Older Adult Services - 55+ Newsletter

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long beach

This month's gatherings!

Gratitudes...

For the sun that rises, painting skies anew,
For the quiet whispers of morning dew.
For laughter shared and tears that heal,
For moments of joy, so vivid, so real.
For the warmth of hands that hold us tight,
For stars that guide through the darkest night.
For lessons learned, both easy and tough,
For knowing, somehow, we are enough.
For the song of birds, the rustle of trees,
For the salty kiss of the ocean breeze.
For love that lingers, steadfast and true,
For all these gifts, I say, "Thank you."

Lez Chat Sat., 11/1
Coffee Talk Tuesday's 11/4 & 11/25
Past, Present **& Future** with CSULB Tues., 11/4
Cooking with Pride **RSVP REQUIRED** Tues., 11/18
Talk it OUT Virtual Group **Monthly Calendar**

| **Coffee Talk**
Tuesday's
11:00am - 1:00pm | **Lez Chat**
1st Saturday
10:30am - 12:30pm |

Nov. 4: CAL. STATE UNIV. LB
See separate advertisement for Cal. State University Long Beach Gerontology Program Student's last visit.

Nov. 11: The Center is <u>CLOSED</u> for Veteran's Day

Nov. 25:
We are long overdue for some bingo fun. Please join us!

NOV. 1: OPEN CHAT
Let's get together for some organic conversation in a safe and welcoming environment. We look forward to seeing you!

*NO meeting on Sat., Nov. 15 due to the Center's annual Friendsgiving Feast Luncheon RSVP required.
More info will be emailed.

Tuesday, Nov. 4
11am - 1pm

Join us for intergenerational dialogue and civic engagement with the students from the **Gerontology Program** at **California State University Long Beach.**
Through meaningful conversations, students will explore community issues and examine the evolution of aging policies

Past, Present, and Future

Together, you will co-create and implement a project that directly connects to policy and community action. These exchanges aim to bridge generational perspectives, honor lived experiences, and inspire both students and older adults to take an active role in shaping a more inclusive and vibrant community.

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CALIFORNIA STATE UNIVERSITY
LONG BEACH
Gerontology Program

COOKING WITH PRIDE!

TUES., NOV. 18
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. 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!

15 spots available - First come, first serve
Sign-up begins - Tues., Nov. 4
Deadline - Thurs., Nov. 13

Refer a friend = guaranteed spot for you both!

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

*You'll receive a branded tote filled with a few of the recipe ingredients.

*A $20 grocery gift card.

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
November 2025 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Lez Chat Open Chat 10:30am-12:30pm
2	**3**	**4** COFFEE TALK Cal State Univ. LB 11am-1pm	**5** Talk It OUT 10-11:30am	**6**	**7**	**8**
9	**10**	**11** Closed for Veteran's Day	**12** Talk It OUT 10-11:30am	**13**	**14**	**15** Lez Chat Canceled
16	**17**	**18** COOKING WITH PRIDE 11am-1pm	**19** Talk It OUT 10-11:30am	**20** Transgender Day of Remembrance	**21**	**22**
23/30	**24**	**25** COFFEE TALK Bingo Day! 11am-1pm	**26** Talk It OUT 10-11:30am	**27** HOLIDAY	**28** SORRY! WE'RE CLOSED	**29** SORRY! WE'RE CLOSED

First Sunday of November: Transgender Parent Day
November 13 – 19: Transgender Awareness Week
November 20: Transgender Day of Remembrance

Food & Beverages are provided
YELLOW = IN PERSON
BLUE = VIRTUAL

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