

Openhouse is Getting Ready for Pride!

We have so much planned for June! See the timeline of events below and check back in the June newsletter for more details.

- **June 1:** "Building the Block" Purple Pride Party with the LGBT Center, Waller at Octavia, 10AM - 4PM
- **June 6:** Trans Activism, Joy, and Resistance
75 Laguna, 5:30 - 7:30PM
- **June 14 - 16:** Queer Women of Color Media Arts Project (QWOCMAP)
- **June 20:** LGBTQ+ Senior Prom
75 Laguna, 3 - 5PM
- **June 28:** Señora Felicia Flames TGI Intergenerational Brunch, details to come
- **June 30:** Pride Parade, details to come

MAY 2024

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

Questions? Contact rsvp@openhousesf.org or (415) 231-5871

Introducing: Beyond The Binary!

Date varies by month

Beyond the Binary is a monthly event series for intersex and non-binary folks of all ages to gather and enjoy a different activity together each month. Please reach out to us for details or to register your interest! Dinner will be provided.

RSVP: J at jjha@openhousesf.org or (415) 961-8378
or saroj at afatehpuria@openhousesf.org or (415) 509-1677

Trans Activism, Joy, and Resistance: Tales of the Past, Present, and Future

Thursday, June 6, 5:30 - 7:30PM, In-Person at 75 Laguna

This Pride Month we are creating an intentional space for an intergenerational conversation for our TGNCI Community to share stories from the past, present, and to consider the journey that lies ahead. May the stories inspire your own activism and resistance.

For questions, contact Lila Goehring at lgoehring@openhousesf.org.

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

Happy Older Americans Month!

This month marks the 60th Anniversary of Older Americans Month. Sixty years ago, nearly one third of older adults lived in poverty and over half had no health insurance. It would take another two years before Medicare would provide health insurance to people age 65 and older. And today, the work continues.

This year's theme is *Powered by Connection*. The impact of loneliness on our physical and mental health is great. Connection is the antidote and Openhouse has over 130 hours of programs and groups each month!

Spring Fling was an incredible success! We celebrated with our community, and raised critical funds to ensure our programs continue to run smoothly. Big shout out to the Openhouse Choir (pictured here) who performed fabulously at Spring Fling this year!



In community,
Kathleen Sullivan, Executive Director

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May 16th is National LGBTQ+ Older Adults Day

Thursday, May 16, 1 - 2PM, In-Person at 75 Laguna

Join Club 75 and Openhouse as we honor you, our community! Come dressed in an outfit that makes you feel amazing. Light snacks will be provided.

Space is very limited and an RSVP is required.

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

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Celebrate Asian American, Native Hawaiian, Pacific Islander (AANHPI) Month with Openhouse!

Thursday, May 30, 12:30 - 2PM, In-Person at 75 Laguna

Come enjoy community and a delicious meal together. This program is for our AANHPI community members to celebrate together.

We'd love to hear from you! Is there an activity you'd like to have as part of this lunch? Let us know when you RSVP! **RSVP is required.**

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

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

Thursday, May 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

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



Women's Resource and Coffee Hour: Learn about the ADRC

Thursday May 9, 12:30 - 1:30PM, In-Person at 75 Laguna, RSVP encouraged

Join Resource and Referral Navigator, José Santamaria, to learn more about the Openhouse Aging and Disability Resource Center (ADRC) which serves as a connector between you and valuable services. Our Resource and Housing Navigation team meets with community members 1-on-1 to provide referrals and assistance with accessing services such as: medical care, case management, benefits, transportation, in-home care, and home-delivered meals.

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

Socials

Join us for Rainbow Lunch!

Monday, May 13 (NOTE: No Rainbow Lunch on May 27)

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, May 9 and 23, 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, May 16, 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, May 17, 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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LBQ Women's Lunch and Celebrating Women of a Certain Age in Fiction

Saturday, May 25, 12 - 2PM, In-Person at 75 Laguna

Join us for LBQ Lunch and a presentation and discussion led by Ruth Saxton, author of the "Book of Old Ladies: Celebrating Women of a Certain Age in Fiction". Ruth will discuss the common representations of older women and the implications on a population who so often find themselves feeling invisible. Ruth is a scholar and writer who spent her career as a professor of English at Mills College, where she also helped build the Women's Studies program.

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

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TGI Monthly Brunch

Sunday, May 26, 12 -2PM, In-Person at 75 Laguna

We welcome transgender, gender non-conforming, and intersex community of ALL AGES to our monthly TGNCI meetup. Catering to be provided by local TGNCI/QTBIPOC folks/businesses. Rides to and from the event are available upon request.



For additional information, questions, or to RSVP, reach out to: J Jha at (415) 961-837

May 2024 Asian American, Native Hawaiian, Pacific Islander Month

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 Clearing House: Cluttering Support 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM Group is Full Trans Resilience, 5:30 - 7:30PM, Hybrid, RSVP: (415) 961-8378</p>	<p>2 Meditation, 11AM - 12PM, Online only Long Term Survivors HIV/AIDS Support Group 12 - 1:30PM, Hybrid for this meeting only</p>	<p>3 Games Group, 11AM - 1PM, 75 Laguna Watercolor Basics, 1:30 - 3PM, Group is Full Yiddish, 3 - 4:30PM, Group is Full</p>	<p>4 Art With Elders 2:30 -4:30PM, Group is Full</p>
5	<p>6 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Beginning Japanese 3 - 4:30PM, Group is Full</p>	<p>7 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Exercises for a Healthy Back, 2 - 3PM, Group is Full LBQ Women's Drop-In Support Group, 3 - 4:30PM, 75 Laguna</p>	<p>8 Intermediate Spanish, 3 - 4:30PM, Group is Full 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>9 Meditation, 11AM - 12PM, Hybrid for this meeting LTS HIV/AIDS Support Group, 12 - 1:30PM, Group is Full Women's Resource Corner and Coffee Hour 12:30-1:30PM, 75 Laguna Housing Workshop, 2 - 3:30PM RSVP: (415) 296-8995 Men's Social, 2 - 3:30PM, 75 Laguna</p>	<p>10 Games Group, 11AM - 1PM, 75 Laguna Living with Loss: Drop-in Grief Support, 1 - 2:30 PM, Hybrid for this meeting only Watercolor Basics, 1:30 - 3PM, Group is Full Yiddish, 3 - 4:30PM, Group is Full</p>	<p>11 AWE 2:30 -4:30PM, Group is Full</p>
12	<p>13 Rainbow Lunch, 12 - 1:30PM, 75 Laguna, RSVP required by April 10 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Beginning Japanese 3 - 4:30PM, Group is Full</p>	<p>14 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Self-Compassion & Belonging, 11AM - 12:30PM Exercises for a Healthy Back, 2 - 3PM, Group is Full Trans, 50+ & Fabulous, 5 - 6PM, RSVP: (415) 292-3420</p>	<p>15 Clearing House: Cluttering Support 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Group is Full 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>16 National LGBTQ+ Older Adults Day Meditation, 11AM - 12PM, Online only Unidos/United Meeting, 11:30AM - 1PM, 75 Laguna LTS HIV/AIDS Support Group, 12 - 1:30PM, Group is Full National LGBTQ+ Older Adults Day Celebration, 1 - 2PM, 75 Laguna RSVP required</p>	<p>17 Games Group, 11AM - 1PM, 75 Laguna Watercolor Basics, 1:30 - 3PM, Group is Full Muttville Visit, 2 - 3PM, 255 Alabama St, RSVP required Yiddish, 3 - 4:30PM, Group is Full</p>	<p>18 AWE 2:30 -4:30PM, Group is Full</p>
19	<p>20 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Beginning Japanese 3 - 4:30PM, Group is Full</p>	<p>21 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Exercises for a Healthy Back, 2 - 3PM, Group is Full LBQ Women's Drop-In Support Group, 3 - 4:30PM, 75 Laguna</p>	<p>22 Drag Bingo, 1:30 - 3PM, 75 Laguna Intermediate Spanish, 3 - 4:30PM Group is Full 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>23 Meditation, 11AM - 12PM, Hybrid for this meeting Cooking Matters, 2 - 3:30PM, 75 Laguna LTS HIV/AIDS Support Group, 12 - 1:30PM, Group is Full Men's Social, 2 - 3:30PM, 75 Laguna RSVP encouraged</p>	<p>24 Games Group, 11AM - 1PM, 75 Laguna Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Watercolor Basics, 1:30 - 3PM, Group is Full Yiddish, 3 - 4:30PM, Group is Full</p>	<p>25 LBQ Women's Lunch, 12 - 2PM, RSVP Required AWE 2:30 -4:30PM, Group is Full</p>
26	<p>27 Memorial Day OPENHOUSE OFFICES CLOSED</p>	<p>28 CMC OH Choir, 11AM - 12:30PM, 75 Laguna Music Alive! Concert, 1 - 2PM, 75 Laguna Exercises for a Healthy Back, 2 - 3PM, Group is Full Housing Workshop, 2 - 3:30PM, RSVP: (415) 296-8995 Trans, 50+ & Fabulous, 5 - 6PM, RSVP: (415) 292-3420</p>	<p>29 Intermediate Spanish, 3 - 4:30PM Group is Full Trans Resilience, 5:30 - 7:30PM, Hybrid, RSVP: (415) 961-8378</p>	<p>30 Meditation, 11AM - 12PM, Online only Cooking Matters, 2 - 3:30PM, 75 Laguna LTS HIV/AIDS Support Group, 12 - 1:30PM, Group is Full AANHPI Month Lunch, 12:30 - 2PM, 75 Laguna, RSVP required New Member Orientation, 3 - 4PM, 75 Laguna</p>	<p>31 Games Group, 11AM - 1PM, 75 Laguna Watercolor Basics, 1:30 - 3PM, Group is Full Yiddish, 3 - 4:30PM, Group is Full</p>	<p>June 1 AWE 2:30 -4:30PM, Group is Full Building the Block: Purple Pride Party 10AM - 4PM Info on pg. 1</p>

Support Groups

Men's Support Group

Mondays (No group on Monday, May 27)

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, May 1 and 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."

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



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

Tuesday, May 7 and 21, 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. All LBQ Women-identified folks welcome.

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

Support Groups

LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer's Association

Wednesday, May 8 and 22, 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



Trans Resilience Support Group

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

Every Wednesday, older adults (55+) and adults with disabilities come together to meet in person over dinner and support each other through our individual walks in the trans experience. Come enjoy a lovely meal in-person or join us via Zoom. Rides to and from the group are available upon request.

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, May 10 (Hybrid) and May 24 (via Zoom), 1 - 2:30PM

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 Caregiver Support Group

In Partnership with Family Caregiver Alliance

Wednesday, May 15, 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



Support Groups

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, May 21, 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

Arts & Culture

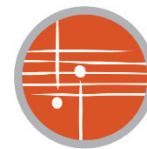
Join the CMC Openhouse Choir!

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, May 22, 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, May 28, 1 - 2PM

In-Person at 75 Laguna

Openhouse and Club 75 invite you to experience a live performance by a traditional Irish band, Kenny Sommerville and Friends! Be in community and enjoy an amazing show.

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 & Wednesdays (not happening May 27)

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

Virtual Drop-In Meditation

In Partnership with Shanti Project

Thursdays, 11AM - 12PM, Hybrid on May 9 and 23

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



Genealogy Workshop: Creating a Family Tree

Wednesdays, July 10, 24, and August 7, 11AM - 12:30PM, via Zoom

Local LGBTQ genealogist, Phil James, will present a three-part series on Genealogy. Each class will focus on a particular aspect of the field. Participants will have the option of taking specific classes or the entire series.

July 10: Basics of Genealogy: What is genealogy and what aspects impact it?

July 24: How to gather genealogical data and how to create a family tree with that data.

August 7: The Future: What's new in the field? How to "future-proof" your work. What do DNA results look like?

RSVP with Armando at armando@openhouse-sf.org or (415) 728 - 0194



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

MAY 2024

In Loving Memory:

We at Openhouse are sad to announce the passing of our community member, Trina Perlson Robbins. Trina was the first female cartoonist to draw a full issue of "Wonder Woman" and was honored world-wide as a pioneer among female cartoonists and graphic novelists.

Born in New York City of Jewish immigrant parents, she went on to study art and design at Cooper Union and became an integral member of the 1960's East Village Hippie generation. Trina joined Openhouse in 2015 as a student in our Yiddish Language class which she attended with dedication and a deep-rooted love for the language of her ancestors.

TAYERSTE UNDZER TRAYNE, MIR BENKEN ZIKH NOKH DIR.

Our dearest Trina, we miss you.

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

18 REASONS



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.