

# TAKE THE SURVEY: Survey of LGBTQIA+ Older Adults in California: From Challenges to Resilience



**FEBRUARY 2024**

Are you aged 50 or over and part of California's vibrant LGBTQIA+ community? Your voice is pivotal! We're excited to announce California's first-ever statewide survey focusing on the needs and experiences of mid-life and older LGBTQIA+ residents, supported by the California Department of Aging.

This groundbreaking initiative, in collaboration with leading research institutions and LGBTQIA+ community-based organizations, aims to shed light on our community's unique challenges, aspirations, and contributions. Your participation will directly influence resources, services, and policies to better support the well-being and rights of our aging LGBTQIA+ community.

Mark your calendars! The survey begins on January 8 and concludes on March 31, 2024. Learn more and take part at [https://aging.ca.gov/survey\\_of\\_lgbtqia](https://aging.ca.gov/survey_of_lgbtqia) Let's ensure our voices are heard and celebrated!

For questions please email: [lgbtqia\\_study@ucsf.edu](mailto:lgbtqia_study@ucsf.edu)

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## New Class! Watercolor Basics

Fridays, beginning February 23, 1:30 - 3PM, In-Person at 75 Laguna

Openhouse and Art with Elders are excited to offer an in-person art class focused primarily on learning the basics of watercolor. No experience is necessary - this fun art not fine art!

Sergio Giovine began a career illustrating cover art for paperback books shortly after leaving Parson School of Design in 1982. He recently authored and illustrated a children's picture book, "Welcome," which can be viewed on his website: [sergioillustration.com](http://sergioillustration.com). Now that he's semi-retired from publishing, he has turned his attention to creating and teaching watercolor classes at senior centers in San Francisco.

**Space is very limited and an RSVP is required to attend.**

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871



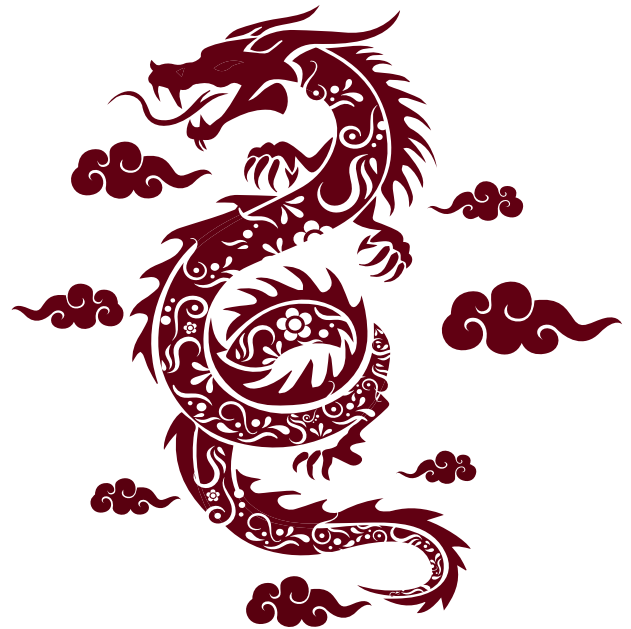
# The Year of the Dragon

Happy Lunar New Year, the Year of the Dragon! The Dragon is a supernatural being in traditional Chinese culture with power, nobleness, honor, luck and success. The Dragon has no parallel for talent or excellence. Go to page 10 to learn about our Lunar New Year celebration with Openhouse and Club 75!

It is also Black History Month. Let's celebrate and embrace the greats like Malcom X, Dr. King, Rep. Shirley Chisholm, and Rep. Barbara Jordan. We have a long way to go to be a more perfect union; and the arc of a moral universe bends to justice. Read below to learn about how we're celebrating our Black-identified community members at Openhouse.

Also, make sure to check out the survey of LGBTQIA+ Older Adults in California: From Challenges to Resilience. We worked with the California Department of Aging to do a statewide study of the aging experiences in our community. We hope you will take the survey to tell the story of the diversity of our community.

See you soon,  
Kathleen Sullivan, ED



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## Celebrate Black History Month with Openhouse

Saturday, February 24, 12 - 1:30PM, In-Person at 75 Laguna

Thursday, February 29, 2 - 3PM, SFPL Main Branch - 100 Larkin St

**The following programs are for our Black-identified community members to celebrate together:**

### Celebrating Black History Month Luncheon on Feb 24 at 75 Laguna!

Please join us for an afternoon of delicious food and community.

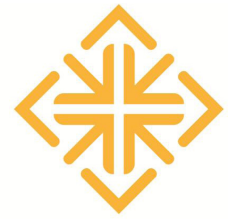
**Join us on Feb 29** to explore "Toward a Black Aesthetic: Kenneth P. Green Sr.'s Photographs of the 1960s and 70s" at the San Francisco Public Library. Kenneth Green, the first Black staff photographer for the Oakland Tribune (1968-1982), documented significant social changes. Curated by his son, Kenneth P. Green, Jr., this exhibition showcases previously unseen works. Meet at the Library to experience this impactful collection, and inform Openhouse if you require transportation assistance.

**Looking for Black History Month events in the City?** Check out the SF Public Library's website: More than a Month! They've got a variety of free events around San Francisco!  
<https://sfpl.org/events/special-programs/more-than-a-month>

## **Intergenerational Event! Sharing LGBTQ Experiences in Education** Friday, March 8, 5 - 7:30PM, In-Person at 75 Laguna

You are invited to a special evening to meet with students from the University of San Francisco for an intergenerational dialogue about LGBTQ issues in education. Share your story as a queer student, educator, counselor, administrator, or parent in school. Hear what students from USF are doing to make schools more inclusive. Your experience will contribute to students' understanding of where we've come from, how far we've gone, and where we still need to go.

RSVP at [lgoehring@openhousesf.org](mailto:lgoehring@openhousesf.org) or (415) 818-7496



**UNIVERSITY OF  
SAN FRANCISCO**

## **Socials**

### **Women's Resource Corner and Coffee Hour**

Thursday, February 8, 12:30 - 1:30PM

In-Person at 75 Laguna, RSVP encouraged

This month, join us for coffee as we learn about tools and services for navigating Housing Resources in San Francisco. Openhouse's Housing Navigators will join us to offer resources and field our questions.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871

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### **Men's Drop-In Social Hour**

Thursday, February 8 and 22  
2 - 3:30PM

In-Person at 75 Laguna  
RSVP encouraged

We welcome men of all experiences for conversation, coffee, and some yummy snacks.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org)  
or (415) 231-5871

### **Join us for Rainbow Lunch!**

Monday, February 12 and 26, 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. Rainbow Lunch has gotten very popular! In order to make sure we have enough room and space, please continue RSVPing by the Friday before the lunch. You will receive a confirmation of whether you are on the list or on the waitlist.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871

# Socials

## Unidos/United Meeting

Thursday, February 15, 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.

Para RSVP: [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) o (415) 231-5871

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.

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

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## Join Openhouse at Muttville

Friday, February 16, 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 with fur friends and humans alike!

**Space is limited and an RSVP is required.**

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871



**MUTTVILLE**<sup>®</sup>  
senior dog rescue



## Drag Bingo at Club 75!

Wednesday, February 21, 1:30 - 3PM, 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 and enjoy the show.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871

# Socials

## Games Group

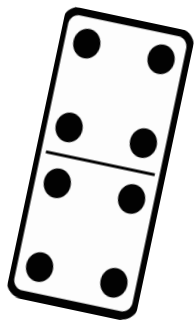
Fridays, 11AM - 1PM

In-Person at 75 Laguna

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

### No RSVP required

Questions? Contact [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871



## Lesbian, Bisexual, Queer (LBQ) Women's Lunch and Bowling

Saturday, February 24, 12 - 1:30PM, Off-site, RSVP for location details

Join us for community connection, friendly-competition bowling, and some delicious comfort food. **An RSVP is required for attendance.**

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871

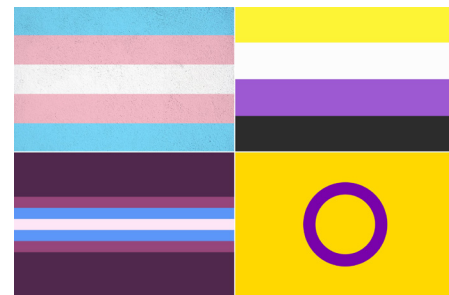
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## TGI Monthly Meal

Sunday, February 25, 12 - 2PM

In-Person at 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, reach out to: J Jha (415) 961-8378

# Support Groups

## Men's Support Group *NOTE: No in-person group on February 19*

Mondays, 2 - 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.

There is a great need for connection through emotional authenticity and bearing witness to each others' stories. We look forward to meeting you!

RSVP to [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p><b>All programs are via Zoom unless marked as Hybrid or with a location. All programs without a phone number listed, RSVP to <a href="mailto:rsvp@openhousesf.org">rsvp@openhousesf.org</a> or (415) 231-5871</b></p>						
<p>Housing &amp; ADRC Drop-in Hours, Wednesdays, 1 - 4PM and Thursdays, 10AM - 1PM, 75 Laguna</p>						
<p>Curry LGBTQ+ Tech Support with Roberto, Drop-In Appointments: Mondays and Wednesdays, 9AM - 12PM, 75 Laguna</p>						
				<p>1 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Hybrid Today Only</p>	<p>2 Games Group, 11AM - 1PM, 75 Laguna Queer Elders Writing Workshop, 1 - 3PM Yiddish, 3 - 4:30PM, Closed Group</p>	<p>3 Art With Elders 2:30 - 4:30PM, Closed Group</p>
4	<p>5 Men's Drop-In Support Group 2 - 3:30PM, Hybrid</p>	<p>6 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Self-Compassion &amp; Belonging, 11AM - 12:30PM LBQ Women's Drop-In Support Group, 3 - 4:30PM, 75 Laguna</p>	<p>7 Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378</p>	<p>8 Meditation, 11AM-12PM LTS HIV/AIDS Support Group, 12PM-1:30PM Women's Resource Corner and Coffee Hour, 12:30P-1:30PM, 75 Laguna Housing Workshop, 2PM-3:30PM, RSVP: (415) 296-8995 Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged Exploring the Ways of Karma, 4 - 5:30 PM, Closed Group</p>	<p>9 Games Group, 11AM - 1PM, 75 Laguna QEW, 1 - 3PM Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Yiddish, 3 - 4:30PM, Closed Group</p>	<p>10 AWE 2:30 - 4:30PM, Closed Group</p>
11	<p>12 Rainbow Lunch, 12 - 1:30PM, 75 Laguna, RSVP required by February 9 Men's Drop-In Support Group 2 - 3:30PM, Hybrid</p>	<p>13 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Self-Compassion &amp; Belonging, 11AM - 12:30PM Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464 Trans, 50+ &amp; Fabulous, 5PM-6PM, RSVP: (415) 292-3420</p>	<p>14 "I'm Still Here" Cabaret, 1 - 2:30PM, Closed Group Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org</p>	<p>15 Meditation, 11AM - 12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna LTS HIV/AIDS Support Group, 12PM-1:30PM Exploring the Ways of Karma, 4 - 5:30 PM, Closed Group</p>	<p>16 Games Group, 11AM - 1PM, 75 Laguna QEW, 1 - 3PM Lunar New Year Lion Dance with Club 75, 1 - 2PM, 75 Laguna Muttville Visit, 2 - 3PM, 255 Alabama St, RSVP required Yiddish, 3 - 4:30PM, Closed Group Beyond the Binary, 4:30 - 6:30PM, Closed Group</p>	<p>17 AWE 2:30 - 4:30PM, Closed Group</p>
18	<p>19 President's Day <b>OPENHOUSE OFFICES CLOSED</b></p>	<p>20 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Self-Compassion &amp; Belonging, 11AM - 12:30PM LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 - 2:30PM LBQ Women's Drop-In Support Group, 3 - 4:30PM, 75 Laguna</p>	<p>21 Clearing House: Cluttering Support, 12:30 - 2PM Drag Bingo, 1:30 - 3PM, 75 Laguna Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers Support Group, 4 - 5:30PM, For Info: asanchez@ caregiver.org Trans Resilience, 5:30 - 7PM, Hybrid, RSVP: (415) 961-8378</p>	<p>22 Meditation, 11AM - 12PM LTS HIV/AIDS Support Group, 12PM-1:30PM Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged Exploring the Ways of Karma, 4 - 5:30 PM, Closed Group</p>	<p>23 Games Group, 11AM - 1PM, 75 Laguna QEW, 1 - 3PM Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Watercolor Basics, 1:30 - 3PM, 75 Laguna Yiddish, 3 - 4:30PM, Closed Group</p>	<p>24 Black History Month Luncheon, 12 - 1:30PM, 75 Laguna LBQ Women's Lunch, 12 - 1:30PM, RSVP Required AWE 2:30 - 4:30PM, Closed Group</p>
25	<p>TGI Monthly Meal, 12 -2PM, 75 Laguna Men's Drop-In Support Group 2 - 3:30PM, Hybrid</p>	<p>27 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Self-Compassion &amp; Belonging, 11AM - 12:30PM Music Alive at Club 75, 1 - 2PM, 75 Laguna Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995 Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464 Trans, 50+ &amp; Fabulous, 5PM-6PM, RSVP: (415) 292-3420</p>	<p>28 Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid, RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org</p>	<p>29 Meditation, 11AM - 12PM LTS HIV/AIDS Support Group, 12PM-1:30PM Black History Month Outing to SFPL, 2PM-3:30PM, 100 Larkin St Exploring the Ways of Karma, 4 - 5:30 PM, Closed Group</p>	<p>March 1 Games Group, 11AM - 1PM, 75 Laguna QEW, 1 - 3PM Watercolor Basics, 1:30 - 3PM, 75 Laguna Yiddish, 3 - 4:30PM, Closed Group</p>	<p>2 AWE 2:30 - 4:30PM, Closed Group</p>

# Support Groups

## **Self-Compassion and Belonging**

Tuesdays, 11AM - 12PM, 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 compassion rather than listening to our critical inner voices and supporting 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 leading Self-Care and Self-Compassion groups at Openhouse since 2012.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871

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## **Lesbian, Bisexual, Queer (LBQ) Women's Support Group**

Tuesday, February 6 and 20, 3 - 4:30PM, In-Person at 75 Laguna

We are excited to offer a new LBQ Women's Support Group. This group will be a caring, curious space where we work to better understand our feelings and how they shape our lives. Awareness brings clarity and empathy, and this group will center emotional awareness and support.

**A conversation with the facilitator, Annie, is required before joining.**

To schedule a conversation with Annie, please contact the RSVP line.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871

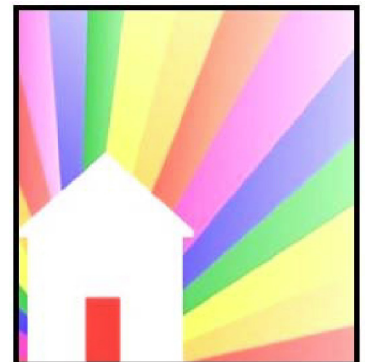
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## **Clearing House: Drop-In Clutter Support Group**

Wednesday, February 7 and 21, 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."

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



# Support Groups

## Trans Resilience Support Group

Wednesdays, 5:30 - 7PM, Hybrid: 75 Laguna and via Zoom

Join other transgender and gender non-conforming seniors every Wednesday 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.

Hosted by Ms. Billie Cooper.

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

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## Living with Loss: Drop-In Grief Support Group

Friday, February 9 and 23, 1 - 2:30PM, via Zoom

Join Openhouse and VITAS Healthcare as we discuss the variety of losses that we experience, such as loss that relates to isolation and loneliness or losing those we love. This group is facilitated by Rabbi Jane Litman (she/her) and Chaplain Barb Greve (he/him).

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871



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## LGBTQ Caregivers of Those with Dementia Support Group

*In Partnership with the Alzheimer's Association*

Wednesday, February 14 and 28, 6 - 7:30PM, via Zoom

We welcome diverse LGBTQ caregivers of those with Dementia to this twice monthly drop-in support group.

RSVP at [amellinger@openhousesf.org](mailto:amellinger@openhousesf.org) or (415) 503-4180



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## LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, February 20, 1 - 2:30PM, via Zoom

Join us for a monthly group where we discuss how it feels to be disabled, how to manage those feelings in a healthy and self-compassionate way, and other topics as well. This group is co-facilitated by Sumi Colligan and Max Lane.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871



# Support Groups

## LGBTQ Caregiver Support Group

*In Partnership with Family Caregiver Alliance*

Wednesday, February 21, 4 - 5:30PM, via Zoom



This group is for LGBTQ caregivers of those with a variety of illnesses, disorders, and challenges. If you are caring for someone with Dementia-specific challenges, check out the LGBTQ Caregivers of those with Dementia Support Group.

For info on how to join this group, contact Adriana Sanchez: [asanchez@caregiver.org](mailto:asanchez@caregiver.org)

# Arts & Culture

## "I'm Still Here" Cabaret

Wednesday, February 14, 1 - 2:30PM

In-Person at 75 Laguna

"I'm Still Here" is a serio-comic cabaret in three short acts performed by Joshua Grodsky and featuring the music of Kurt Weill, Jerry Herman, Stephen Sondheim, Richard Rodgers, and others on the theme of time, life, love, loss, more time, more life, more love, more loss, etc.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871



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## Lunar New Year Lion Dance at Club 75

Friday, February 16, 1 - 2PM

In-Person at 75 Laguna

Join Club 75 and Openhouse in community as we celebrate Lunar New Year. We will be leading group percussion and will have a lion dance performance. Refreshments will be provided.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871



# Arts & Culture

## Music Alive performance at Club 75

Tuesday, February 27, 1 - 2PM, In-Person at 75 Laguna

Join Club 75 for their monthly Music Alive! performance. Thompsonia will be performing cajun, acoustic blues, and bluegrass music.

RSVP at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871

## Queer Elders Writing Workshop

Fridays, 1 - 3PM via Zoom

QEWW, the Queer Elders' Writing Workshop is a diverse and friendly group and our no-pressure writing philosophy is dedicated to making writing creative and fun. QEWW welcomes writers of all genres and styles, including memoirs, stories, poems, lyrics, and more!

A conversation with QEWW facilitators is required before joining.

To get connected, contact [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871.



# Lifelong Learning

## Curry LGBTQ+ Tech Support with Roberto

**Note: No tech support on Feb 19**

Drop-In appointments at Openhouse:

Mondays and Wednesdays, 9AM - 12PM, In-Person at 75 Laguna

### 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  
Wi-Fi  
Printers



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

Make an appointment or learn more, contact Roberto: [ralvarez@curryseniorcenter.org](mailto:ralvarez@curryseniorcenter.org) or (415) 694-2265



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

**FEBRUARY 2024**

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**Permit No. 925**

## In Preparation for Women's History Month...

Celebrate our shared Lesbian, Bisexual, and Queer Women's History with images and stories! From paving the way to national legislation to dancing together in a club, we want to center the daily courage of being ourselves. Did you frequent the iconic Lesbian-owned bookshop Old Wives Tales? Raise a glass at Maude's? Play on a lesbian softball team? In preparation for our special Women's History Month program, please share with us images with a brief explanation from our shared history. Images will not be used outside of Openhouse programming unless explicitly given permission.

Email [amellinger@openhousesf.org](mailto:amellinger@openhousesf.org) with stories and images to be shared with the community.

