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# Older Adult Services – 55+ Newsletter

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June 2025

Issue #9

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“We need, in every community, a group of  
**ANGELIC TROUBLEMAKERS** - Bayard Rustin

“We are **POWERFUL** because we  
have survived - Audre Lorde

“Who you are is  
**BEAUTIFUL & AMAZING**” - Laverne Cox

“I see your true colors shining through, I see  
your true colors and **THAT’S WHY I LOVE  
YOU**, so, don’t be afraid to let them show,  
your true colors, true colors are beautiful, like  
a rainbow - Cyndi Lauper

“Rights are won only by those who  
**MAKE THEIR VOICES HEARD**” - Harvey Milk



## Happening this month!

Coffee Talk Tuesday's  
6/3, 6/10, 6/17, 6/24

Lez Chat  
Sat., June 7  
**Sat., June 21 (Cancelled)**

Make YOUR  
Voice Heard  
Community Survey

Talk it OUT  
Virtual Meeting  
Every Wednesday

Monthly Calendar



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

**June 3: Wellness Day with Giovanna**

Giovanna from **G-Medical Massage Spa** will be talking about, **Posture, why it's important, what it improves, enhances and reduces.**

**June 10: Meditation & Discussion**

Zane from **Live with Ease Wellness Center** will guide the group in a meditation and discussion on the topic of being **Mindful of Anger.**

**June 17: Pride Bingo & Pizza!**

In celebration of **National Pride Month**, we will be playing Pride Bingo and grubbing on some pizza!

**June 24: MOLAA OUTING**

**RSVP REQUIRED - Deadline - June 10**

**Email: Olderadults@centerlb.org or call 562-434-4455 ext. 248**

We will be meeting at the MOLAA (Museum of Latin American Art) for a tour and workshop of **The Endless Spiral**, an exhibition and research project of Mexican artist **Betsabeé Romero** from Mexico City. This exhibition explores Betsabeé Romero's artistic practices through commissioned artworks and installations that reveal her practice as a **"mechanic artist"** and storyteller. **Transportation is on your own.** Details given to those who RSVP



**Lez Chat  
1<sup>st</sup> & 3<sup>rd</sup>  
Saturday's  
10:30am - 12:30pm**

**JUNE 7: OPEN CHAT**

Join us for an organic conversation in a safe and welcoming environment. Coffee and light snacks will be provided.

**June 21 - CANCELLED** due to Rainbow Community Potluck Picnic at Leisure World, Seal Beach from 12-4pm. Contact Violet for details

**RSVP Required.**

Email Violet - Olderadults@centerlb.org

**Deadline is - June 17.**

Details given to those who RSVP

## Self-Care Reminders

1. Be really kind to yourself.
2. Say "yes" to meeting a need.
3. Pay attention to how you talk to yourself.
4. Pause and take really deep belly breaths.
5. Cheer yourself on.
6. Be gentle with your feelings.
7. Do one thing that makes you really happy.
8. Love yourself the best you can.



**BE KIND**  
*to yourself*

# MAKE YOUR

# VOICE HEARD!

30 Minute Survey = \$30 Grocery Gift Card

## The LGBTQIA2S+ CHNA Project Advisory Committee wants to hear from you!

### Eligible Participants:

- Age 18+
- Resident of Long Beach
- Identify as LGBTQIA2S+



**The LGBTQ Center Long Beach**  
2017 E. 4th Street, Long Beach, CA 90812



Free parking with validation is  
available behind the building.

**Long Beach residents** are invited to be a part of the  
**Long Beach LGBTQIA2S+ Community Health Needs Assessment**  
community survey conducted by the  
**Long Beach Department of Health and Human Services.**

If you choose to participate in the survey, it will take approximately 30 minutes of your time. You will be asked to share information about your health, opinions, and behaviors. The information shared will be used to support planning for services, resources, and additional data collection with the Long Beach LGBTQIA2S+ community. You may skip any questions you would prefer not to answer. A paper version of the survey will be offered on the dates and times above.

A completed survey will get you a **\$30 grocery gift card**.  
If you would like to take the survey online, please email Violet at  
**Olderadults@centerlb.org**  
If you complete your survey online,  
you **MUST** pick up your gift card in person.

### Questions?

**Email** - Olderadults@centerlb.org / **Call** - 562-434-4455 ext. 248



## 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 JUNE 2025 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 COFFEE TALK Wellness Day 11am-1pm	4 Talk It OUT 10-11:30am	5	6	7 LEZ CHAT OPEN CHAT 10:30AM- 12:30PM
8	9	10 COFFEE TALK Meditation Day 11am-1pm	11 Talk It OUT 10-11:30am	12	13	14
15	16	17 COFFEE TALK Pride Bingo 11am-1pm	18 Talk It OUT 10-11:30am	19	20	21 LEZ CHAT CANCELLED SEE DETAILS
22	23	24 COFFEE TALK MOLAA OUTING RSVP REQUIRED 11am-1pm	25 Talk It OUT 10-11:30am	26	27	28
29	30	 <p>June 1: LGBTQ Families Day June 12: Pulse Remembrance June 15: Anniersary of U.S. Supremem Court Bostock decision expanding protoections of LGBTQ employees. June 26: Anniversary of U.S. Supreme Cournt legalizing marriage equality. June 27: National HIV Testing Day June 28: Stonewall Day</p>				



**The LGBTQ Center Long Beach**

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Phone: 562-434-4455 | Email: [info@centerlb.org](mailto:info@centerlb.org)  
Website: [www.centerlb.org](http://www.centerlb.org)



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The LGBTQ Center Long Beach