
Older Adult Services - 55+ Newsletter

August 2025

Issue #11



Transgender History Month



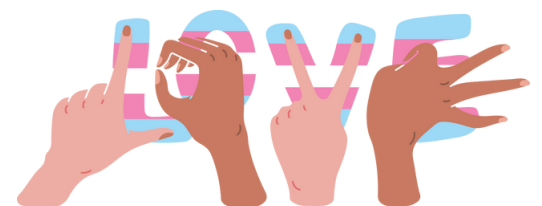
Lou Sullivan, born Sheila Jean Sullivan, was a pioneering figure in the transgender community. He was the first transgender man to publicly identify as gay and played a crucial role in the development of the FTM movement. Sullivan's activism and advocacy were instrumental in shaping the understanding of sexual orientation and gender identity as distinct concepts. His work included founding FTM International and writing practical guides for transgender individuals seeking gender confirmation and transition. Sullivan's legacy continues to influence the transgender community and beyond. Visit the site below to read more about this trans pioneer.

<https://imageamplified.com/the-relevant-queer-lou-sullivan-author-activist-and-trans-pioneer/>

the LGBTQ
Center
long beach

Happening this month!

Coffee Talk - Tuesdays
8/5, 8/12, 8/19
Lez Chat - Saturdays
8/2 & 8/16
NEW!
Cooking with Pride
8/26
RSVP REQUIRED
Monthly Calendar





**1st, 2nd & 3rd
Tuesday's
11am - 1pm**

AUG. 5: Protecting Your Personal Information Online

The team from **Independence at Home (SCAN)** will present on the ins and outs of how to protect your personal information online, tips for staying safe in cyberspace, how to recognize online scams, and when its okay or not okay to share your personal information online.

AUG. 12: Meditation & Rock Art

Zane from **Live with Ease Wellness Center** will guide the group in a meditation and discuss **Happiness & Joy**. The group will also create rock art for our upcoming Colorado Lagoon outing.

AUG. 19: Colorado Lagoon Outing

We'll be taking the LB Transit to **Colorado Lagoon**. Round trip bus passes provided OR you can drive and meet us there. Lunch and water provided by the OAS program. Bring a chair and or any games you'd like. **Join us and have a good time outdoors!**

RSVP: Deadline - Fri., Aug. 15

Email - Olderadults@centerlb.org

Call - 562-434-4455 ext. 248



**Lez Chat
Saturday's**

Aug. 2: Aqua Link Ride & The Crab Pot Restaurant Outing - 12 - 4pm

RSVP Required - 9 spots available

We will take a **40-min ride on the Aqua Link** to Alamitos Bay then have lunch at the **Crab Pot Restaurant**. The OAS Program will pay for your round trip ride. Transportation to the Aqua Link parking and lunch is on your own. We will get individual bills at the restaurant. All details will be given to those who RSVP.

Deadline: Thurs., July. 31 - Noon

Email: Olderadults@centerlb.org

Call: 562-434-4455 ext. 248



Aug. 16: MOVIE DAY - 10:30am - 12:30pm

A League of their Own - 2022 version

We'll be watching **episodes 3 & 4** of the series and continue every month after that until we are done (8 episodes total).

In 1943, Carson Shaw travels to Chicago to try out for the All-American Girls Professional Baseball League. There, she meets other women who also dream of playing pro baseball and makes connections that open up her world. Rockford local Max Chapman also comes to the tryouts but is turned away. With the support of her best friend Clance, she must forge a new path to pursue her dream

COOKING WITH PRIDE!

**TUES., AUG. 26
11AM - 1PM**



The Older Adult Services Program is excited to announce a
NEW class called

Cooking with Pride!

This once-a-month class is made possible by the SCAN Independence at Home Program and the DeSpain-Weinstein Trust. We are thrilled to have Executive Chef, Jeff Lavia-Garcia who brings over 30 years of experience in the food industry. A multiple award-winning Chef, Jeff is known for his ability to craft custom culinary options that perfectly match your needs. Join us as he will teach you how to Cook for one, Healthy easy meals with a few ingredients, Pantry ready recipes, and Meal prep ideas, and so much more!

Each participant will get to sample the
• recipe of the day.

Receive a bag of a few of the recipe
• ingredients.

• A \$15 grocery gift card to support with
buying a protein or other items needed.

Class Size: 20 Spots Available

RVSP IS MANDATORY

Opens: Tues, Aug. 12

Deadline: Wed., Aug. 20

RSVP:

Email: Olderadults@Centerlb.org

Call: 562-434-4455 ext. 248



Independence at Home
A SCAN Community Service™

the **LGBTQ**
center
long beach

DeSpain-Weinstein Trust



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

August 2025 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 LEZ CHAT OUTING-RSVP 12:00 - 4:00pm
3	4	5 COFFEE TALK Tech Day 11am-1pm	6 Talk It OUT 10-11:30am	7	8	9
10	11	12 COFFEE TALK Meditation & Rock Art 11am-1pm	13 Talk It OUT 10-11:30am	14	15	16 LEZ CHAT Movie Day 10:30am - 12:30pm
17	18	19 COFFEE TALK Colorado Lagoon Outing-RSVP 11am-1pm	20 Talk It OUT 10-11:30am	21	22	23 Get Centered Healing Circle 11:00am - 1:00pm
24	25	26 NEW! Cooking with Pride-RSVP 11am-1pm	27 Talk It OUT 10-11:30am	28	29	30
31					 Food & Beverages are provided	 YELLOW = IN PERSON  BLUE = VIRTUAL

YOU
ARE
AMAZING



The LGBTQ Center Long Beach

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Website: www.centerlb.org

