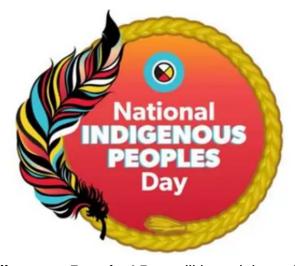
Older Adult Services - 55+ Newsletter

Oct. 2025 Issue #13



Indigenous Peoples' Day will be celebrated on Monday, October 13th. This day honors the cultures and histories of Native American people, reflecting on their tribal roots and the challenges they have faced throughout history. They existed in these areas for thousands of years before the first European explorers arrived. This day promotes awareness of Indigenous peoples' struggles, resilience, and unique traditions, fostering understanding and unity among diverse cultures. It is a time to recognize the contributions of Indigenous peoples to American history and culture, as well as to mourn those lost to genocide and colonization.

Celebrate this day by learning more about the land you live on by visiting - https://native-land.ca/

Attend a celebration or learn more about the **native plants** and their **traditional uses**.





Happening this month!

Lez Chat Sat., 10/4

Coffee Talk Tues., 10/7 & 10/14

Constellations Project Exhibition & Reception Sat., 10/18

Past, Present & Future with CSULB Tues., 10/21

NEW!
Cooking with Pride
RSVP REQUIRED
Tues., 10/28





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



Lez Chat Saturday's

OCT. 7: Tech Tips for Disaster Preparedness with Digital Coach, Carla.

Did you know that technology is an essential part of being prepared for emergencies and natural disasters? In this session, Carla will explain how technology can help you prepare. We'll discuss and demonstrate useful features of the FEMA and Red Cross apps, including setting alerts. Additionally, we'll review built-in smartphone features that can come in handy in the event of an emergency and explore how to keep phones and essential devices charged during a prolonged power outage.

OCT. 14: SCAN Health Plan

Join Michelle Michel from SCAN Health Plan as she talks about SCAN Affirm, a specialized Medicare Advantage plan designed for LGBTQ+ older adults. This plan provides tailored care and services to address the unique health needs of this community, including mental health support and navigation services through Included Health.

**See separate advertisement for: Tues., Oct. 21 - CSULB OCT. 4: MOVIE DAY - 10:30am - 12:30pm

A League of their Own - 2022 version

We'll be watching the **last two episodes 7 & 8** of the series.

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.

**See separate advertisement for: Sat., Oct. 18



The Constellations Project
Art Exhibit & Reception

Sat., Oct. 18 11am-1pm

The LGBTQ Center Long Beach Multimedia Room 2017 E 4th St., Long Beach 90814

In 2024, Project Creator and Artist, Kate Muehlemann Cataldo launched

The Constellations Project

This vibrant intergenerational project brings together the audio-recorded oral histories and painted portraits of eight LGBTQ+ older adults, showcased alongside 48 original artworks created by LGBTQIA+ teens and young adults. These youth pieces were inspired by the older adults' stories of Love, Accomplishments, Challenges, Values, and more.

Both the project and its exhibition space foster meaningful opportunities for connection and dialogue across generations.

We're thrilled to share that participants from both the Older Adult Services Program and Youth & Family Services are actively involved in this inspiring collaboration.

No RVSP is needed ~ Everyone is welcome to join us!

This Project has been made possible by:











Tuesday, Oct. 21 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.





COOKING WITH

PRIDE!

TUES., OCT. 28 IIAM - IPM



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!

17 spots available - First come, first served.

Sign-up begins - Tues., Oct. 14.

Deadline is Tues., Oct. 21.

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

*Presentation by: Dodie Reddington from the Long Beach Grocery Co-Op Class Size: 17 Spots Available

Opens: Tues., Oct. 14

Deadline: Tues., Oct. 21

RVSP IS MANDATORY

Email: Olderadults@Centerlb.org

Call: 562-434-4455 ext. 248







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

October 2025 - Calendar of Activities





10/11 - National Coming Out Day

10/15 - National Latinx HIV/AIDS Awareness Day

10/15 - International Pronouns Day

• 10/19 - National LGBT Center Awareness Day

10/26 Intersex Awareness Day

· Last week of Oct. - Asexual Awareness Week









HISTORY

MONTH

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





