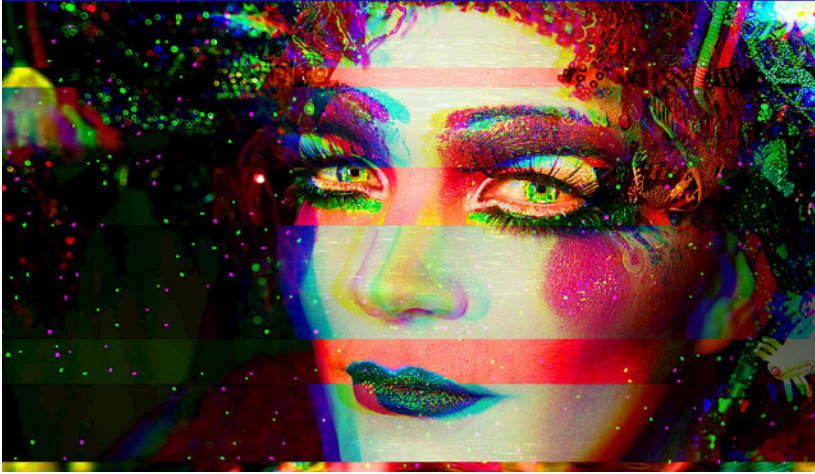


Happy Holidays

FROM OPENHOUSE

VIRTUAL VAUDEVILLE *LIVE!* - SAT DEC 12 2020 - A VIRTUAL VAUDEVILLE



DECEMBER 2020

2	Let's keep our community safe!
3	The Lightness Lab
5	"won't you celebrate with me" by Lucille Clifton
10	Tip Jar: Holiday Edition
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HOLIDAY SAUCE ... PANDEMIC!

A virtual vaudeville from the Curran

Premieres online on December 12, 7PM

Tickets are \$10. Purchase your ticket online at bit.ly/3nxAn90

Taylor Mac is back this holiday season with a full serving of virtual vaudeville. This show blends music, film, burlesque and random acts of fabulousness to reframe the songs you love and the holidays you hate.

2020 Ibsen Award winner and MacArthur Fellow Taylor Mac teams up with long-time collaborators, designer Machine Dazzle, Music Director Matt Ray and producers Pomegranate Arts. In Taylor's world, creativity and imagination are their own spirituality. This holiday season will be bittersweet for so many— Taylor Mac reminds us of the collective power of our chosen families, a message that will be of particular resonance this year when so many have lost so much.

Limited complimentary tickets available for Wednesday, December 23, 3-4PM.

To reserve a spot for Openhouse's complimentary screening of "Holiday Sauce... Pandemic!", contact Faire at faire@openhousesf.org, (415) 699-2244.

The Openhouse office will be CLOSED
December 25 through January 1
We look forward to seeing you in the new year!

Announcements

Welcome Kevin! Openhouse's new Food Support Coordinator



Kevin began volunteering at Openhouse in June of 2020, helping with Pride Bags, and quickly segued over to working in food support. He is focusing on all-things-food for the Openhouse community, particularly the Home Delivered Grocery program sponsored by SF Marin Food Bank. Kevin also connects volunteers with community members who need help buying groceries, picking up medications, and with other errands through our partnership with Mon Ami. He's looking forward to working with our amazing community!

If you or someone you know has food support needs, contact Kevin at koneal@openhousesf.org or (628) 263-3262.

Subscribe to our e-newsletter



Our newsletters have changed! Due to our focus on virtual programming Openhouse has chosen to de-emphasize our virtual offerings in our print newsletter, but our e-newsletter is where we really highlight all things virtual. To subscribe to our e-newsletter head over to: www.openhousesf.org/newsletter

Let's keep our community safe!

Those who feel sadness, loneliness, or isolation may experience it more acutely during this time. You are not alone. We are here with you to build a community that looks out for each other. We care about you and want to keep our community safe.

Here are some resources that can help:

SAGE LGBT Elder Hotline

(877) 360-5428

Available 24 hrs everyday

SF Suicide Crisis and Emotional Support Line

(415) 781-0500 or (800) 273-8255

Available 24 hrs everyday

Institute on Aging Friendship Line

(800) 971-0016

Available 24 hrs everyday

Trans Lifeline

(877) 565-8860

7AM – 1AM everyday

HIV Nightline

(415) 434-2437 or (800) 273-2437

Available 24 hrs everyday

Mobile Crisis

(415) 970-4000

Mon – Fri, 8:30AM – 11PM

Sat and holidays: 12 – 8PM

Please note: When responding in-person to crisis calls, police may accompany mobile crisis workers.

Openhouse: If you are interested in receiving a call daily or weekly, we would love to chat with you. Please call our main line at (415) 296-8995 to leave your name and phone number. We will reach out to you shortly!

New Programs

The Lightness Lab

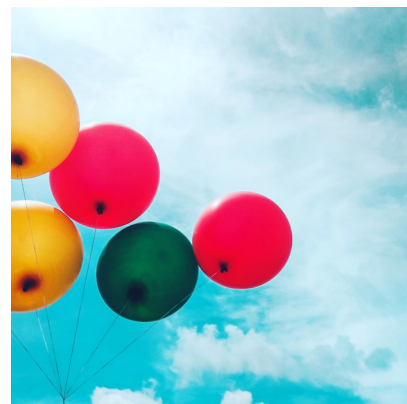
90 minute workshop exploring joyful engagement

Monday, January 25, 1 - 2:30PM

This joy-filled workshop explores the fundamentals of spontaneous play through games and group activities tailored to tickle your funny bone and enliven our community. How can we still engage with one another in a playful and creative way from the comforts of our own homes? What might the value be in creating fellowship around something as deceptively simple as “curiosity”? There are no other prerequisites, so come see what happens in this interactive and fun introductory workshop!

Facilitator Evan Johnson is a 35 year old queer theatre maker, playwright, and drag performer with a passion for community based projects. Most recently, Evan developed the highly successful Zoom-based programs Play in Place! and Out of Frame (for San Francisco Village).

Register with Faire at faire@openhousesf.org, (415) 699-2244



Virtual Dance Aerobics with Donna Personna!

Tuesdays, February 9 through March 16, 1 - 1:30PM

Let's get moving and grooving. Join us for a fun, safe way to bring movement and joy into our lives. Each 30 minute session will be a series of warm ups, stretches, movements, and great music that carefully takes us through a dance workout that will get our hearts pumping and tap into the dancing queen inside all of us. No experience is necessary and the class can be done seated or standing.

Donna Personna, instructor, is a community member and volunteer at Openhouse. Donna is a drag queen performer and loves dance and all things theater. Her background includes ballet and modern dance. Donna has a certificate of Dance Aerobic Instruction and is looking forward to bringing her experience and energy to the greater Openhouse community.

Register with Faire at faire@openhousesf.org, (415) 699-2244

Questions? Contact Ariel, ariel@openhouse-sf.org, (415) 503-4180



Looking to connect?

Friendly Visitor Program during COVID-19

Opportunities to connect socially in person may have changed for now, however, friendships can be cultivated in other ways. We encourage folks to give us a call to learn more about being matched up with Friendly Callers of all ages for social calls. LGBTQ elders have lifetimes of experience, perspective and know-how especially during challenging times.

To learn more, contact Penn at (415) 535-2769 or pweldon@openhousesf.org

Virtual Yoga with Jay!

Fridays, December 4, 11, and 18
11-11:45 AM

Long-time Openhouse Yoga instructor, Jay Helfand, offers a slow flow for all bodies, connecting breath and movement in a grounding, nourishing, and life-giving practice. The movements in this virtual class will be adjusted for the potential limitations of practicing yoga from home. No prior experience with yoga is required and no yoga props needed! Jay has been teaching yoga and somatics for queer, trans, and disabled communities for the last 6 years.

Register with Faire at (415) 699-2244 or faire@openhousesf.org



Experiencing memory loss?



Our program for people with memory loss and their care partners may help!

Receive up to \$125

For completing five phone interviews.

Safe Communication

Safe and easy video chatting.

Completely Free

Coaches provide virtual sessions designed to improve health and well being. Either the person with memory loss or their care partner must be LGBTQ.

CALL US NOW **1-888-655-6646**

ageIDEA@uw.edu
ageidea.org

Aging with Pride: IDEA
IDEA = Innovations in Dementia Empowerment and Action

Zoom Help Hour

Tuesdays, December 1, 8, 15, and 22
2 - 3:30PM

With so many of our lives now dependent on Zoom to reach services, activities and our loved ones, Openhouse is focusing on helping folks figure out this technology. Led by Openhouse's tech support staff and volunteers, this hour and a half every Tuesday is available for any Openhouse community member who is struggling with or even just getting started with Zoom.

Register with Faire at (415) 699-2244 or faire@openhousesf.org



In the Life: Supporting LGBTQ POC



Wednesdays, December 2, 9, 16, and 23 11AM-12:30PM

Join us for a discussion group for LGBTQ people of color. Prejudice, bias, and bureaucracy make government systems almost impossible to cope with every day especially during a pandemic; it's a struggle. Come share your tips, strategies, and support with others. in a confidential and positive environment. We will learn together how to get what we want from community resources, support services, and government benefits.

Myles Dixon, facilitator, is gay-identified, African American and has a Master's in Health Systems Administration.

Register with Faire at (415) 699-2244 or faire@openhousesf.org

Trans Resilience Support Group

Every Monday, 5:30PM

Openhouse and TGIJP present the Trans Resilience Support Group, hosted by Ms. Billie Cooper! Join other transgender and gender non-conforming seniors as they come together to support each other through their individual walks in the trans experience. We welcome all TGNC folks to join – and look forward to building for community, by community.

Questions?

Contact J at (415) 961-8378 or L'Oreale at (415) 654-2561.

Register with Faire at (415) 231-5883 or faire@openhousesf.org



won't you celebrate with me by Lucille Clifton

won't you celebrate with me
what i have shaped into
a kind of life? i had no model.
born in babylon
both nonwhite and woman
what did i see to be except myself?
i made it up
here on this bridge between
starshine and clay,
my one hand holding tight
my other hand; come celebrate
with me that everyday
something has tried to kill me
and has failed.

Lucille Clifton, "won't you celebrate with me"
from Book of Light. Copyright © 1993 by
Lucille Clifton. Used by permission of
Copper Canyon Press.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 World AIDS Day Zoom Help Hour 2 – 3:30PM, Reg req’d: X322	2 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req’d: X315 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	3 Drop-In Meditation, 11 – 11:45AM Reg req’d: X322 Living with Uncertainty in COVID-19 4 – 5:30PM, Reg req’d: X322	4 Yoga, 11 – 11:45AM Reg req’d: X322 Living with Loss: Drop-in Grief Support 1 – 2:30PM, Reg req’d: X322 Yiddish, 3 – 4:30PM Reg req’d: X305	5 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art for Elders 1 – 3PM, Reg req’d: (415) 535-2765
6	7 Men’s Drop-In Support Group, 2 – 3:30PM RSVP req’d: X322 “Trans Resilience” TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info	8 Pansexual Day Zoom Help Hour 2 – 3:30PM, Reg req’d: X322 Housing Workshop 2 – 3:30PM RSVP req’d: X310 Gay Gray Writers, 4 – 6PM, Group Now Open, Reg req’d: X322	9 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X322 Ancestors in the Shadows, 1 – 2:30PM RSVP req’d: X305 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	10 Hanukkah begins Drop-In Meditation 11 – 11:45AM, Reg req’d: X322 Living with Uncertainty in COVID-19 4 – 5:30PM, Reg req’d: X322	11 Yoga, 11 – 11:45AM Reg req’d: X322 Yiddish, 3 – 4:30PM Reg req’d: X305	12 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art for Elders 1 – 3PM, Reg req’d: (415) 535-2765
13	14 Men’s Drop-In Support Group, 2 – 3:30PM RSVP req’d: X322 “Trans Resilience” TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info	15 Zoom Help Hour 2 – 3:30PM, Reg req’d: X322	16 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req’d: X315 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, Reg req’d: X315	17 Drop-In Meditation, 11 – 11:45AM Reg req’d: X322 Housing Workshop 2 – 3:30PM RSVP req’d: X310 Living with Uncertainty in COVID-19 4 – 5:30PM, Reg req’d: X322	18 Hanukkah ends Yoga, 11 – 11:45AM Reg req’d: X322 Living with Loss: Drop-in Grief Support 1 – 2:30PM, Reg req’d: X322	19 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group
20	21 Men’s Drop-In Support Group, 2 – 3:30PM RSVP req’d: X322 “Trans Resilience” TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info	22 Zoom Help Hour 2 – 3:30PM, Reg req’d: X322 Gay Gray Writers, 4 – 6PM, Group Now Open, Reg req’d: X322	23 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X322	24	25 Christmas Day Openhouse closed December 25th through January 1st	26 Kwanzaa Begins
27	28	29	30	31	January 1 New Years Day Kwanzaa Ends	2

Housing Support



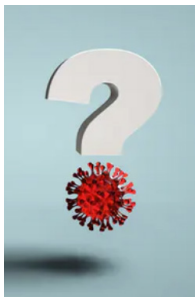
Affordable Rental Housing Workshop

December 8 and 17, 2-3:30 PM

Need help understanding how to apply for affordable senior housing in San Francisco? Openhouse is here to help! Join us for a one and a half hour long presentation with Openhouse where we cover the basics you need to know as you look for housing. We will decode the process of applying and suggest next steps.

Register with Jessi at jessi@openhouse-sf.org or 415-231-5870

Mental Wellness



Living with Uncertainty in COVID-19

Thursdays, December 3, 10, and 17, 4-5:30PM

Join us as we listen, converse and offer support during the unprecedented uncertainty we are facing. We humans possess natural capacities in assisting one another in carrying on. With each other, we can get through these times. Facilitator: Den Reno, PhD. This is a drop-in group and you must RSVP to join.

Register with Faire at faire@openhousesf.org or (415) 699-2244



Join Openhouse for Virtual Meditation

Thursdays, December 3, 10, and 17, 11:00-11:45 AM

Mindfulness meditation is an easily learned practice that can help us cope and be more physically and mentally resilient in a time when we are living with increased uncertainty and uneasiness. With this practice, we invite you to give your mind a break and create more space.

Register with Faire at faire@openhousesf.org or (415) 699-2244

All programs are held virtually via Zoom. You can access Zoom via telephone or computer.
For more info on how to virtually connect, call our main line at (415) 296-8995.

Looking for support?



Clearing House: Drop-In Clutter Support Group

Wednesdays, December 2 and 16, 12:30-2PM

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. Register with Ariel at ariel@openhouse-sf.org or (415) 503-4180



LGBTQ Caregivers of those with Dementia Support Group

in partnership with the Alzheimer's Association

Wednesday, December 16, 6-7:30 PM

We welcome diverse LGBTQ caregivers to this monthly free 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.

Register with Ariel at ariel@openhouse-sf.org or (415) 503-4180



Living with Loss: Virtual Drop-In Grief Support Group

Fridays, December 4 and 18, 1-2:30PM

Join Openhouse and VITAS Healthcare for a drop-in grief support group for LGBTQ older adults who have experienced loss and are looking for support in a safe, welcoming environment. The group is co-facilitated by Dale Poland and Jane Litman. Join us as we continue to connect virtually through Zoom.

Register with Faire at faire@openhousesf.org or (415) 699-2244

All programs are held virtually via Zoom. You can access Zoom via telephone or computer. For more info on how to virtually connect, call our main line (415) 296-8995.



Holiday Edition

Last month we asked you to tell us about a favorite holiday memory. Here's what you told us:



Halloween: Costumed as a king when I left home, with a few minor adjustments I became a queen. The group of us trick or treaters knocked on the door of the house of the most masculine, best looking teacher on campus. When he opened the door, looking straight at me he asked, "Who is this most beautiful princess?" In an instant, I fell in love!

- K K.



Thanksgiving meal, 2014: At the Cyprian's church. The person next to me and myself started talking. Nurit and I became close friends since then.

- Nachshon L.



"A Christmas Memory" by Truman Capote

The annual reading of Truman Capote's "A Christmas Memory" which was held at Theatre Rhinoceros in early December. So very moving in its simplicity.

- Joni D.



Scene from "The Ten Commandments"

Passover, 1956: First night is for family and ritual (YUCK!). The second day, ignoring Mommy's strict warnings NEVER to go downtown by myself, I, ever the rebel, go there alone to see "The Ten Commandments," which had just premiered - appropriately. Of course, the spectacle and special effects were fun; the Red Sea business, cool (still); but there were other things I noticed as well: the costumes, their colors, textures, authenticity; the hairstyles (Yul Brynner was WAY ahead of his time); the sets, including multiple sphinxes in a neat row (?); the flagrant "Biblical" overacting (Anne Baxter should have been flogged!), and, oh yeah ... mmm ... JOHN DEREK AS JOSHUA! In retrospect, these were among the earliest memories of my burgeoning Gay sensibility revealing itself. I was 10! BTW, Mom never learned of my solo "field trip."

- Frank B.

Psst! Enjoy reading these stories? Submit your own to our next Tip Jar prompt! See back page for details.



Technology Needs Survey

Openhouse is conducting this survey to see if and how you access the internet, and what needs you have around accessing technology.

Please cut this page out and return it by mail to:
Openhouse, Bob Ross LGBT Senior Center
Attn: Faire
65 Laguna Street, San Francisco, CA 94102



What type of internet access do you have at home?

- ☐ Wireless
- ☐ Dial-up
- ☐ Only have access to the internet on my cell phone
- ☐ Don't know
- ☐ Do not have access to the internet
- ☐ Other (please specify) _____

Prior to COVID-19, how did you access the internet?

- ☐ Home
- ☐ Friend's house
- ☐ Cell phone
- ☐ Library
- ☐ Adult Day Health Center
- ☐ Senior Center
- ☐ Other (please specify) _____

What communication technologies do you own? (check all that apply)

- ☐ Smart Phone (i.e. iPhone, Android, etc.)
- ☐ Mac (laptop or desktop)
- ☐ PC (laptop or desktop)
- ☐ Tablet
- ☐ Cell phone (without access to the internet)
- ☐ Fax
- ☐ Other (please specify) _____

What communication technologies are you interested in?

- ☐ Smart Phone (i.e. iPhone, Android, etc.)
- ☐ Mac (laptop or desktop)
- ☐ PC (laptop or desktop)
- ☐ Tablet
- ☐ Cell phone (without access to the internet)
- ☐ Fax
- ☐ Other (please specify) _____

How comfortable are you with using technology?

- ☐ Extremely comfortable
- ☐ Very comfortable
- ☐ Somewhat comfortable
- ☐ Not so comfortable
- ☐ Not at all comfortable

Demographic Information

This information helps us recognize what sections of the Openhouse community have the greatest need around technology and internet access.

Do you identify as (check all that apply)

- ☐ Male
- ☐ Female
- ☐ Trans Man / Trans Male
- ☐ Trans Woman / Trans Female
- ☐ Genderqueer/Gender non-binary
- ☐ Other _____

Do you identify as (check one)?

- ☐ Lesbian
- ☐ Gay
- ☐ Bisexual
- ☐ Queer
- ☐ Heterosexual / Straight
- ☐ Questioning/Unsure
- ☐ Other (please specify) _____

What is your racial/ethnic background?

- ☐ American Indian or Alaskan Native
- ☐ Asian, Pacific Islander
- ☐ African American
- ☐ Hispanic / Latino(a)(x)
- ☐ White / Caucasian
- ☐ Multiracial
- ☐ Other (please specify) _____



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

DECEMBER 2020

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Submit a short story about our theme
and we'll print it in a future newsletter!

Send your 3-6 sentence response to:

ray@openhousesf.org OR

Openhouse Newsletter

Attn: Ray

Bob Ross LGBT Center

65 Laguna Street

San Francisco, CA 94102

Theme: New Beginnings

Whether shedding something you
outgrew, uncovering a new part of
yourself, or stepping towards
a promising prospect, our lives are
filled with many beginnings

**Tell us about a new beginning you
experienced, big or small.**

Examples: meeting someone new,
trying a new hobby, moving to a new
city, changing careers, learning
something new about yourself. Any
time you were moved to begin again.

Submit your response by January 14.