
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**.



the **LGBTQ**
Center
long beach

**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:



**CONSTELLATIONS
OF CARE**



**side
street
projects**

sage

**Advocacy &
Services for
LGBTQ+ Elders
We refuse to be invisible**

**the LGBTQ
center
long beach**



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
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!

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



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

October 2025 - Calendar of Activities



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Talk It OUT 10-11:30am	2	3	4 LEZ CHAT MOVIE DAY 10:30am - 12:30pm
5	6	7 COFFEE TALK Tech Day 11am-1pm	8 Talk It OUT 10-11:30am	9	10	11 COMING OUT DAY
12	13 CLOSED	14 COFFEE TALK SCAN Presentation 11am-1pm	15 Talk It OUT 10-11:30am	16	17	18 CONSTELLATIONS EXHIBIT 11am-1pm
19	20	21 COFFEE TALK Cal State Univ. LB 11am-1pm	22 Talk It OUT 10-11:30am	23	24	25
26	27	28 COOKING WITH PRIDE 11am-1pm	29	30	31	



- 10/8 - International Lesbian Day
- 10/13 - Ingenious People's Day ~ **Center is Closed**
- 10/11 - National Coming Out Day
- 10/15 - National Latinx HIV/AIDS Awareness Day
- 10/15 - International Pronouns Day
- 10/19 - National LGBTQ Center Awareness Day
- 10/26 Intersex Awareness Day
- Last week of Oct. - Asexual Awareness Week



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

