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# Older Adult Services - 55+ Newsletter

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January 2025

Issue #4

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## Let's strut into 2025 FEARLESS & FABULOUS!

Hello amazing humans!

I hope you all had a wonderful and relaxing New Year. Remember, you are not alone, we are a community full of love, commitment, and fearlessness ~ **Let's Do This!**

### 11 lessons from 2024 to bring into 2025:

1. Your own growth comes first.
2. Let your opinions change.
3. Giving supports abundance.
4. Hang out with revitalizing people.
5. Be kind without needing a reason.
6. Carving perfection hinders progress.
7. Don't stress over what you can't control.
8. Other's people's perspectives are also valid.
9. Be kind to yourself when your mood is low.
10. You cannot make everyone understand you.
11. Self-awareness helps you not repeat mistakes.

From Yung Pueblo

Thank you for being YOU!



### Gatherings & Updates

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Coffee Talks - Tuesday's  
1/7, 1/14, 1/21 & 1/28

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Center Staff Spotlight

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Holiday Closures  
1/1 & 1/20

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Update on Rainbow Pantry  
& Resources

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Mental Health Services

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Lez Chat  
1st & 3rd Saturdays  
Sat. 1/4  
Sat. 1/18

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## Coffee Talk Tuesday's - 11am-1pm In-person Gatherings

**Jan. 7: Wellness Day with Giovanna**  
**Giovanna** from **G-Spa Medical Massage Spa** will be talking about the importance of incorporating movement into your day and she will be demoing chair exercises. **Wellness Partner, Eileen Gelso** will discuss how food can be medicine.

**Jan. 14: Meditation & Zen as F&ck**  
Join us as **Zane** from Live with Ease Wellness Center guides the group in a meditation and talks about "**Meditation in Daily Life**" then the group will work through our **Zen as F&ck** guided journal. I will have a few extra books available for those who don't have one.

**Jan. 21: Movie: Rustin**  
The film tells the story of the gay civil rights activist **Bayard Rustin**. Rustin encourages Martin Luther King Jr. to lead a protest in Los Angeles ahead of the 1960 Democratic National Convention.

**Jan. 28: Home Instead Presentation**  
For nearly three decades, **Home Instead** has delivered compassionate, high-quality care to seniors around the globe. **Beth** will present on all the wonderful services Home Instead offers to older adults that allows them to age in place.



## Center Staff Spotlight Coordinator of Volunteers, Vi Spivey

Vi started at the Center on Sep. 5, 2023. Prior to the Center, they worked at a Dog Rescue in LA that specialized in rescuing and rehoming dogs who had been subjected to animal testing. They also worked at a picture framing store and art gallery in Seal Beach. They always loved art and really enjoyed getting to work with their hands and building things. Their work history also includes working with animals at a dog daycare and being a barn hand as a horse caretaker.

Vi loves working at the Center because they get to connect with their community every day. They love helping people and being a smiling face for people who are new to the space. They love being surrounded by altruistic and creative coworkers and volunteers. They love getting to work for the betterment of their community and connecting people with resources they might not know about. They especially love being on a team of queer coworkers, which is a dream come true!

On their off days, they love to curl up with their new kitten Ada Lovelace watching Great British Baking Show, Love Island and Blue Eye Samurai.



The Center will be closed for the holidays.



Wed., Jan. 1

Mon., Jan. 20



### Update on Rainbow Pantry

Due to a low demand, the Rainbow Pantry has reduced down to minimal items. Please contact, Violet, the Manager of Older Adult Services at [olderadult@centerlb.org](mailto:olderadult@centerlb.org) or call 562-434-4455 ext. 248

to check what inventory is available or if you need support with food. We can also help you apply for CalFresh.

#### Resources:

##### Long Beach Senior Center

**\*\*Get temp parking pass at lobby desk\*\***

1150 E. 4th St., LB, 90802

**Food Finders:** Mon. & Fri. - 10:30am  
Fresh produce, canned and dry goods.

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##### HSA Lunch at the LB Senior Center

**\*\*Get temp parking pass at lobby desk\*\***

Seated hot lunch for seniors 60+

\$3.00 donations accepted.

Mon. thru Fri. - 11:30am.

**RSVP Required - Call: 562-570-3520**

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##### Meals on Wheels Long Beach

562-439-5000

**Client Interest Form:** [www.movlb.org/clients-signup](http://www.movlb.org/clients-signup)

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##### Food Pantries

[www.foodpantries.org/ci/ca-long\\_beach](http://www.foodpantries.org/ci/ca-long_beach)



### Mental Health Services

Wounds from the past may present as anxiety, depression, trauma, grief, and/or relational difficulties. Pain can also be hidden behind coping habits or risky behaviors that may exacerbate that pain, instead of treating it. Many in our community struggle with this in isolation. If you are ready to take a step toward healing, our mental health program is ready to support you.

**Visit:** [www.centerlb.org/services/mental-health-counseling/](http://www.centerlb.org/services/mental-health-counseling/)

**Call: 562-434-4455 ext. 228** and leave a voicemail, your contact number and let us know if it's safe to leave a voicemail.

- Schedule a phone screening.
- Identify Counseling Needs.
- Schedule sessions or receive referrals.

### Lez Chat 1st & 3rd Saturday's 10:30am-12:30pm

#### Jan. 4: Open Chat

Join us for Coffee, Carbs & Chat.



#### Jan. 18: Movie Day

***The Passionate Pursuits of Angela Bowen*** is a 2016 biographical documentary film by **Jennifer Abod** and **Mary Duprey**, depicting the life of Angela Bowen.

Bowen grew up in Boston during the Jim Crow era, and grew up to become a classical ballerina, a noted dance teacher, a black lesbian feminist activist, a writer and professor at Cal State Long Beach.

**Join us for a Q & A with Jennifer Abod after the film.**





# Talk it OUT

with Dr. David Hart

Enrollment Required - New Members Welcomed

**Wednesday, Jan., 8**

10:00 - 11:30am

This virtual group meets every 1st Wednesday of every month to organically have conversation in a safe space. If you would like to hear more about the group, please contact Violet


by email - Olderadults@centerlb.org or call 562-434-4455 ext. 248

**You must be a registered participant of the OAS program prior to attending.**



## OLDER ADULT SERVICES

### January 2025 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><b>Celebrating Birthdays</b> the 1st Tues. of every month</p>			1 <b>CENTER CLOSED</b> HAPPY NEW YEAR!	2	3	4 <b>LEZ CHAT</b> Open Chat 10:30AM - 12:30PM
	5	6	7 <b>COFFEE TALK</b> Wellness Day 11am-1pm	8 <b>Talk It OUT</b> w/David Hart 10AM - 11:30AM	9	10
12	13	14 <b>COFFEE TALK</b> Meditation w/Zane & Zen as F&ck 11am-1pm	15	16	17	18 <b>LEZ CHAT</b> Movie Day 10:30AM - 12:30PM
19	20 <b>CENTER CLOSED</b> MLK HOLIDAY	21 <b>COFFEE TALK</b> Movie Day 11am-1pm	22	23	24	25
26	27	28 <b>COFFEE TALK</b> Presentation 11am-1pm	29	30	31	



  
 Food is Provided

YELLOW =  
IN  
PERSON

BLUE =  
VIRTUAL



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