

# Older Adult Services - 55+ Newsletter

February 2026

LOVE WHO  
YOU ARE

YOU are enough, exactly as you are!

Your worth isn't measured by productivity, but by the light YOU bring into the world!

Be gentle with yourself; you're growing in ways YOU can't always see!

Celebrate YOUR small wins, they're proof of your resilience!

YOU deserve the same kindness YOU always so freely give to others!



the LGBTQ  
**Center**  
long beach

## This month's gatherings!

### **Coffee Talk**

Tuesday's

Feb. 3, 10, & 17

### **Lez Chat**

Saturday's

Feb. 7 - Outing-RSVP

Feb. 21

### **Cooking with Pride**

**RSVP REQUIRED**

Tues. Feb. 24

### **Talk it OUT**

Wednesday's

### **Monthly Calendar**



**NEW TIME!**

**Coffee Talk**  
**Tuesday's**  
**11am 1pm**

**Lez Chat**  
**1st & 3rd Saturday's**  
**11am - 1pm**

**Feb. 3: Technology for Aging in Place**

Come learn how smart technology can help you maintain your independence in your own home with **Digital Coach Carla from Technology Education Coaching/Independence at Home**. In this lecture, you'll learn how home assistants, smart appliances, and wearables can save you time and money, help you manage health conditions, and even give you greater peace of mind. We'll also discuss best practices for maintaining your privacy and security when using this technology

**Feb. 10: Meditation Day with Zane**

**Zane Julien from Live at Ease Wellness Center** will guide the group in meditation and discuss the practice of **Healthy Boundaries**. This will be Zane's last class, so please join us to thank him personally for all he's done for the program.

**Feb. 17: Guest Speaker**

See separate advertisement

**Feb. 7: Lunch Outing**

Join us at **Altar Society Brewing Co. in Long Beach**. Transportation will be on your own. Details will be given to those who register. Pizza and soft drinks will be paid for. Anything beyond that is on your own.

**12 Spot Available**

**RSVP is required - deadline Fri. Feb. 6**

Email: [Olderadults@centerlb.org](mailto:Olderadults@centerlb.org) or

Call 562-434-4455 ext. 248

**Feb. 21: Open Chat**

Join us in a welcoming, affirming space for genuine conversation, connection, and community. Coffee and snacks will be waiting for you.



# **Stay Strong, Stay Safe: Expert Tips to Prevent Falls at Home**

**Tues. Feb. 17  
11AM - 1PM**

**Let's keep you moving with confidence!**

Falls are a top cause of injury for older adults, but the good news is, they're preventable! In this interactive and upbeat workshop, a licensed physical therapist will walk you through a quick and easy fall risk assessment to see where you stand - literally!

You'll learn why staying active is the key to staying independent, plus some simple, fun exercises you can do at home—alone or with a caregiver—to boost strength, improve balance, and prevent falls.

**Dr. Desiree Williams, PT, DPT** is a licensed physical therapist with a Doctorate in Physical Therapy from Hampton University. She is the co-owner of **A Plus Care Home Health & Mobile Therapy**. She specializes in Active Release Technique, Parkinson's Disease, manual therapy, spine care, post-operative rehabilitation, and posture training. Dr. Desi's unique blend of clinical expertise and engaging presentation style makes her workshops both informative and inspiring!



# COOKING WITH PRIDE!

TUES. FEB. 24  
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.

Chef Jeff will demonstrate the recipe for the day which you'll get to taste. You will also receive a tote bag with some of the recipe ingredients along with a \$20 Grocery Gift Card.

**15 spots available - First come, first serve**

**Sign-up begins** - Tuesday Feb. 10

**Deadline** - Thursday Feb. 19

Refer a friend (55+)  
Guaranteed spot for you both

**RVSP IS MANDATORY**

**Email:** [Olderadults@Centerlb.org](mailto:Olderadults@Centerlb.org)

**Call:** 562-434-4455 ext. 248



with Dr. David Hart (1st Wed)  
 with Danielle (2nd, 3rd & 4th Wed)  
 Enrollment Required  
 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](mailto: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

### February 2026 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 COFFEE TALK Tech Day 11am-1pm	4 Talk It OUT 10AM - 11:30AM	5	6	7 LEZ CHAT Outing-RSVP 11am - 1pm
8	9	10 COFFEE TALK Meditation Day 11am-1pm	11 Talk It OUT 10AM - 11:30AM	12	13	14 
15	16 	17 COFFEE TALK Guest Speaker 11am-1pm	18 Talk It OUT 10AM - 11:30AM	19	20	21 LEZ CHAT Open Chat 11am - 1pm
22	23	24 Cooking with Pride RSVP Required 11am-1pm	25 Talk It OUT 10AM - 11:30AM	26	27	28

**CENTER CLOSURE:**  
**Monday - Feb. 16**

**Feb. 7 - National Black  
 HIV/AIDS Awareness Day**

**Feb. 28 - HIV Is Not A Crime  
 Awareness Day**



**The LGBTQ Center long beach**  
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