
Older Adult Services – 55+ Newsletter

July 2025

Issue #10



A Tree... Deeply rooted in our earth holding wisdom, endurance, stability, transformation, liberation, fertility, resilience and bearing witness to life's changes around them **without judgement.**

We, as a community, share the same gifts. Standing strong, **hand-in-hand**, showing up for ourselves, and each other. We more than EVER, need to continue to be there for one another in any and every way we can with respect and love.

Let's continue to be **proud of who we are**, no matter what anyone else says. Our courage and strength will carry us through anything life throws our way.

Our world needs more of us:

THE UNIQUE AND AMAZING PEOPLE WE ARE!



Happening this month!

Coffee Talk - Tuesdays
7/1, 7/8, 7/15, 7/22 & 7/29

Lez Chat - Saturdays
7/5
7/19 - Outing
RSVP Required

Talk it OUT
Virtual Meeting
Every Wednesday

Monthly Calendar





Coffee Talk continued 11am - 1pm

**Tuesday's
11am - 1pm**

JULY 1: Fall Prevention with Sydney Delgado-Kurth from Memorial Care

Fall Prevention lecture will be a cohesive presentation of information from the CDC as well as a trauma center clinician perspective of injury prevention for Mature Adults. Information shared will focus on **lifestyle and environmental modifications to enhance safety** and lead to reduced risks of falls.

JULY 8: Meditation & Discussion

Zane from **Live with Ease Wellness Center** will guide the group in a meditation and discuss the importance of **Forgiveness of Self**.

JULY 15: Long Beach Transit Presentation.

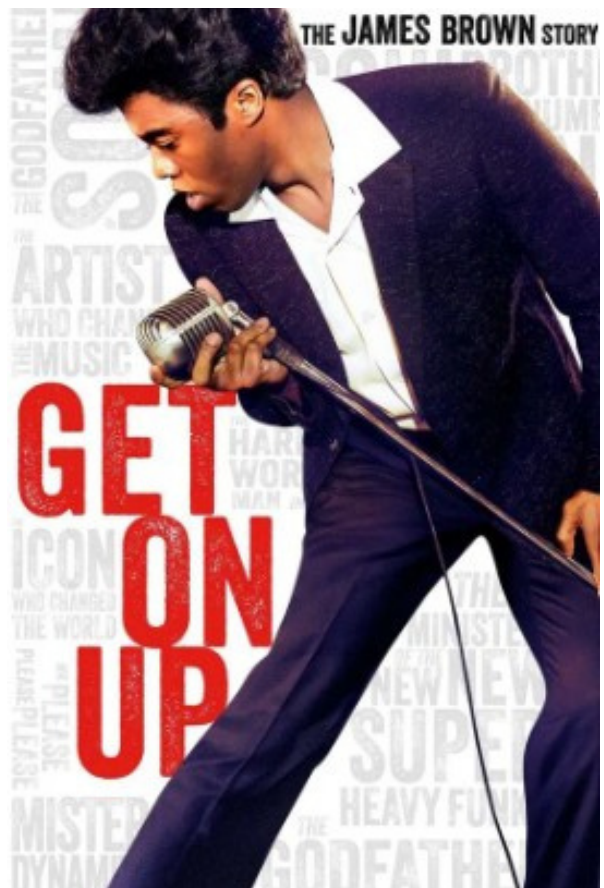
The LB Transit Team will be presenting on the programs they offer to seniors so we can take a bus trip in August.

JULY 22: Senior Safety & Scam & Fraud Prevention.

Dean Garrison, Senior Police Partners from the **Youth & Community Engagement Division** will be presenting on an overview of what a Senior Police Partner's offers to the older adult's community in the City of Long Beach and talk about the current scams and frauds and how to safeguard yourself from them.

JULY 29: MOVIE DAY - GET ON UP (2014) 2hrs. 18 mins.

Based on the **incredible life story** of the Godfather of Soul, *Get On Up* gives a fearless look inside the music, moves, and moods of James Brown, taking audiences on the journey from his impoverished childhood to his evolution into one of the **most influential figures of the 20th century**.





LEZ CHAT

JULY 5: MOVIE DAY - 10:30am - 12:30pm

A League of their Own - 2022 version

We'll be watching the first two episodes 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.

Carbs, Coffee & Chat!

SAT. JULY 19, 2025
11am - 1pm

Join the ***Lez Chat Group*** & the ***Rainbow sisters*** for Carbs, Coffee & Chat at Leisure World, Seal Beach

RSVP Required!

Deadline - Thurs., July 17 - 12pm

RSVP with Violet

Email: Olderadults@Centerlb.org

Contact #: 562-434-4455 ext. 248

***Details given to those who register**

the **LGBTQ**
center
long beach

RAINBOW SISTERS





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 July 2025 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
		1 COFFEE TALK Fall Prevention 11am-1pm	2 Talk It OUT 10-11:30am	3	4 CLOSED	5 LEZ CHAT Movie Day 10:30am - 12:30pm
6	7	8 COFFEE TALK Meditation Day 11am-1pm	9 Talk It OUT 10-11:30am	10	11	12
13	14	15 COFFEE TALK LB Transit 11am-1pm	16 Talk It OUT 10-11:30am	17	18	19 LEZ CHAT Outing-RSVP 11:00am - 1:00pm
20	21	22 COFFEE TALK Senior Police Partners 11am-1pm	23 Talk It OUT 10-11:30am	24	25	26
27	28	29 COFFEE TALK Movie Day 11am-1pm	30 Talk It OUT 10-11:30am	31		



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

2017 East 4th Street, Long Beach, CA, 90814
Phone: 562-434-4455 | Email: info@centerlb.org
Website: www.centerlb.org

