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# Older Adult Services - 55+ Newsletter

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Apr. 2025

Issue #7

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## National Poetry Month



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  
**RSVP REQUIRED!**

**Talk it OUT**  
**Virtual Meeting**  
**Every Wednesday**



**Coffee Talk Continued  
Tuesday's  
11am - 1pm**

**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!



**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!



Older Adult Services & Rainbow 55+ Community in Leisure World Present

# TOGETHER AS ONE

**AN AFTERNOON OF  
FOOD, MUSIC & FUN!**

**SAVE THE DATE!**

**SATURDAY, APRIL 26  
1-4 PM**

Join us as we come together to celebrate our community that's full of love and longevity!

**RSVP REQUIRED**

Event location will be in Leisure World  
Registration opening soon!

\$10 per person

the LGBTQ  
Center  
long beach

the RAINBOW  
COMMUNITY  
LEISURE WORLD



## Center Staff Spotlight!



Hello, everyone! My name is **Daisy Licon** (she/they), and I am proud to be a new addition to The Center. I joined in early March as a **School Liaison I** within the **Youth and Family Services Department**. It was a quick transition, but my experience working at UC Irvine's LGBTQ Resource Center and as an aid for an elementary school student made working within The Center and LBUSD campuses a natural fit. Not to mention, the support from the YFS team has been amazing.

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](mailto: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  |
|---|-----|--|---------------------------------|-----|-----|--|
|   |     | 1<br>COFFEE TALK<br>Wellness Day<br>11am-1pm   | 2<br>Talk It OUT<br>10-11:30am  | 3   | 4   | 5<br>LEZ CHAT<br>POETRY<br>11:00AM - 1:00PM                              |
| 6   | 7   | 8<br>COFFEE TALK<br>Meditation Day<br>11am-1pm | 9<br>Talk It OUT<br>10-11:30am  | 10  | 11  | 12   |
| 13  | 14  | 15<br>COFFEE TALK<br>Workshop<br>11am-1pm      | 16<br>Talk It OUT<br>10-11:30am | 17  | 18  | 19<br>LEZ CHAT<br>Workshop<br>11:00AM - 1:00PM                           |
| 20<br> | 21  | 22<br>COFFEE TALK<br>Bingo Party<br>11am-1pm   | 23<br>Talk It OUT<br>10-11:30am | 24  | 25  | 26<br>Together as One<br>Leisure World<br>RSVP Required<br>1:00 - 4:00PM |
| 27  | 28  | 29<br>COFFEE TALK<br>Workshop<br>11am-1pm      | 30<br>Talk It OUT<br>10-11:30am |     |     |  |




Celebrating birthdays the first Tuesday of the month



|   |                          |                   |
|---|--------------------------|-------------------|
| <br>Food & Beverages<br>are provided | YELLOW =<br>IN<br>PERSON | BLUE =<br>VIRTUAL |
|---|--------------------------|-------------------|



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