

Older Adult Services - 55+ Newsletter

January 2026



Wishing you a New Year filled with peace, comfort, and the joy of cherished memories.

May this year bring you good health, warm moments with loved ones, and countless reasons to smile.



the **LGBTQ**
Center
long beach

This month's gatherings!

Coffee Talk

Tuesday's

JAN. 6, 13, & 20

Lez Chat

Saturday's

JAN. 3 & 17

Cooking with Pride

RSVP REQUIRED

Tues. Jan. 27

Monthly Calendar



NEW TIME!

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

Lez Chat
1st & 3rd Saturday's
11:00am - 1:00pm

Jan. 6: Movie Day

SELMA (2hrs. 8 mins.) The unforgettable true story of the tumultuous three-month period in 1965, when **Dr. Martin Luther King, Jr.** led a dangerous campaign to secure equal voting rights in the face of violent opposition.

Jan. 13: Meditation Day with Zane

Zane Julien from **Live at Ease Wellness Center** will guide the group in meditation and discuss the practice of **LovingKindness**.

Jan. 20: Is that AI?

Come to this class to train your eyes to recognize AI. **Digital Coach, Carla** from Independence at Home/SCAN will talk about the advances in artificial intelligence (AI) technology, AI programs can now create text, images, and much more. At first sight, it may be hard to tell if what you see was created or altered by AI. In this session, we'll teach you tips and tools to help you determine if an image or piece of writing was generated by AI. We'll also discuss what tech companies like Google are doing to create systems to detect the use of AI.



Jan. 3: Movie Day

Becoming Katharine Graham (1hr. 31 mins.) tells the story of a painfully shy woman's accidental rise to power and how it changed history. After a family tragedy, Kay evolved from a "doormat wife" into a legendary newspaper publisher. Nixon's nemesis during Watergate, she fought for truth, broke barriers in a sexist world, and won a Pulitzer Prize, inspiring generations with her courage and resilience.



Jan. 17: Game Day

Join us for a fun game of **Inqueeries**! The game features cards filled with humorous prompts and meme-style humor, allowing players to engage in bold conversations and create shared moments that celebrate queer culture. **Feel free to bring a game to share with the group as well!**

COOKING WITH PRIDE!

TUES., JAN. 27
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 demonstrate Mediterranean food. You will get a tote bag with some of the recipe ingredients along with a \$20 Trader Joes Gift Card.

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

Sign-up begins - Tues. Jan. 6

Deadline - Tues. Jan. 20

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

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

January 2026 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
				1 CENTER CLOSED	2	3 LEZ CHAT Movie Day 11:00AM - 1:00PM
4	5	6 COFFEE TALK Movie Day 11am-1pm	7 Talk It OUT 10AM - 11:30AM	8	9	10
11	12	13 COFFEE TALK Meditation Day 11am-1pm	14 Talk It OUT 10AM - 11:30AM	15	16	17 LEZ CHAT Game Day 11:00AM - 1:00PM
18	19 CENTER CLOSED	20 COFFEE TALK Tech Day 11am-1pm	21 Talk It OUT 10AM - 11:30AM	22	23	24
25	26	27 Cooking with Pride 11am-1pm	28 Talk It OUT 10AM - 11:30AM	29	30	31

HOLIDAY CLOSURES:
Thursday - Jan. 1 ~ New Years Day
Monday - Jan. 19 ~ MLK Jr. Day



YELLOW =
IN PERSON

BLUE =
VIRTUAL



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