women's History at Sister Circle, 12PM-1:30PM, Hybrid Live Music, 1PM-2PM, 75 Laguna Gray Gay Writers, 4PM-6PM Trans, 50+ & Fabulous, 5PM-6PM,</p>	<p>29 Intermediate Spanish, 3PM-4:30PM, Closed Group</p>	<p>30 Meditation, 11AM-12PM Long Term Survivors HIV/AIDS Support Group, 12PM-1:30PM, Closed Group</p>	<p>31 OPENHOUSE OFFICES CLOSED International Transgender Day of Visibility Cesar Chavez Day</p>	<p>April 1 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30PM-4:30PM, RSVP required</p>

Arts & Culture

Art with Elders at Openhouse

Saturdays, 2:30PM-4:30PM via Zoom

Join to explore new ideas, and build positive relationships with your peers. These are not craft activities, but instead focus on skill-building – ranging from color and composition to perspective and background. Instructed by Hugh Leeman, an artist whose work acts as a form of social commentary. To find out more go to hughleeman.com

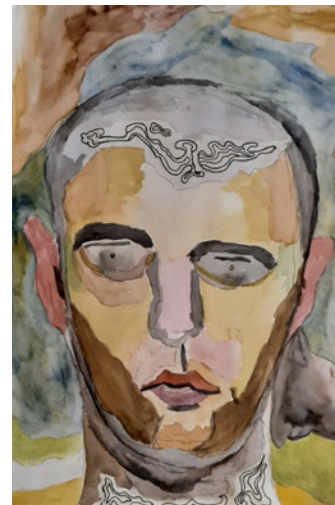


This class will explore a variety of mediums and is open to all skill levels. Supplies are provided. **There are limited spots available.**

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



Trombone player and jazz arranger Melba Liston by Openhouse artist: Eva Petterson, pencil on paper, 12" x 9"



Portrait by Openhouse artist: Robert Leone, 12" x 9", paint, ink, and pencil on paper

Save the Date!

Why the X? *Latinx Examined*

Monday, May 15, 11AM-12:30PM, 75 Laguna

Join us for a panel discussion about the term Latinx. Language is always evolving, as are the words that we relate to and use to describe ourselves. We will discuss the ways individuals in the Western hemisphere of Spanish and Portuguese descent self-identify and those terms imposed, or that have gained currency, by social construction entities such as higher education, media, government, and social movements. More details to come!

Support Group

Men's Drop-In Support Group

Mondays, 2PM-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.

As we navigate this changing pandemic, there is a greater 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

Trans Resilience

Support Group

**Mondays, 5:30PM-7PM via Zoom
(Hybrid) Last Monday of the Month**

Join other Transgender, Gender Non-Conforming, seniors every Monday as we come together to support each other through our individual walks in the Trans experience. Group is held virtually every Monday and held as an in-person/hybrid program the last Monday of the month.

Co-Presented by TGI Justice Project. Hosted by Ms. Billie Cooper.

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



LGBTQ Seniors with Chronic Physical Disabilities Support Group

**Tuesday, March 21, 1PM-2:30PM
via Zoom**

People with chronic physical disabilities often feel left out even when in a group. Join us for a monthly group where we discuss how it feels to be disabled, managing those feelings in a healthy and self-compassionate way, and other topics. This group is co-facilitated by Max Lane and Sumi Colligan

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

Self-Compassion & Belonging

New Session Tuesdays, starting March 28, 11AM -12:30PM via Zoom

Learn tools of self-acceptance to build inner strength and resiliency. We will practice responding to life's disappointments (including that of our aging bodies) by offering ourselves self-compassion rather than listening to our critical inner voices. We will support each other in facing the mystery of mortality-our own and that of those we love.

This group is facilitated by Molly Reno who has been facilitating Self-Care and Self-Compassion groups at Openhouse since 2012.

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

Support Group

Trans 50+ and Fabulous Tuesday, March 14 & March 28 5PM-6PM, via Zoom

If you are trans or gender non conforming, are 50 and over and most importantly FABULOUS, then this is your group! Let's talk about everything that we didn't dare 'coz they thought we couldn't handle it.

Facilitated by Erica from Trans Thrive.

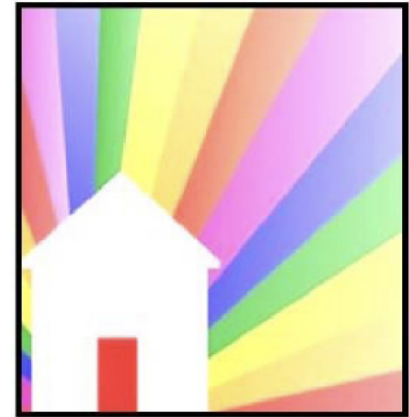
For info and to RSVP:
Erica@sfcommunityhealth.org or
(415) 292-3420



Clearing House: Drop-In Clutter **Support Group**

Wednesday, March 1 & March 15
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." The group is a non-judgmental, confidential, and supportive space where you can share your struggles and strategies with other LGBTQ folks.



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

In the Life: **Supporting LGBTQ POC** Wednesday, March 8 & March 22 11AM-12:30PM, 75 Laguna

Join us for a group supporting LGBTQ Elders of Color. This group is a space where it is safe to be your authentic self as we explore our experiences, share stories, and connect with each other. We are excited to bring this group back in person at 75 Laguna!

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



Support Group

LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer's Association

Wednesday, March 8 & March 22
6PM-7:30PM, via Zoom

We welcome diverse LGBTQ caregivers to this twice monthly free drop-in support group. Caring for someone with dementia, whether mild or severe, is important and challenging work and inspires many questions about how to deal with what is. Join us as we continue to connect virtually through Zoom.



Register: amellinger@openhousesf.org or (415) 503-4180

Living with Loss: Drop-In Grief Support Group

Friday, March 10 & March 24
1PM-2:30PM via Zoom

There are a variety of losses that we experience, such as loss that relates to isolation and loneliness, losing those we love, or maybe even the loss of the life we had before the pandemic.

Join Openhouse and VITAS Healthcare for a space where we can find community and support each other.

This group is co-facilitated by Rabbi Jane Litman and Chaplain Martin Allen.

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



Lifelong Learning

Curry LGBTQ+ Tech Support with Roberto

Drop-In appointments at Openhouse:
Mondays & Wednesdays, 9AM-12PM, 75 Laguna

In partnership with Openhouse, Curry Senior Center is offering tech support for LGBTQ+ Seniors & folks with disabilities.

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
 - WiFi
 - Printers



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

Make an appointment or learn more, contact Roberto: (415) 439-3555 or ralvarez@curryseniorcenter.org



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

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**Department of Disability
and Aging Services**

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