Games Group is Back!
Fridays, August 11 and 25, 11AM - 1PM, 
In-Person at 75 Laguna

We are so excited to bring back the Games Group at a new time and on a new day! Join us as we play a variety of games together - from Scrabble to Dominoes. Light snacks and coffee will be provided.

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

Lesbian, Bisexual, and Queer Women's Sister Circle Lunch and “Sally” Documentary and Discussion
Sunday, August 20, 12 - 2PM 
In-Person at 75 Laguna

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

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

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

RSVP at rsvp@openhousesf.org or (415) 231-5871
Happy Summertime to You

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

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

The CMC Openhouse Choir is looking for new members!
Tuesdays, starting August 29, 11AM - 12:30PM, In-Person at 75 Laguna
Community Music Center’s Older Adult Choir Program and Openhouse are collaborating to create a space for LGBTQ+ Older Adults to connect through the joyful power of music! We explore a wide range of choral repertoire per the interests and abilities of the participants and the vision of the director.

No prior singing experience is needed!
RSVP at rsvp@openhousesf.org or (415) 231-5871
Transgender History Month: Repurposing the Past for a Brighter Future
by Jupiter Peraza

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

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

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

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

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

One thing is certain, trans people have always been here, and we will always be.
Support Groups
Trans Resilience Support Group
Mondays, 5:30 - 7PM, Hybrid: 75 Laguna & via Zoom
Join other transgender and gender non-conforming seniors every Monday as we come together to support each other through our individual walks in the trans experience. Come enjoy a lovely meal in-person or join us via Zoom.
Co-presented by St. James Infirmary. Hosted by Ms. Billie Cooper.
To register, contact jjha@openhousesf.org or (415) 961-8378

Men’s Support Group
Mondays, 2 - 3:30PM, Hybrid: 75 Laguna & via Zoom
Join us in a friendly and supportive group where we discuss our shared experiences of aging and life. This is a non-judgmental space where we build community and combat isolation.
As we navigate this changing pandemic, there is a greater need for connection through emotional authenticity and bearing witness to each others’ stories. We look forward to meeting you!
RSVP to rsvp@openhousesf.org or (415) 231-5871

Join Openhouse at Muttville
Friday, August 18, 2 - 3PM
In-Person at 255 Alabama St.
Join us for a monthly in-person visit to Muttville, where we hang out in the cozy Muttville headquarters. We’ll enjoy each others’ company and spend time with some delightful doggies!
Space is limited and an RSVP is required.
RSVP at rsvp@openhousesf.org or (415) 231-5871

Virtual Drop-In Meditation
In Partnership with Shanti Project
Thursdays, 11AM - 12PM via Zoom
Mindfulness meditation is an easily learned practice that can help us cope and be more physically and mentally resilient. We invite you to give your mind a break and create more space as we meditate together.
RSVP at rsvp@openhousesf.org or (415) 231-5871

Health & Wellness

Taller de alquilar viviendas con precio asequible
Miercoles, 16 de agosto, 2023, 11:00AM-12:30PM por zoom
Acompáñennos el tercer miércoles del mes a las 11am por zoom para aprender más sobre vivienda asequible. Nuestros talleres de vivienda están dirigidos a personas mayores LGBTQ y adultos con discapacidades para cubrir los conceptos básicos de cómo buscar y solicitar vivienda asequible, así como apoyo adicional de alquiler, subsidios y otros recursos locales.
Contacte a Dana Arango para registrarse darango@openhousesf.org o (628) 208-0020

Self-Compassion and Belonging
Tuesdays, starting August 8, 11AM -12:30PM via Zoom
Learn tools of self-acceptance to build inner strength and resiliency. We will practice responding to life’s disappointments (including that of our aging bodies) by offering ourselves self-compassion rather than listening to our critical inner voices. We will support each other in facing the mystery of mortality — our own and that of those we love.
This group is facilitated by Molly Reno who has been facilitating Self-Care and Self-Compassion groups at Openhouse since 2012.
RSVP at rsvp@openhousesf.org or (415) 231-5871

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

Make Intergenerational Connections!
Interested in a friendship with another member/ally of the queer community? That is exactly what the Openhouse Friendly Visitor Program offers - a chance for ongoing social and emotional support, through regular chats or perhaps taking a walk together, visiting a museum or sharing another mutual interest. Let's get connected!
To find out more, contact Rob at rsmith@openhousesf.org or (415) 969-6907

Feeling Stuck? Introducing our new Mental Health Program
Sessions occur in-office or remotely via Zoom
Openhouse’s new pilot Mental Health Program is a no-cost, short-term counseling program for LGBTQ+ older adults and adults with disabilities offered by a queer Licensed Clinical Social Worker or pre-licensed provider. Sessions occur at Openhouse or remotely.
To see if the program is the right fit for you, contact Aiden Goodwin, LCSW (they/them) at (415) 728-0193 or agoodwin@openhousesf.org

Arts & Culture

Drag Bingo!
Wednesday, August 23, 1:30 - 3:00PM
In-Person at 75 Laguna
Club 75 invites you to a Drag Bingo Extravaganza! All Bingo supplies will be provided and we’ll have a wonderful selection of prizes for our winners. Please come be in community & enjoy the show.
RSVP at rsvp@openhousesf.org or (415) 231-5871

Concert in the Courtyard
Tuesday, August 29, 1 - 2PM, In-Person at 75 Laguna
Openhouse + On Lok’s Club 75 invites you to come experience a live performance by the Melody Yan Fusion Music group. The group purposely seeks to bridge the cultures of the East and the West by adapting contemporary and classical American music for the guzheng to create a unique brand of fusion music. Be in community & enjoy an amazing show.
RSVP at rsvp@openhousesf.org or (415) 231-5871
### Transgender History Month
### AUGUST 2023
### 1460 Pine Street
### 5-7PM, 27
### encouraged
### Laguna, RSVP
### 12 – 2PM, 75
### Sister Circle
### Awareness Day
### Southern HIV/AIDS
### 20
### 6 7
### 13 14
### SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT
### All programs are via Zoom unless marked as Hybrid or with a location

#### Curry LGBTQ+ Tech Support with Roberto, Drop-In Appointments: Mondays and Wednesdays, 9AM – 12PM, 75 Laguna

**RSVP:** (415) 961-8378

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>Men's Drop-In Support Group, 2 - 3:30PM, Hybrid</td>
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<td>Continuing Japanese, 3-4:30PM, Closed Group</td>
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<td>&quot;Trans Resilience&quot; TGNC Support Group, 5:30 - 7PM, Hybrid</td>
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<td>RSVP: (415) 961-8378</td>
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<td>8</td>
<td>11AM – 12:30PM</td>
<td>Clearing House: Cluttering Support, 12:30 - 2PM, Hybrid</td>
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<td>Intermediate Spanish, 3 - 4:30PM, Closed Group</td>
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<td>9</td>
<td>11AM</td>
<td>International Day of the World’s Indigenous Peoples</td>
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<td>&quot;In the Life&quot;: Supporting LGBTQ POC, 11AM - 12:30PM, 75 Laguna</td>
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<td>Genealogy, 11AM - 12:30PM, RSVP encouraged</td>
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<td>LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: (415) 503-4180</td>
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<td>10</td>
<td>11AM – 12PM</td>
<td>Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group</td>
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<td>Housing Workshop, 2PM-3:30PM, RSVP: (415) 296-8995</td>
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<td>Men's Social, 2 - 3:30PM, 75 Laguna, RSVP encouraged</td>
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<td>Heart of the Matter, 4 - 5:30PM, Closed Group</td>
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<td>11</td>
<td>11AM – 1PM</td>
<td>Games Group, 11AM - 1PM, 75 Laguna</td>
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<td>Living with Loss: Drop-in Grief Support, 1 - 2:30 PM</td>
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<td>Yiddish, 3 - 4:30PM, Closed Group</td>
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<td>12</td>
<td>12:30 – 2:30PM</td>
<td>Art with Elders, 2:30 - 4:30PM, Closed Group</td>
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<td>13</td>
<td>14 Rainbox Lunch, 12 - 1:30PM</td>
<td>75 Laguna, RSVP required by Aug 11</td>
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<td>15</td>
<td>11AM – 12:30PM</td>
<td>Self Compass, 11AM - 12:30PM</td>
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<td>Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464</td>
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<td>16</td>
<td>12:30 – 2PM</td>
<td>Clearing House: Cluttering Support, 12:30 - 2PM, Hybrid</td>
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<td>LGBTQ Caregivers of those w/ Dementia Support Group, 4 - 5:30PM, For info: <a href="mailto:asanchez@caregiver.org">asanchez@caregiver.org</a></td>
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<td>17</td>
<td>11AM – 12PM</td>
<td>Meditation, 11AM – 12PM, 75 Laguna</td>
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<td>Unidos/United Meeting, 11:30AM-1PM, 75 Laguna</td>
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<td>12:30 – 2:30PM</td>
<td>Mutttville Visit, 2 - 3PM, 255 Alabama St</td>
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<td>Yiddish, 3 - 4:30PM, Closed Group</td>
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<td>19</td>
<td>12:30 – 2:30PM</td>
<td>Art with Elders, 2:30 - 4:30PM, Closed Group</td>
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<td>20</td>
<td>12:30 – 2:30PM</td>
<td>Southern HIV/AIDS Awareness Day</td>
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<td>Sister Circle, 12 - 2PM, 75 Laguna, RSVP encouraged</td>
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<td>21</td>
<td>11AM – 12:30PM</td>
<td>Self Compass, 11AM - 12:30PM</td>
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<td>Housing Workshop, 2 - 3:30PM, RSVP: (415) 347-8509</td>
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<td>Trans, 50+ &amp; Fabulous, 5 - 6PM, RSVP: (415) 292-3420</td>
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<td>22</td>
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<td>&quot;In the Life&quot;: Supporting LGBTQ POC, 11AM - 12:30PM, 75 Laguna</td>
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<td>11AM – 12PM</td>
<td>Games Group, 11AM - 1PM, 75 Laguna</td>
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<td>Living with Loss: Drop-in Grief Support, 1 - 2:30 PM</td>
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<td>Art with Elders, 2:30 - 4:30PM, Closed Group</td>
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<td>26</td>
<td>12:30 – 2:30PM</td>
<td>Women's Equality Day</td>
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<td>Queer Elders Writing Workshop, 12:30 - 2:30PM</td>
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### TGI Monthly Meal, 5-7PM, 1460 Pine Street

**RSVP** required by Aug 25

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<tbody>
<tr>
<td>27</td>
<td>12 – 1:30PM</td>
<td>Rainbow Lunch, 12 – 1:30PM, 75 Laguna, RSVP required by Aug 25</td>
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<td>Men's Drop-In Support Group, 2 - 3:30PM, Hybrid</td>
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<td>11AM – 12:30PM</td>
<td>Self Compass, 11AM - 12:30PM</td>
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<td>CMC OH Choir, 11AM – 12:30PM, 75 Laguna</td>
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<td>Concert in the Courtyard 1 – 2PM, 75 Laguna</td>
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<td>29</td>
<td>4 - 6PM</td>
<td>Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464</td>
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<td>32</td>
<td>11AM – 12PM</td>
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Social

Drop-In Social Hours at Openhouse
Thursdays, In-Person at 75 Laguna, RSVP encouraged
Join us for a cup of coffee or tea, treats, and some in-person socializing!

Women’s Social Hour
NEW TIME: 1:30-3PM
August 3 and 17: we welcome women of all experiences for a social hour happening twice a month.

Men’s Social Hour
2-3:30PM
August 10 and 24: we welcome men of all experiences for a social hour happening twice a month

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

Join us for Rainbow Lunch!
Monday, August 14 and 28, 12 - 1:30PM
In-Person at 75 Laguna

Space is limited. RSVP required by Friday before Rainbow Lunch.
Join us as we connect, hang out, and share a meal. In order to ensure that there is enough space and food for everyone at Rainbow Lunch, we require an RSVP to attend.
RSVP at rsvp@openhousesf.org or (415) 231-5871

Unitedos/United Meeting
Thursday, August 17, 11:30AM - 1:30PM, In-Person at 75 Laguna
Llamando a todos los latinos a unirse, hablar sobre nuestras historias culturales, y compartir nuestras historias de salida del armario. Únete a nosotros para un día de conversación, conexión, y almuerzo mientras celebramos a nuestra comunidad! Este evento levantará y centrará a los miembros de nuestra comunidad latina.
Calling all Latinos to unite, talk about our cultural histories, and share our coming out stories. Join us for an afternoon of conversation, connection, and lunch as we celebrate our community! This event will be lifting and centering our Latino community members.
For questions, contact Luis de la Garza at nosolotaxi@hotmail.com.
To RSVP, contact rsvp@openhousesf.org or (415) 231-5871
Support Groups

LGBTQ Seniors with Chronic Physical Disabilities Support Group cancelled this month.
The group will be taking a break this month.

Men’s Support Group
Mondays, 2 - 3:30PM, Hybrid: 75 Laguna & via Zoom
Join us in a friendly and supportive group where we discuss our shared experiences of aging and life. This is a non-judgmental space where we build community and combat isolation.

As we navigate this changing pandemic, there is a greater need for connection through emotional authenticity and bearing witness to each others’ stories. We look forward to meeting you!
RSVP to rsvp@openhousesf.org or (415) 231-5871

Trans Resilience Support Group
Mondays, 5:30 - 7PM, Hybrid: 75 Laguna & via Zoom
Join other transgender and gender non-conforming seniors every Monday as we come together to support each other through our individual walks in the trans experience. Come enjoy a lovely meal in-person or join us via Zoom.

Co-presented by St. James Infirmary. Hosted by Ms. Billie Cooper.
To register, contact J: jjha@openhousesf.org or (415) 961-8378

Self-Compassion and Belonging
Tuesdays, starting August 8, 11AM -12:30PM via Zoom
Learn tools of self-acceptance to build inner strength and resiliency. We will practice responding to life’s disappointments (including that of our aging bodies) by offering ourselves self-compassion rather than listening to our critical inner voices. We will support each other in facing the mystery of mortality – our own and that of those we love.

This group is facilitated by Molly Reno who has been facilitating Self-Care and Self-Compassion groups at Openhouse since 2012.
RSVP at rsvp@openhousesf.org or (415) 231-5871
Support Groups

Clearing House: Drop-In Clutter Support Group
Wednesday, August 2 and 16, 12:30 - 2PM via Zoom

Openhouse and the Mental Health Association of San Francisco welcome you to a support group for all LGBTQ community members age 55+ who “struggle with stuff.” The group is a non-judgmental, confidential, supportive space where you can share your struggles and strategies with other LGBTQ folks.

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

LGBTQ Caregivers of Those with Dementia Support Group
In Partnership with the Alzheimer’s Association
Wednesday, August 9 and 23, 6 - 7:30PM via Zoom

We welcome diverse LGBTQ caregivers to this twice monthly drop-in support group. Caring for someone with dementia, whether mild or severe, is important and challenging work and inspires many questions about how to deal with what is. Join us as we continue to connect virtually through Zoom.

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

Living with Loss: Drop-In Grief Support Group
Fridays, August 11 and 25, 1 - 2:30PM via Zoom

There are a variety of losses that we experience, such as loss that relates to isolation and loneliness, losing those we love, or maybe even the loss of the life we had before the pandemic. Join Openhouse and VITAS Healthcare for a space where we can find community and support each other.

This group is co-facilitated by Rabbi Jane Litman and Chaplain Barb Greve.

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

Transgender History Month: Repurposing the Past for a Brighter Future
by Jupiter Peraza

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

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

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

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

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

One thing is certain, trans people have always been here, and we will always be.
Happy Summertime to You

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

August will be a fantastic month at Openhouse, please stop by and say hello.

Kathleen M. Sullivan, Openhouse Executive Director

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**Support Groups**

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

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

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

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

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**Heart of the Matter Lives On.**  
**Thursday, September 14 - November 11, 4 - 5:30PM via Zoom**

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

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

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**Lifelong Learning**

**Curry LGBTQ+ Tech Support with Roberto**

**Drop-In appointments at Openhouse:**  
**Mondays & Wednesdays, 9AM - 12PM, In-Person at 75 Laguna**

In partnership with Openhouse, Curry Senior Center is offering tech support for LGBTQ+ Seniors & folks with disabilities.

**Special services available include:**
- Tablet Training Program
- Home Wi-Fi Set-up
- General Technical Support
- Troubleshooting Questions

**Assistance provided for:**
- Mobile Phones/Tablets
- Laptops/Computers
- WiFi
- Printers

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

Make an appointment or learn more, contact Roberto: **(415) 694-2265** or ralvarez@curryseniorcenter.org
These programs servicing the community are funded by the City and County of San Francisco’s Department of Disability and Aging Services.