LGBTQ SENIOR PRIDE MONTH AT OPENHOUSE!

June is Pride Month and Openhouse, in partnership with Covia and Institute on Aging will be leading the San Francisco Pride Parade as the ‘GenOut contingent in recognition of the first generations of out and proud seniors’. We have a comfortable meeting space (Google Community at 188 Embarcadero) 2 trolleys to ride on, free refreshments, lots of volunteers to help and a whole bunch of LGBTQ senior pride! Join us! RSVP and reserve your space- details on page 5.

Back for 2018- LGBTQ Senior Prom! Same convention-free fun in a new larger venue! Join us at the Green Room on Van Ness for a fun-filled LGBTQ Senior Prom without all the rules: no dress code, no date required, dance as you wish! Featuring live music from ‘Party Monsters’ and awards for prom royalty!

Also returning this year, our intergenerational party-- Elder Youth Brunch, held in partnership with our friends at LYRIC. Join us for a seated and covered picnic brunch at Dolores Park followed by Trans March. Check out all of the LGBTQ Senior Pride Events and Parties on page 5.

Volunteer at Openhouse Pride Events!
We are grateful for all of our volunteers who make so many of our groups and classes possible! We still need volunteers for the following Pride events in June: Elder Youth Brunch (6/22) & Pride Parade (6/24) Please see page 5 for info.

We are excited to announce that Openhouse is partnering with SteppingStone to open an LGBTQ Adult Day Health Center Program, starting July 2018. Steppingstone offers nursing, personal care, physical therapy and other health-related services, in order to support the health and wellbeing of LGBTQ people living independently and aging in community. In addition to health services, SteppingStone also provides community, meals, and transportation to and from the Center. We hope you’ll spread the word and join us this month for our Opening Pride Events to kick off this new program- info on page 3.
Support and Wellness Programs

Questions about any programs listed here?
Contact Ariel, OH Program Coordinator, at 415.503.4180 or email ariel@openhouse-sf.org.

Grief Support Group

Openhouse is pleased to bring back the Openhouse Grief Group for individuals seeking to attend to their sadness through personal reflection and shared experience. Grieving can bring forth inner reactions which guide us in knowing more about ourselves and, in turn, one another. The aim is to have the group develop to become a major healing experience during one’s journey of grief.
Group Facilitator, Den Reno, PhD is a licensed psychologist who has led grief groups at Openhouse for over 5 years. About Den: “Grieving can widen one’s understanding about life and love and become one’s companion along the journey. My desire is to share and grow with you about your grief and loss.”
An individual introductory session (45 minutes each) with Den is required to confirm the group is a good fit for your needs.

To schedule an interview, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

Living with Loss: Drop-In Grief Support Group
Openhouse Community @55 Laguna St.  1st & 3rd Fridays, 1-2:30PM

Openhouse and VITAS Healthcare are pleased to partner in offering this drop-in grief support group to LGBTQ older adults who have experienced loss and are looking for support in a safe, welcoming environment. There is no cost for this group and no on-going commitment to attend. The group is co-facilitated by Dale Poland and Jane Litman. Please note: this group will be taking a brief hiatus after the June meeting and will be back in the late summer/early fall.

No need to RSVP, but please arrive on time to ensure entrance to the building.
If you have questions, you may contact Dale Poland 408.964.6866 or email dale.poland@vitas.com.

Drop-In Meditation
Wednesdays, 10-11AM at Bob Ross LGBT Senior Center @ 65 Laguna St.
This is a drop-in class. No need to RSVP.

Join us for weekly meditation for all experience levels. Group sits for part of the hour and then spends time sharing their experiences. The practice is facilitated by long-time Openhouse instructor, David Lewis and our newest instructor, Karen Sundheim, who’s been practicing meditation for over 40 years.

TAI CHI CLASS IS BACK IN JULY!
Starting July 12th, 11-12PM @ OHC 55 Laguna

Learn this simplified Tai Chi specifically designed for older adults with Openhouse instructor, Patty Woods! This 8-week course is aimed at alleviating arthritic joint stiffness and improving balance. Please be sure to consult with your physician before starting this or any exercise program.

Patty Woods is a longtime Tai Chi practitioner and graduate of the Tai Chi for Health’s Tai Chi for Arthritis and Fall Prevention training. Registration is required.
Special Events

In Conversation with Mia Birdsong

Monday, June 11, 2018, 7:30 pm
Venue: Nourse Theater

City Arts & Lectures has generously offered a limited number of Free Tickets to attend an event at the Nourse Theater. To request tickets please contact Sylvia 415-659-8123 or sylvia@openhouse-sf.org.

Janet Mock is a writer, TV host, and advocate tackling stigma through storytelling. She produced HBO’s The Trans List, hosts the podcast Never Before, and serves as a columnist for Allure. Called a “fearless new voice” and “trailblazing leader” who “changed my way of thinking” by Oprah Winfrey, Janet was a featured speaker at the historic Women’s March on Washington.

Mia Birdsong is an activist, writer, and orator. She is a Family Centered Social Policy Fellow at New America and a Senior Fellow at the Economic Security Project. She is working on her first book, How We Show Up. This program is a benefit for the Transgender, Gender Variant, Intersex Justice Project.

Openhouse is pleased to work in partnership with Fresh Meat Productions (part of the Queer Arts Festival June 14-16, 2018) and to have received a limited number of tickets to the Fresh Meat Festival, the nation’s premiere transgender and queer performance festival! Interested in tickets to Fresh Meat? Email: tickets@openhouse-sf.org

ACCESS NOTES: Z Space is a wheelchair accessible theater. Seating is provided on floor level for people using wheelchairs & scooters, as well as anyone who cannot climb stairs (there are stairs starting at row 2 to the back of the theater). Bathrooms are wheelchair accessible and will be welcoming to all genders.

Every year, Frameline graciously provides Openhouse with a select group of free tickets to Frameline screenings. Many of the films are matinees and we receive the tickets mid-June. Email: tickets@openhouse-sf.org to inquire about ticket availability, instructions for pick-up, and other pertinent details!

Celebrate PRIDE with Openhouse and SteppingStone

All events are free and open to the public.
Location: Mission Creek Adult Day Health Center 930 4th st, SF 2nd Floor
RSVP to Beck Epstein at beck@openhouse-sf.org or (628) 208 0851

June 8th at 11AM
Lunch and Film screening: MAJOR!

June 15th at 11AM
Lunch and Panel Discussion with LGBTQ Elders

June 20th at 1PM
Lunch and Drag Show!
Clearing House: Drop-in Clutter Support Group

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.

Every 1st & 3rd Wednesdays 12:30-2PM

Fifty+ and Fabulous!

Trans Drop-In Group and Dinner

Trans Thrive and Openhouse join forces to offer a trans drop-in group, “Fifty+ and Fabulous!” This facilitated group welcomes all transgender folks in their golden years.

Group is free and food is served!

Join us every 2nd and 4th Tuesday of the month from 6-7:30PM @ 730 Polk Street, 4th Floor

For more info please email: transthrive@apiwellness.org or (415) 292-3420 ext 348.

LGBTQ Group for Those who Care for Someone with Dementia

in partnership with the Alzheimer’s Association

We welcome diverse LGBTQ caregivers to this monthly, free drop-in support group. You may care for a partner, friend, neighbor, or family member routinely or from time to time, in your home or community, or even to someone you love over the phone or online. “Dementia” is an umbrella term and includes a vast range of symptoms and more than 100 conditions that impair memory, behavior and thinking. Caring for someone with dementia, whether mild or severe, is important work and inspires many questions about how to deal with what is. We welcome you to join the conversation.

Next meeting:

June 27th from 6-7:30PM
Bob Ross LGBT Senior Center
65 Laguna St.
CELEBRATE PRIDE WITH OPENHOUSE
Generation Out: the first out and proud LGBTQ generation!

LGBTQ Senior Prom: June 9th from 4-7PM at the San Francisco War Memorial Green Room
This popular event returns for the third year and in a new and expanded location- the SF War Memorial Green Room! LGBTQ Senior Prom is a celebration for seniors and allies of all ages to get another chance at Prom- with none of the tradition or rules. No dress code, no need for a date, no dancing required, no gender rules and no holding back! Acceptance is the only theme. The event features a DJ, live band, performances, food and drinks, prizes for prom royalty and an amazing time for all! Please RSVP to Peter at 415.658.0886 or RSVP on Eventbrite at bit.ly/LGBTSENIORPROM

Openhouse Art Show at Ruth’s Table: June 16th from 2-5PM at Bethany Center/Ruth’s Table
We are thrilled to showcase art from several of our LGBTQ senior community members at this art event with our friends at Ruth’s Table. Join us for the opening of the show which will run all of June.

Elder Youth Brunch: June 22nd at Dolores Park 11AM-2PM
LYRIC, Trans March and Openhouse are proud to once again to host Pride’s main intergenerational event. We are excited to celebrate youth and elders, as they work together to build a strong LGBTQ community. The event includes a delicious brunch in Dolores park under a comfy canopied area and activities to foster connection across the ages. Brunch is followed by the Trans March rally and march!

The Dyke March: June 23rd, Dolores Park.
The mission of the San Francisco Dyke March is to bring the dyke communities together to celebrate our unity, raise our consciousness and be visible! For information about the free shuttle to the park, disabled parking, the Senior and Disabled Cable Car, and the Dyke March’s accessible, non-smoking and scent free area for senior and disabled dykes including an ADA port-a-potty, an awning for shade, seating and water go to: www.thedykemarch.org/access-1 To volunteer please email: info@thedykemarch.org

Seniors Tell All: Intergenerational Conversations, June 23th- Civic Center Plaza
Openhouse is proud to support and partner with Larry Lare Nelson, the author of this year’s Pride theme- “Generations of Strength.” Larry will lead a team of community members and volunteers to create a space for intergenerational conversations at the Pride Celebration on Saturday at Civic Center plaza. Larry recently described the space saying, “Seniors Tell All” is a concept and secure space for LGBTQ+ Seniors and Youth to sit and talk to each other about anything. The goal is to open up and to also further intergenerational conversations so our LGBTQ+ youth know about their rich history which will empower them to continue the movement.” Come to listen, learn and share!

Pride Parade: June 24th (Meeting at Google Community, 188 Embarcadero @ 8AM)
This year’s parade theme, Generations of Strength, offers Openhouse and our community an opportunity to put seniors at the center of the celebration and the march towards social justice. We are coordinating a large senior contingent with high visibility as part of this year’s Parade. We have a comfortable meeting space close by the line up! Join us.

VOLUNTEER AT PRIDE EVENTS
The support of our amazing volunteers make events like these possible! For more information or to learn about volunteer opportunities, please contact Peter McDermott (peter@openhouse-sf.org; 415-685-0886)
Where are we now? The Summit will bring together service providers, community members, and policy makers to discuss progress in LGBT dementia care. We will look at opportunities to meet the needs of those facing dementia as we form a network of dementia-capable services for the LGBT community.

Event is hosted by the Office of Senator Scott Wiener.

Learning Objectives:

1. Identify potential challenges in implementing LGBT-inclusive strategies in their workplace and formulate corresponding solutions.

2. Understand and address the concerns of and unique challenges faced by LGBT constituents from their personal perspective/experience.
### JUNE PROGRAMS AND EVENTS

<table>
<thead>
<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Yoga 11-12PM, Reg. reqd.</td>
<td>Games 10AM-1PM @BR 65 Laguna</td>
<td>Art Group 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Living With Loss, 1-2:30 @OHC 55 Laguna St.</td>
<td>1-4PM @PAWS</td>
<td>1:15-4PM @BR 65 Laguna</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>PRIDE Parade sign-making party! 1-3PM @BR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>Men's Group 2-3:30PM @501 Castro St.</td>
<td>Housing Workshop 10:30AM @BR 65 Laguna St.</td>
<td>8 Yoga 11-12PM, Reg. reqd. Housing Workshop, 11AM @BR</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gay Gray Writers 4-5:30PM @BR 65 Laguna St.</td>
<td>LGBT Dementia Care Summit</td>
<td>QTPOC Elder Movie Screening: &quot;MAJOR!&quot; @SteppingStone, 11AM RSVP reqd. See pg. 3 for more info</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9AM-2PM, 455 Golden Gate Ave., RSVP reqd., See pg. 6 for more info</td>
<td>Vist Muttville w/ Openhouse? 2PM Call X315</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>Men's Group 2-3:30PM @501 Castro St</td>
<td>New! Trans Elder Lunch, @OHC 55 Laguna St. 12-1:30PM RSVP reqd X303</td>
<td>Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.</td>
<td>15 Yoga, 11-12PM, Reg. reqd.</td>
<td>Art Group 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Financial Elder Abuse Workshop 12:30-1:30PM @OHC</td>
<td>LGBT Dementia Care Summit 9AM-2PM, 455 Golden Gate Ave., RSVP reqd., See pg. 6 for more info</td>
<td>Living With Loss, 1-2:30 @OHC 55 Laguna St.</td>
<td>1:15-4PM @BR 65 Laguna</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trans 50+ &amp; Fabulous Drop-In, 6-7:30PM @Trans Thrive</td>
<td>Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303</td>
<td>LGBTQ Elders Panel and Lunch @SteppingStone 11AM RSVP reqd. See pg. 3 for more info</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>12 Experts! Trans Elder Lunch, @OHC 55 Laguna St. 12-1:30PM RSVP reqd X303</td>
<td>Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 2 for more info.</td>
<td>14 Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.</td>
<td>PRIDE parade sign-making party! 1-3PM @BR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. See pg. 4</td>
<td>Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303</td>
<td>Yiddish 4-5:30PM @BR 65 Laguna St.</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>Men's Group 2-3:30PM @501 Castro St.</td>
<td>Gay Gray Writers 4-5:30PM @BR 65 Laguna St.</td>
<td>20 Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 2 for more info.</td>
<td>15 Yoga, 11-12PM, Reg. reqd.</td>
<td>Art Group 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Housing Workshop, 11AM @BR</td>
<td>Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. See pg. 4</td>
<td>Living With Loss, 1-2:30 @OHC 55 Laguna St.</td>
<td>1:15-4PM @BR 65 Laguna</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lunch and Drag Show @ SteppingStone 1PM RSVP req. See pg. 3 for more info</td>
<td>LGBTQ Elders Panel and Lunch @SteppingStone 11AM RSVP reqd. See pg. 3 for more info</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lunch and Drag Show @ SteppingStone 1PM RSVP req. See pg. 3 for more info</td>
<td>PRIDE parade sign-making party! 1-3PM @BR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>21 Experts! Trans Elder Lunch, @OHC 55 Laguna St. 12-1:30PM RSVP reqd X303</td>
<td>Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 2 for more info.</td>
<td>21 Yoga, 11-12PM, Reg. reqd. No 4th Friday this month. See you at the park! Elder &amp; Youth Brunch w/ LYRIC, at Dolores Park, 11AM-2PM See pg. 5 for more info.</td>
<td>No Yiddish today</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>OPENHOUSE CLOSED</td>
<td>Men's Group 2-3:30PM @501 Castro St.</td>
<td>22 Yoga, 11-12PM, Reg. reqd. No 4th Friday this month. See you at the park! Elder &amp; Youth Brunch w/ LYRIC, at Dolores Park, 11AM-2PM See pg. 5 for more info.</td>
<td>No Yiddish today</td>
<td>Art Group 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Trans March, Dolores Park, 6PM</td>
<td></td>
<td>1:15-4PM @BR 65 Laguna</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>23 Experts! Trans Elder Lunch, @OHC 55 Laguna St. 12-1:30PM RSVP reqd X303</td>
<td>Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 2 for more info.</td>
<td>24 Yoga, 11-12PM, Reg. reqd. Housing Workshop, 2PM @BR 65 Laguna St.</td>
<td>Yoga, 11-12PM, Reg. reqd.</td>
<td>Art Group 1</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td></td>
<td></td>
<td>Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.</td>
<td>Housing Workshop, 2PM @BR 65 Laguna St.</td>
<td>1:15-4PM @BR 65 Laguna</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>LGBTQ Caregivers of Those With Dementia Support Grp. 6-7:30PM @BR 65 Laguna St.</td>
<td>Yiddish 4-5:30PM @BR 65 Laguna St. Reg. reqd. call X303</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td></td>
<td></td>
<td>Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303</td>
<td>Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>LGBTQ Caregivers of Those With Dementia Support Grp. 6-7:30PM @BR 65 Laguna St.</td>
<td>Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.</td>
<td>Housing Workshop (en Español) 1:30PM @BR 65 Laguna St.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.</td>
<td>Housing Workshop (en Español) 1:30PM @BR 65 Laguna St.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.</td>
<td>29 Yoga, 11-12PM, Reg. reqd.</td>
<td>Art Group 1</td>
</tr>
</tbody>
</table>

**Trans Elder Lunch**
Openhouse honors transgender elders in our community! If you identify as a trans older person, we hope you’ll join us for a new monthly lunch for trans elders at Openhouse!

**Tuesday, June 19th**
12-1:30PM at 65 Laguna St.

Please RSVP to Sylvia Vargas at 415-659-8123 or email sylvia@openhouse-sf.org.

---

**Sister Circle**
a lunch discussion group

Many of us are still here living in the city! Let’s get together to grow friendships and make new connections. We warmly welcome all women-identified LGBTQ community members to join us for a monthly luncheon.

**Tuesday, June 26th**
12-1:30PM
55 Laguna St. Community Room

RSVP required. Contact Sylvia for more details at (415) 659-8123 or email sylvia@openhouse-sf.org.

---

**Rainbow Lunch** a community gathering

The goal of Rainbow Lunch is to bring seniors together to meet each other for social connection and make new friends in a safe and welcoming space.

Please call by noon Tuesday before Rainbow Lunch if you would like to attend. If folks do not RSVP, we cannot guarantee a spot at the lunch.

Please note: It is important for attendees to arrive no earlier than 11:45AM and no later than 12:30PM in order to ensure folks can be escorted up to the 2nd fl. Community Room at 55 Laguna.

RSVP required. Contact Sylvia for more details at (415)659-8123 or email sylvia@openhouse-sf.org.

---

**LGBTQ Online Caregiver Discussion Group**
Openhouse and Family Caregiver Alliance offer this Online Discussion Group as a place for LGBTQ caregivers of older adults with chronic health concerns to discuss the unique issues of caring for a partner, family member, friend, or loved one. This is a national online group. Caregivers with basic computer access (emails) are welcomed and encouraged to participate in this supportive space!

For more info contact Sylvia Vargas at (415) 659-8123 or email sylvia@openhouse-sf.org.

---

**Men’s Drop-In Social Hour**
2nd and 4th Thursdays, 1-3PM
55 Laguna Community Rm.

This group welcomes all male-identified community members for coffee, snacks and informal socializing.

Join us! For questions or more info, contact Peter on (415) 685-0886 or email peter@openhouse-sf.org.

---

**LGBTQ Chat Group** in collaboration with Senior Center Without Walls

This telephone-based group is held the 2nd and 4th Mondays of the month.

Community members can participate via phone or computer from the comfort of their own home. The chat is open to all LGBTQ seniors interested in connecting and building community over the phone. We create an inclusive and supportive space to share our stories and perspectives!

The group is facilitated by Sylvia Vargas, Openhouse Manager of Community Engagement.

For more information or to register, please call Senior Center Without Walls, toll-free at (877) 797-7299.
Would You Like a Visitor?

No matter our situation, we all need connection and community.

If you’d like someone to connect with, our Friendly Visitor program affirms that LGBTQ elders have lifetimes of experience, perspective and how. Friendly Visitor volunteers are honored to get to know you. We screen, train and support all volunteers who spend time with community members for: home visits, walks in the park, outings to the museum, shopping, coffee and tea meet-ups, or just to chat and have some laughs.

To learn more about the program, please contact Sylvia 415.659.8123 or email sylvia@openhouse-sf.org.

New to Openhouse? We would love to hear your perspective!

Openhouse is engaging in an exciting Community Participatory Research Project—which means we want to hear from you, our community! We are seeking input from participants coming to our programs for the first time, so that Openhouse can measure impacts they may experience as a result of engaging in our programs. More specifically, the focus of our research project is to look at outcomes related to participation in Openhouse Lunches, Support Groups, and Friendly Visitor visits. We are seeking community members age 55+ who have attended 5 or FEWER Openhouse activities in the past 2 years. If eligible, participants will be offered an incentive to enroll in the study and to complete several surveys in the next 18 months. Participation is completely voluntary. If you are unsure of how many activities you have attended, let us know.

JOIN US AT ‘AMIGAS WITH BENEFITS’
Sat June 9th @ Brava Theater, 2789 24th St.
Seniors first!! Please don’t wait outside if you’re unable to stand, or endure the heat while we wait for the house to open, please enter through the left-hand doors and sit on the benches and chairs close to the entrance. When the House is open, we will have reserved seating for Openhouse Seniors all 3 nights of the Film Festival. Our ushers will be prepared to escort you to where those seats are located. This venue has gender-neutral accessible bathrooms.
Come Learn How To Avoid Financial Abuse
Tuesday, June 12th 12:30-1:30PM @ OHC 55 Laguna

Join the Openhouse community for a collaborative presentation from the Department of Aging and Adult Services, San Francisco’s District Attorney’s office, the Institute on Aging’s Elder Abuse Prevention Program, and Asian Pacific Islander Legal Outreach. We will discuss scams that target older adults and adults with disabilities and learn strategies to prevent financial exploitation. Contact Ariel at (415) 503-4180 for more info.

Aging Gracefully with Diabetes: Self Management after 65
15 minute presentation on June 27th @ Rainbow Lunch

Over 25% of the population, or some 12 million Americans, over the age of 65 are living with diabetes. Although growing older with diabetes comes with certain challenges, regular physical examinations, a healthy diet, and exercise along with self care is helping people with diabetes live longer, healthier lives. In this presentation, Jim Gatewood, RN PhD will discuss different ways that seniors can think about growing older and healthier with diabetes. Jim Gatewood, RN, PhD is a nurse navigator at SteppingStone, the largest provider of adult day health care in San Francisco. He will be joining us over the coming months to offer a series of wellness programs and health counseling appointments to the Openhouse community. Jim will be available to meet individually with Openhouse community members after his wellness events and via a telephone number that will be available shortly.

Lifelong Learning

Brush Up On A Foreign Language!
(Some previous knowledge required)

Yiddish Language and Culture (Some knowledge of the language is required.)

Fridays 4-5:30PM @ Openhouse Community Room, 65 Laguna St., Bob Ross LGBT Senior Center. For questions, or to register for programs listed here, contact Armando, OH Education Coordinator by calling 415.728.0194 or emailing armando@openhouse-sf.org.

Did You Know That Many of our Teachers are Senior Community Folks?!

Are You a Former Teacher? Is there a particular interest - subject, hobby, etc. that you would like to share with your community members? If you are interested in volunteering some “teaching time”? Armando our Education Coordinator would love to meet you! Please contact him by calling 415.728.0194 or emailing armando@openhouse-sf.org.