

Disability Justice Panel and Workshop

APRIL 2024

Monday, April 29, 11AM - 1PM
Hybrid: 75 Laguna and via Zoom

You're invited to an afternoon of learning, engaging, and connecting around Disability Justice. Beyond "disability rights" and "disability inclusion", Disability Justice seeks to broaden the framework to include an intersectional understanding of disability and the ways different systems of oppression reinforce each other. We'll have a panel presentation followed by a short workshop. You can join virtually for just the panel or attend in-person for the panel and workshop. Here are our panelists:

3	Socials
5	Support Groups
6	Calendar
10	Arts and Culture
11	Lifelong Learning/ Health and Wellness



Alex Locust ("Glamputee") is an artist and community organizer whose work is a love letter to their expansive queerness, Black excellence, and crip magic. They point to disability justice artists and activists as their North Star, celebrating the truth that embodiment looks good on every body and collective access is essential to queer liberation.

Fiona Hinze is a transit accessibility advocate and joined the SFMTA Board of Directors in 2021. Ms. Hinze is the director of systems change for the Independent Living Resource Center San Francisco and is also on the leadership team of the Dignity Fund Coalition and the Coalition of Agencies Serving the Elderly. Hinze lives with cerebral palsy and uses an electric wheelchair for mobility.



Maria R Palacios is a disability activist, artist, poet and professional presenter whose work aims at exposing ableism while sharing the humanity and survival of marginalized disabled communities. In the artistic world Maria is known as the Goddess on Wheels.

*Photo courtesy of Sins Invalid.
Photo credit Richard Downing © 2024*

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

April is No Fool

Happy April everyone! If you have not yet heard, Openhouse received a show of support from a foundation called Yield Giving. The foundation awarded Openhouse \$2 million, which is a strong start to our capital campaign for the 1939 Market Street Housing Project. It is the work of the staff and all of you that make such support possible, and we are so excited to share the iconic building with you all.



April also brings Spring Fling, our annual fundraising gala. This year we will honor author, activist and longtime Openhouse supporter, Jewelle Gomez, with the Trailblazer Award; Tom Nolan, who helped get the first funding for LGBTQ+ senior programs in the city, will receive the Founders' Award; and David Faulk and Michael Johnstone, founders of Verasphere, will receive the GenOUT Award.

Our community is full of inspiration and accomplishment. Feeling gratitude.

In community,
Kathleen Sullivan, Executive Director

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Happy Arab and Middle Eastern American Month

We honor the cultural contributions of Arab and Middle Eastern Americans, particularly within the LGBTQ+ community. Join us in celebrating their resilience, vibrancy, and diversity.

Explore resources for LGBTQ+ individuals of Middle Eastern and Arab descent:

- Gay Middle Eastern Men's Support Group:
Visit <https://www.gmemsf.org/> for more information.
- Middle-Eastern Queer Womyn & Trans* Support Group:
Email focmeqwtgroup@pacificcenter.org to join the Zoom group.
- ASHEq: The Middle East/North African LGBTQ+ Dance Party in San Francisco.
Follow [@asheqevents](https://www.instagram.com/asheqevents) on Instagram for updates.
- The Queer Arabs Podcast: Listen to LGBTQIA+ voices from the Middle East, North Africa, and diaspora communities at <https://thequeerarabs.com/>

Happy Volunteer Appreciation Month!

An open letter to our volunteers

A heartfelt thank you from our community, the Openhouse staff, and myself to our outstanding, dedicated, selfless volunteers.

I feel incredibly fortunate to work with volunteers, our fabulous community, and the Openhouse staff. It is hard to say how much a simple smile, hug, correct pronoun, or being called by our chosen names and expressions means to folks. I for sure know that it means the world to me.

The space we all get to create together at Openhouse changes lives, and you, as a volunteer, play an indispensable role in running and growing our programs. You provide tender support, alleviate food insecurity, fight against loneliness and isolation, help house the community, and spread joy and laughter at our social events. I look forward to spending many more hours with you to create these vital moments of love and acceptance.

In deep appreciation and awe,
Julie, Volunteer Engagement Coordinator



Estate Planning Resources

Presented by Assessor-Recorder Joaquin Torres,
Housing and Economic Rights Advocates,
SF LGBT Center, and Openhouse
Friday, April 19, 1 - 3PM, In-person at The LGBT Center,
Rainbow Room, 1800 Market St

Learn about estate planning basics and local resources for seniors, including access to a free to low-cost estate plan, financial planning, and aging and disability services. Note: You do not have to be a homeowner to benefit from this presentation. Refreshments provided.

Register: bit.ly/april19estateplan



HERA

housing and
economic
rights advocates

SFLGBTCENTER

Socials

Make Intergenerational Connections!

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

Socials

Women's Resource Corner and Coffee Hour: Club 75

Thursday April 11, 12:30 - 1:30PM, In-Person at 75 Laguna, RSVP encouraged

This month, join us for coffee as we learn about Club 75: the Community Day Services partnership program with Openhouse and OnLok. Club 75 is the first of its kind – a day services program designed by the community, for the community and is right here at 75 Laguna!

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

Join us for Rainbow Lunch!

Monday, April 8 and 22, 12 - 1:30PM, In-Person at 75 Laguna

Space is limited. This event fills up quickly, so RSVP as soon as possible.

Come 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 RSVP as soon as you know you can make it. You will receive a confirmation only if you are on the waitlist.

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

Men's Drop-In Social Hour

Thursday, April 11 and 25, 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 or (415) 231-5871

Unidos/United Meeting

Thursday, April 18, 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 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 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 or (415) 231-5871

Join Openhouse at Muttville

Friday, April 19, 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 or (415) 231-5871



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LBO Women's Lunch and *AHEAD OF THE CURVE* Watch Party

Saturday, April 27, 12 - 2PM, In-Person at 75 Laguna

Documentary movie *AHEAD OF THE CURVE* is the story of one of the most influential women in lesbian history you've never heard of and the impact her work continues to have today. Growing up, Franco never saw any representation of queer women—she didn't even know it was possible for a woman to be gay. When she realized she was a lesbian, it changed the course of her life. In 1990, Franco created a safe place for lesbians in the form of *Curve Magazine*. Decades later, as her legacy faces extinction and she reassesses her life after a disabling injury, she sets out to understand visibility work being led by an intersection of queer women today. *AHEAD OF THE CURVE* celebrates the legacy of a movement while considering the agenda of its future.

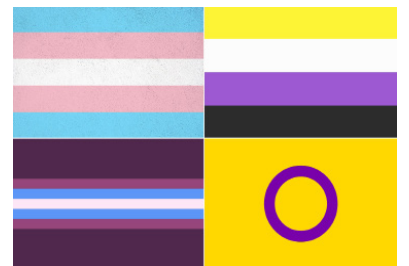
RSVP at rsvp@openhousesf.org or (415) 231-5871

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TGI Monthly Meal

Sunday, April 28, 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 at (415) 961-837

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>All programs are via Zoom unless marked as Hybrid or with a location. All programs without a phone number listed, RSVP to rsvp@openhousesf.org or (415) 231-5871</p>						
<p>Housing & 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 Men's Drop-In Support Group 2 - 3:30PM, Hybrid</p>	<p>2 CMC OH Choir, 11AM - 12:30PM, 75 Laguna</p>	<p>3 Clearing House: Cluttering Support, 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7:30PM, Hybrid, RSVP: (415) 961-8378</p>	<p>4 Meditation, 11AM-12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Hybrid Today Only Paratransit Focus Group, 2:30 - 4 PM, Closed Group</p>	<p>5 Games Group, 11AM - 1PM, 75 Laguna Watercolor Basics, 1:30 - 3PM, Closed Group Yiddish, 3 - 4:30PM, Closed Group</p>	<p>6 Art With Elders 2:30 - 4:30PM, Closed Group</p>
7	<p>8 Rainbow Lunch, 12 - 1:30PM, 75 Laguna, RSVP required by April 6 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Beginning Japanese 3 - 4:30PM</p>	<p>9 CMC OH Choir, 11AM - 12:30PM, 75 Laguna LBQ Women's Drop-In Support Group, 3 - 4:30PM, 75 Laguna Trans, 50+ & Fabulous, 5PM-6PM, RSVP: (415) 292-3420</p>	<p>10 Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7:30PM, Hybrid, RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org</p>	<p>11 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</p>	<p>12 Games Group, 11AM - 1PM, 75 Laguna Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Watercolor Basics, 1:30 - 3PM, Closed Group Yiddish, 3 - 4:30PM, Closed Group</p>	<p>13 AWE 2:30 - 4:30PM, Closed Group</p>
14	<p>15 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Beginning Japanese 3 - 4:30PM</p>	<p>16 CMC OH Choir, 11AM - 12:30PM, 75 Laguna LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 - 2:30PM</p>	<p>17 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 Trans Resilience, 5:30 - 7:30PM, Hybrid, RSVP: (415) 961-8378</p>	<p>18 Meditation, 11AM - 12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna LTS HIV/AIDS Support Group, 12PM-1:30PM</p>	<p>19 Games Group, 11AM - 1PM, 75 Laguna Watercolor Basics, 1:30 - 3PM, Closed Group Muttville Visit, 2 - 3PM, 255 Alabama St, RSVP required Yiddish, 3 - 4:30PM, Closed Group</p>	<p>20 AWE 2:30 - 4:30PM, Closed Group</p>
21	<p>22 Rainbow Lunch, 12 - 1:30PM, 75 Laguna, RSVP required by April 19 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Beginning Japanese 3 - 4:30PM</p>	<p>23 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995 LBQ Women's Drop-In Support Group, 3 - 4:30PM, 75 Laguna Trans, 50+ & Fabulous, 5PM-6PM, RSVP: (415) 292-3420</p>	<p>24 Drag Bingo, 1:30 - 3PM, 75 Laguna Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org Trans Resilience, 5:30 - 7:30PM, Hybrid, RSVP: (415) 961-8378</p>	<p>25 Meditation, 11AM - 12PM LTS HIV/AIDS Support Group, 12PM-1:30PM Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged</p>	<p>26 Games Group, 11AM - 1PM, 75 Laguna Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Watercolor Basics, 1:30 - 3PM, Closed Group Yiddish, 3 - 4:30PM, Closed Group</p>	<p>27 LBQ Women's Lunch, 12 - 2PM, RSVP Required AWE 2:30 - 4:30PM, Closed Group</p>
28	<p>TGI Monthly Meal, 12 - 2PM, 75 Laguna</p>	<p>29 Disability Justice Panel and Workshop, 11AM - 1PM, Hybrid Men's Drop-In Support Group 2 - 3:30PM, Hybrid Beginning Japanese 3 - 4:30PM</p>	<p>30 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Music Alive!, 1 - 2PM, 75 Laguna</p>	<p>May 1 Clearing House: Cluttering Support, 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7:30PM, Hybrid, RSVP: (415) 961-8378</p>	<p>2 Meditation, 11AM - 12PM LTS HIV/AIDS Support Group, 12PM-1:30PM Men's Social, 2PM-3:30PM, 75 Laguna, RSVP encouraged</p>	<p>3 Games Group, 11AM - 1PM, 75 Laguna Watercolor Basics, 1:30 - 3PM, Closed Group Yiddish, 3 - 4:30PM, Closed Group</p>
						<p>4 AWE 2:30 - 4:30PM, Closed Group</p>

Support Groups

Men's Support Group

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 or (415) 231-5871

Clearing House: Drop-In Clutter Support Group

Wednesday, April 3 and 17, 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 or (415) 231-5871



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

Tuesdays, April 9 and 23, 3 - 4:30PM, In-Person at 75 Laguna

This group is 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 or (415) 231-5871

LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer's Association

Wednesday, April 10 and April 24, 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 or (415) 503-4180



Support Groups

Trans Resilience Support Group

Wednesdays, 5:30 - 7:30PM, 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.

To register, contact J: jjha@openhousesf.org or (415) 961-8378 or saroj, afatehpuria@openhousesf.org, (415) 509 - 1677

Living with Loss: Drop-In Grief Support Group

Friday, April 12 and 26, 1 - 2:30PM, via Zoom

(April 12 group is hybrid, meeting at 75 Laguna)

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 or (415) 231-5871



LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, April 16, 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 or (415) 231-5871

LGBTQ Caregiver Support Group

In Partnership with Family Caregiver Alliance

Wednesday, April 17, 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



Arts & Culture

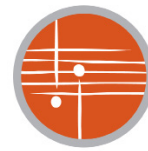
Join the CMC Openhouse Choir!

Tuesdays, 11AM - 12:30PM, In-Person at 75 Laguna

Community Music Center's Older Adult Choir Program and Openhouse 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.

New members welcome and no prior singing experience is needed!

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



COMMUNITY
MUSIC CENTER

MUSIC FOR EVERYONE SINCE 1921

Drag Bingo at Club75

Wednesday, April 24, 1:30 - 3PM

In-Person at 75 Laguna

Join us for Drag Performances, food, games, and prizes. We'll be featuring drag performers brought to us by Queens of the Castro.

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

Music Alive! at Club75

Tuesday, April 30, 1 - 2PM

In-Person at 75 Laguna

Skillet Licorice displays an impressive command of styles and techniques that comes from deep study and loving dedication to America's folk traditions. They will be playing hot fiddle breakdowns, slinky blues, sparkling banjo breaks, ragtime, or dreamy waltzes.

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

Lifelong Learning/Health and Wellness

Curry LGBTQ+ Tech Support with Roberto

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 or (415) 439-3555

Lifelong Learning/Health and Wellness

New to Openhouse? Come learn about all we have to offer!

Monday, April 30, 3 - 4PM, In-Person at 75 Laguna

Join us for some coffee and pastries as we discuss the various activities and programs Openhouse offers. You will also have a chance to learn about an ongoing feedback opportunity that we have for new participants at Openhouse. We encourage community members who have attended 5 or fewer activities to attend this orientation!

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

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.



Hybrid Meditation sessions are coming in May!

On May 9 and 23, we will be holding our Meditation group, hosted by Jack Bors, in hybrid format at 75 Laguna.

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

Stretching and Strengthening Exercises for a Healthy Back

Tuesdays starting May 7, 2 - 3PM, In-Person at 75 Laguna

This 4-part series will offer very low impact stretches that will help improve your posture and can be applied to your everyday activities - i.e. sitting, standing over a sink, or picking up something from the floor. Exercises will focus on the entire back.

Classes will be presented by Juan Crovetto, a former professional dancer whose career spanned 50 years. Juan taught dance and exercise until retiring in 2011. In 1990, he suffered from a severe sciatic condition which prompted him to study the art of back stretches. He is looking forward to bringing this important information to the community at Openhouse! **Items required: Comfortable, loose fitting clothing and socks (as you will be shoeless).**

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



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

APRIL 2024

Cooking Classes at Openhouse

Thursdays, May 23 - June 27 (no class on June 20)
11AM - 12:30PM, In-Person at 75 Laguna

Join us for a 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 and an RSVP is required.**

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



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.