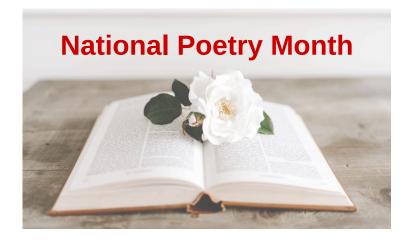
Older Adult Services - 55+ Newsletter

Apr. 2025 Issue #7



Poetry is a form of literary expression that uses rhythmic and figurative language to convey emotions and ideas. it evokes a concentrated imaginative awareness of experience through carefully chosen and arranged language, sound, and rhythm. Unlike prose, poetry often defies conventional language norms to create aesthetic experiences for the reader.

In honor of *National Poetry Month*,
the Older Adult Services Program will be hosting *Poetry, Conversation & Open Mic with Jennifer Abod, Carol Bliss & Kimberly Esslinger*Sat., April 5 from 11am-1pm.

Everyone is welcome!





April Gatherings

Coffee Talk Tuesday's 4/1, 4/8, 4/15, 4/22 & 4/29

Lez Chat 1st & 3rd Saturdays 4/5 & 4/19

Together as One
An Afternoon of
Food, Music & Fun!
with the
Rainbow Community at
Leisure World, Seal Beach
Sat., 4/26

Talk it OUT Virtual Meeting Every Wednesday

RSVP REQUIRED!



Coffee Talk & Lunch Tuesday's 11am - 1pm

Apr. 1: Wellness Day with Giovanna

Giovanna from **G-Medical Massage Spa** will be talking about, "What is a knot and how we get them" and "What kind of sleep posture does everyone have."

Apr. 8: Meditation & Discussion

Zane from Live with Ease Wellness Center will guide the group in a meditation and discuss How to Cope with Grief and Loss.

Apr. 15: Self-Care Workshop with Laura

Laura Rowe from our Mental Health
Services Department will be offering a
workshop on - Stressors most people
experience, Stressors in the LGBTQ
Community, Depressing Stats and Stress
and Health of LGBTQ People in the U.S.

Apr. 22: Bingo Party!

You'll find out why it's a **PARTAY** on the day of. I hope you can join us!



Coffee Talk Continued Tuesday's 11am - 1pm

April 29: Advance Care
Planning as Future Self with
Registered Nurse, End of
Life Doula, and founder of
Constellations of Care,

Kate Muehlemann Cataldo



In this workshop we will discuss completing Advance Directives and writing down wishes for care in the event of serious illness and at end of life with considerations for LGBTQ+ individuals. Attendees will learn how to complete an Advance Directive based on their values, about appointing a healthcare agent and how to discuss wishes, and measures to take to protect their memory and legacy.



Lez Chat Sat. 4/19 11am-1pm

Don't Get Bent Out of Shape.

Be the Shape of Things to Come

with Val Joy

Join us for this interactive workshop that will show you how to release stress, realign your body and reset your nervous system. Gain your footing and fly high over the complications of life!

April is Volunteer Appreciation Month

Whether you visit the
Center OR other
organizations that have
volunteers, please take
a moment to
acknowledge their time,
talents and commitment
to the community
because we couldn't do
what we do without
them!



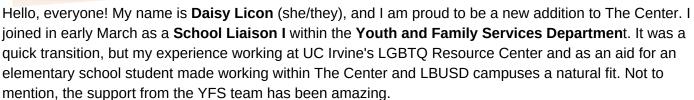


Registration opening soon! \$10 per person



Center Staff Spotlight!

the LOBTO



As a School Liaison I, I love that I have the privilege of connecting with queer teens and learning from their experiences and perspectives on identities - shaped within a context much different from my own at their age. It allows me to continue expanding my understanding of the queer community.

When I am not at work, I enjoy spending time at home, indulging in Hot Cheetos with fresh squeezed lime while watching *Modern Family* with my partner and cuddling our two "velcro" cats **Comet and Leia**. Feel free to stop by and say hello!



Talk it OUT

with Dr. David Hart (1st Wed) with Danielle (2nd, 3rd & 4th Wed) Enrollment Required New Members Welcome

EVERY Wednesday

This virtual group meets every Wednesday to organically have conversation in a safe space. If you would like to hear more about the group and their enrollment criteria, please contact Violet by email, Olderadults@centerlb.org OR call 562-434-4455 ext. 248.

You must be a registered participant of the Older Adults Program before attending.



OLDER ADULT SERVICES

APRIL 2025 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
		COFFEE TALK Wellness Day 11am-1pm	Talk it OUT 10-11:30am	3	4	LEZ CHAT POETRY 11:00AM - 1:00PM
6	7	COFFEE TALK Meditation Day 11am-1pm	9 Talk It OUT 10-11:30am	10	h1	12
13	14	COFFEE TALK Workshop 11am-1pm	16 Talk It OUT 10-11:30am	17	18	LEZ CHAT Workshop 11:00AM - 1:00PM
20	21	COFFEE TALK Bingo Party 11am-1pm	23 Talk It OUT 10-11:30am	24	25	Together as One Leisure World RSVP Required 1:00 - 4:00PM
27	28	COFFEE TALK Workshop 11am-1pm	30 Talk It OUT 10-11:30am			

Celebrating birthdays the first Tuesday of the month











The LGBTQ Center Long Beach

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in The LGBTQ Center Long Beach