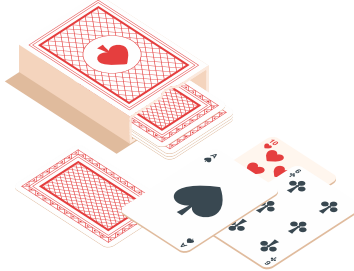


Games Group is Back!

Fridays, August 11 and 25, 11AM - 1PM,
 In-Person at 75 Laguna

We are so excited to bring back the Games Group at a new time and on a new day!

Join us as we play a variety of games together - from Scrabble to Dominoes. Light snacks and coffee will be provided.



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

AUGUST 2023

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4	Arts & Culture
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8	Support Group
11	Lifelong Learning

Lesbian, Bisexual, and Queer Women's Sister Circle Lunch and "Sally" Documentary and Discussion

Sunday, August 20, 12 - 2PM
 In-Person at 75 Laguna

In the 1970s and 80s, Sally Gearhart was a towering figure in San Francisco's gay and lesbian community. She collaborated closely with Harvey Milk in fighting the 1978 Briggs Initiative and helped co-found San Francisco State's Women Studies department—one of the first in the country—and was the first out lesbian to obtain tenure.

While sometimes controversial in her activism, Sally was truly a luminary in the lesbian feminist movement, but not enough people know about her accomplishments. The upcoming documentary "Sally" hopes to change that.

Join us as for a screening of the film-in-progress, hear from Director Deborah Craig and Co-Producer Jörg Fockele about their plans for the film, and discuss our stories and reactions to the film.



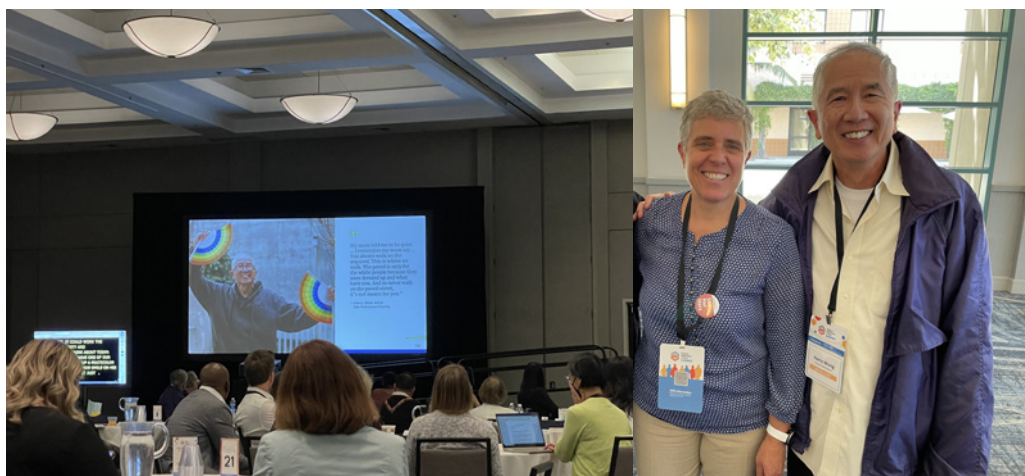
RSVP at rsvp@openhousesf.org or (415) 231-5871

Happy Summertime to You

Summer is finally upon us!

As I write this it is nearing 70 degrees outside. I flew in this morning from the inaugural United for Health Equity in Aging Summit hosted by the SCAN Foundation with support from the California Healthcare Foundation. I was so happy to see one of our wonderful community members, Harry Wong, at the event as a VIP. Harry was part of a video presentation and a panelist at the Summit. Harry is a wonderful spokesperson and ambassador for LGBTQ elders, and told us that as a Chinese boy he was taught to be quiet, but he will not be quiet any longer. Thank you, Harry for using your voice to promote health equity for our community.

August will be a fantastic month at Openhouse, please stop by and say hello.
Kathleen M. Sullivan, Openhouse Executive Director



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The CMC Openhouse Choir is looking for new members!

Tuesdays, starting August 29, 11AM - 12:30PM, In-Person at 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! We 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



COMMUNITY
MUSIC CENTER

MUSIC FOR EVERYONE SINCE 1921

Transgender History Month: Repurposing the Past for a Brighter Future

by Jupiter Peraza

Jupiter Peraza (she/her) is the new Outreach Coalition Manager at Openhouse. She is an undocumented transgender activist, organizer, DACA recipient, SFSU alum, and thought leader. Ms. Peraza is the former Director of Social Justice & Empowerment Initiatives at The Transgender District in San Francisco. Jupiter is also a fellow from the Women's Foundation of California Dr. Maria Solis Policy Institute. In March of 2022, Jupiter Peraza was recognized by CA State Senator Scott Wiener as Senate District 11 Woman of the Year.



In June 2021, amidst recounting the history of the Compton's Cafeteria Riots, which took place during an August night in 1966 at the popular 24-hour diner in the Tenderloin, the idea of Transgender History Month came to be.

We envisioned Transgender History Month as an opportunity for trans people to take ownership of our history. There was no better city for this to occur than San Francisco - a city rich in transgender history dating back to the late 1800s. We, as San Franciscans, have the incredible privilege to be surrounded by legendary trans individuals. Individuals who are very special to me and personal heroes of mine, such as the iconic Donna Persona, Andrea Horne, Billie Cooper, and Cecilia Chung.

On what seemed to be like a sign from the universe and our trans-cestors, Transgender History Month was signed into law by Mayor London Breed in a proclamation-signing ceremony on August 24, 2021 - what would have been Marsha P. Johnson's 76th birthday.

Transgender history should not be understated. Disseminating transgender history helps us understand the shared struggles that bind us - how we are more alike than we are different, whether cis or trans. Now, more than ever, it is imperative to lean into transgender history to understand the reemergence of extremist and violent anti-transgender rhetoric. We must learn from our past to guarantee a future defined by liberation. Trans people have contributed a great deal to modern-day social justice movements, to the progress made by the general LGBTQ+ community, and society as a whole. Trans people deserve to know they come from a lineage of thought leaders, pioneers, and warriors.

**One thing is certain, trans people have always been here,
and we will always be.**

Health & Wellness

Taller de alquilar viviendas con precio asequible

Miercoles, 16 de agosto, 2023, 11:00AM-12:30PM por zoom

Acompañennos el tercer miércoles del mes a las 11 am por zoom para aprender más sobre vivienda asequible. Nuestros talleres de vivienda están dirigidos a personas mayores LGBTQ y adultos con discapacidades para cubrir los conceptos básicos de cómo buscar y solicitar vivienda asequible, así como apoyo adicional de alquiler, subsidios y otros recursos locales.

Contacte a Dana Arango para registrarse darango@openhousesf.org o (628) 208-0020

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 Openhouse at Muttville

Friday, August 18, 2 - 3PM

In-Person at 255 Alabama St.

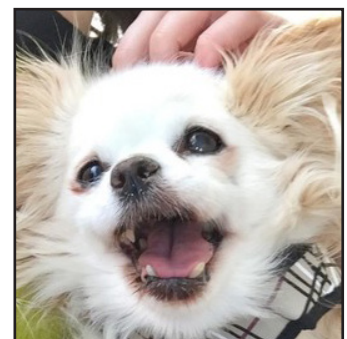
Join us for a monthly in-person visit to Muttville, where we hang out in the cozy Muttville headquarters. We'll enjoy each others' company and spend time with some delightful doggies!

Space is limited and an RSVP is required.

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



MUTTVILLE[®]
senior dog rescue



Health & Wellness

Make Intergenerational Connections!

Interested in a friendship with another member/ally of the queer community? That is exactly what the Openhouse Friendly Visitor Program offers - a chance for ongoing social and emotional support, through regular chats or perhaps taking a walk together, visiting a museum or sharing another mutual interest. Let's get connected!

To find out more, contact Rob at rsmith@openhousesf.org or (415) 969-6907

Feeling Stuck? Introducing our new Mental Health Program

Sessions occur in-office or remotely via Zoom

Openhouse's new pilot Mental Health Program is a no-cost, short-term counseling program for LGBTQ+ older adults and adults with disabilities offered by a queer Licensed Clinical Social Worker or pre-licensed provider. Sessions occur at Openhouse or remotely.

To see if the program is the right fit for you, contact Aiden Goodwin, LCSW (they/them) at (415) 728-0193 or agoodwin@openhousesf.org

Arts & Culture

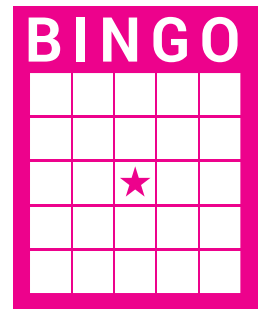
Drag Bingo!

Wednesday, August 23, 1:30 - 3:00PM

In-Person at 75 Laguna

Club 75 invites you to a Drag Bingo Extravaganza! All Bingo supplies will be provided and we'll have a wonderful selection of prizes for our winners. Please come be in community & enjoy the show.

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



Concert in the Courtyard

Tuesday, August 29, 1 - 2PM, In-Person at 75 Laguna

Openhouse + On Lok's Club 75 invites you to come experience a live performance by the Melody Yan Fusion Music group. The group purposely seeks to bridge the cultures of the East and the West by adapting contemporary and classical American music for the guzheng to create a unique brand of fusion music. Be in community & enjoy an amazing show.

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
All programs are via Zoom unless marked as Hybrid or with a location						
Housing & ADRC Drop-in Hours, Wednesdays, 1 - 4PM and Thursdays, 10AM - 1PM, 75 Laguna						
Curry LGBTQ+ Tech Support with Roberto, Drop-In Appointments: Mondays and Wednesdays, 9AM - 12PM, 75 Laguna						
	All programs without a phone number listed, please RSVP to rsvp@openhousesf.org or (415) 231-5871	1 Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464	2 Clearing House: Cluttering Support, 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group	3 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Social, 1:30 - 3PM, 75 Laguna RSVP encouraged Heart of the Matter, 4 - 5:30PM, Closed Group	4 Yiddish, 3 - 4:30PM, Closed Group	5 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30 - 4:30PM, Closed Group
6	7 Men's Drop-In Support Group, 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378	8 Self Compassion 11AM - 12:30PM Trans, 50+ & Fabulous, 5 - 6PM, RSVP: (415) 292-3420	9 International Day of the World's Indigenous Peoples "In the Life": Supporting LGBTQ POC, 11AM - 12:30PM, 75 Laguna Genealogy, 11AM - 12:30PM, RSVP encouraged Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: (415) 503-4180	10 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995 Men's Social, 2 - 3:30PM, 75 Laguna, RSVP encouraged Heart of the Matter, 4 - 5:30PM, Closed Group	11 Games Group, 11AM - 1PM, 75 Laguna Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Yiddish, 3 - 4:30PM, Closed Group	12 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30 - 4:30PM, Closed Group
13	14 Rainbow Lunch, 12 - 1:30PM 75 Laguna, RSVP required by Aug 11 Men's Drop-In Support Group, 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378	15 Self Compassion 11AM - 12:30PM Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464	16 Clearing House: Cluttering Support, 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers Support Group 4 - 5:30PM, For info: asanchez@caregiver.org	17 Meditation, 11AM - 12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Social, 1:30 - 3PM, 75 Laguna RSVP encouraged Heart of the Matter, 4 - 5:30PM, Closed Group	18 Muttville Visit, 2 - 3PM, 255 Alabama St Yiddish, 3 - 4:30PM, Closed Group	19 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30 - 4:30PM, Closed Group
20 Southern HIV/AIDS Awareness Day Sister Circle 12 - 2PM, 75 Laguna, RSVP encouraged	21 Men's Drop-In Support Group, 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378	22 Self Compassion 11AM - 12:30PM Housing Workshop, 2 - 3:30PM RSVP: (415) 347-8509 Trans, 50+ & Fabulous, 5 - 6PM, RSVP: (415) 292-3420	23 "In the Life": Supporting LGBTQ POC, 11AM - 12:30PM, 75 Laguna Drag Bingo, 1:30 - 3:00PM, 75 Laguna Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: (415) 503-4180	24 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Men's Social, 2 - 3:30PM, 75 Laguna, RSVP encouraged	25 Games Group, 11AM - 1PM, 75 Laguna Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Yiddish, 3 - 4:30PM, Closed Group	26 Women's Equality Day Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30 - 4:30PM, Closed Group
27 TGI Monthly Meal, 5-7PM, 1460 Pine Street	28 Rainbow Lunch, 12 - 1:30PM 75 Laguna, RSVP required by Aug 25 Men's Drop-In Support Group, 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM, Closed Group "Trans Resilience" TGNC Support Group, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378	29 Self Compassion 11AM - 12:30PM CMC OH Choir, 11AM - 12:30PM, 75 Laguna Concert in the Courtyard 1 - 2PM, 75 Laguna Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464	30 Intermediate Spanish, 3 - 4:30PM, Closed Group	31 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group	Sept 1 Yiddish, 3 - 4:30PM, Closed Group	2 Queer Elders Writing Workshop 12:30 - 2:30PM Art with Elders 2:30 - 4:30PM, Closed Group

Social

Drop-In Social Hours at Openhouse

Thursdays, In-Person at 75 Laguna, RSVP encouraged

Join us for a cup of coffee or tea, treats, and some in-person socializing!

Women's Social Hour NEW TIME: 1:30-3PM

August 3 and 17: we welcome women of all experiences for a social hour happening twice a month.

Men's Social Hour 2-3:30PM

August 10 and 24: 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, August 14 and 28, 12 - 1:30PM

In-Person at 75 Laguna

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

Join us as we connect, hang out, and share a meal. In order to ensure that there is enough space and food for everyone at Rainbow Lunch, **we require an RSVP to attend.**

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



Unidos/United Meeting

Thursday, August 17, 11:30AM - 1:30PM, In-Person at 75 Laguna

Llamando a todos los latinos a unirse, hablar sobre nuestras historias culturales, y compartir nuestras historias de salida del armario. Únete a nosotros para un 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. 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.

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

Support Groups

LGBTQ Seniors with Chronic Physical Disabilities Support Group cancelled this month.

The group will be taking a break this month.

Men's Support Group

Mondays, 2 - 3:30PM, Hybrid: 75 Laguna & 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, 5:30 - 7PM, Hybrid: 75 Laguna & via Zoom

Join other transgender and gender non-conforming seniors every Monday as we come together to support each other through our individual walks in the trans experience. Come enjoy a lovely meal in-person or join us via Zoom.

Co-presented by St. James Infirmary. Hosted by Ms. Billie Cooper.

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



Self-Compassion and Belonging

Tuesdays, starting August 8, 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 Groups

Clearing House: Drop-In Clutter Support Group

Wednesday, August 2 and 16, 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, supportive space where you can share your struggles and strategies with other LGBTQ folks.



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

LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer’s Association

Wednesday, August 9 and 23, 6 - 7:30PM via Zoom

We welcome diverse LGBTQ caregivers to this twice monthly 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.

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



Living with Loss: Drop-In Grief Support Group

Fridays, August 11 and 25, 1 - 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 Barb Greve.

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

Support Groups

LGBTQ Caregiver Support Group

In Partnership with Family Caregiver Alliance
Wednesday, August 16, 4 - 5:30PM via Zoom



This group is for LGBTQ caregivers of those with a variety of illnesses, disorders, and challenges. Join us via Zoom as we discuss the stresses, challenges, and variety of experiences that come with providing care in our community.

If you are caring for someone with Dementia-specific challenges, check out the LGBTQ Caregivers of those with Dementia Support Group.

For information on how to join this group, contact Adriana Sanchez at asanchez@caregiver.org



Heart of the Matter Lives On.

Thursday, September 14 - November 11, 4 - 5:30PM via Zoom

Join us as we discuss what still matters to you. Rich and meaningful topics include loss and change, mortality, hope, faith, and exploring the appeal life may still offer. This is a coed group of up to 8 members. A conversation with the facilitator is required before joining. Den Reno, Ph.D. Licensed Psychologist, is a long time Openhouse facilitator.

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

Lifelong Learning

Curry LGBTQ+ Tech Support with Roberto

Drop-In appointments at Openhouse:
Mondays & Wednesdays, 9AM - 12PM, In-Person at 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) 694-2265** 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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Cooking Classes at Openhouse

Thursdays, September 14 - October 12, 11AM - 12:30PM

In-Person at 75 Laguna

Join us for another flavor-filled session of Cooking Matters in person! All skill levels are welcome as we learn or sharpen our culinary skills, and prepare a meal together for you to take back home. Each of the 5 classes features a new recipe or two, with a focus on easy-to-prepare, flavorful, budget-friendly meals. Everything you need will be provided at no cost. Space is very limited, so reserve yours today!

RSVP with Kevin at koneal@openhousesf.org or (628) 263-3282



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

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