
Older Adult Services - 55+ Newsletter

Apr. 2025

Issue #7

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!

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

RSVP REQUIRED!

**Deadline to
RSVP: Fri., April 18**

The location will be at Leisure World in Seal Beach. Details will be emailed the week of the event to those who register.

\$10 per person

RSVP online: <https://qrco.de/tao2025>

Need help registering, call Violet at 562-434-4455 ext. 248 and leave your name and call back number.

SATURDAY, APRIL 26 1-4 PM



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

Celebrating birthdays the first Tuesday of the month






 Food & Beverages are provided	YELLOW = IN PERSON	BLUE = VIRTUAL
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The LGBTQ Center Long Beach

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