
Older Adult Services - 55+ Newsletter

Dec. 2025

Issue #15



the LGBTQ
center
long beach

Finishing off the Year!

Reflect on Achievements: Acknowledge your accomplishments, both big and small, to boost your confidence and clarity.

Set Realistic Goals: Break down your goals into manageable tasks and prioritize what truly matters to you.

Prioritize Self-Care: Take time for self-care to maintain your mental and emotional well-being.

Embrace New Beginnings: Set clear intentions for the new year and visualize how you want to achieve your goals.

Celebrate Resilience: Recognize your strengths and resilience in overcoming challenges throughout the year.

This month's gatherings!

Coffee Talk

Tuesday's
Dec. 2, 9, 23 & 30

Lez Chat

Saturday's
Dec. 6 & 20

Cooking with Pride

RSVP REQUIRED
Tues. Dec. 16

Monthly Calendar



Coffee Talk
Tuesday's
11:00am - 1:00pm

Lez Chat
1st Saturday
10:30am - 12:30pm

Dec. 2: Curious about AI?

Join **Digital Coach, Carla** from SCAN Independence at Home, who will talk about AI and Chat GPT. This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future.

Dec. 9: Meditation Day with Zane
Zane Julien from **Live at Ease Wellness Center** will guide the group in meditation and discuss the **Power of Silence**.

Dec. 23: White Elephant!
It's that time of year again for the White Elephant Game. Let's gather and have some fun! **RSVP Required**
Email: Olderadults@centerlb.org
Call 562-434-4455 ext. 248
Deadline: Fri. Dec. 19.

Dec. 30: End of Year Gathering!
Let's get together to celebrate the end of the year in community. We look forward to seeing YOU!

Dec. 6: Movie Day

A **Secret Love** is a documentary film (1hr. 23 mins.) about the enduring love story of Terry Donahue and Pat Henschel, two women who fell in love in 1947 and kept their relationship a secret for nearly seven decades. The film explores their journey through the lens of their personal lives and the societal challenges they faced. It highlights their love, the sacrifices they made, and the eventual decision to come out publicly, showcasing a powerful narrative of commitment and resilience in the face of adversity.



Dec. 20: Holiday Luncheon
Join us for a special holiday lunch and open chat.

RSVP required
Email: Olderadults@centerlb.org
Call: 562-434-4455 ext. 248
Deadline: Tues., Dec. 16

COOKING WITH PRIDE!

TUES., DEC. 16
11AM - 1PM



The Older Adult Services Program is excited to continue to offer

Cooking with Pride!

This once-a-month class is made possible by the SCAN Independence at Home Program and the DeSpain-Weinstein Trust.

This month, Executive Chef Jeff will share a special family **Tamale** recipe paired with a side dish. You will get hands-on experience on how to make tamales and get to take what you make home with you to cook along with a \$20 Grocery Gift Card.

15 spots available - First come, first serve

Sign-up begins - Tues., Dec. 2

Deadline - Thurs., Dec. 11

Refer a friend = guaranteed spot for you both!

RVSP IS MANDATORY

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

December 2025 - Calendar of Activities



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 COFFEE TALK Tech Day 11am-1pm	3 Talk It OUT 10-11:30am	4	5	6 Lez Chat Movie Day 10:30am-12:30pm
7	8	9 COFFEE TALK Meditation Day 11am-1pm	10 Talk It OUT 10-11:30am	11	12	13
14	15	16 COOKING WITH PRIDE 11am-1pm	17 Talk It OUT 10-11:30am	18	19	20 Lez Chat RSVP Required 10:30am-12:30pm
21	22	23 COFFEE TALK RSVP Required 11am-1pm	24	25	26	27
28	29	30 COFFEE TALK End of Year Gathering 11am-1pm	31 Talk It OUT 10-11:30am	Food & Beverages are provided YELLOW = IN PERSON BLUE = VIRTUAL		

Center Holiday Schedule

- Thurs., Dec. 11 - Closing at 5pm - all evening groups canceled this day.
- Wed., Dec. 24 thru Sat., Dec. 27 - The Center is closed.
- Wed., Dec. 31 - Closing at 2pm - all evening groups canceled this day.



The LGBTQ Center Long Beach

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