
Older Adult Services - 55+ Newsletter

March 2026

March is a month of transition, renewal, and celebration—bridging winter and spring in the north, and summer and autumn in the south. It brings together rich history, shifting seasons, vibrant cultural festivities, and meaningful awareness observances. Wishing you a month filled with abundance and joy!



Women's History Month

Bisexual Health Awareness Month



National LGBT Health Awareness Week

March 8: International Women's Day



March 20: National Native HIV/AIDS
Awareness Day

March 31: Transgender Day of Visibility



March 31: Cesar Chavez Day



Coffee Talk

Tuesday's
Mar. 3, 10, & 24

BBQ Potluck

at Leisure World
RSVP Required
See page 3

Lez Chat

Saturday's
Mar. 7 & 21

Cooking with Pride

RSVP REQUIRED
Tues. Mar. 24

The Center is closed

Tues. Mar. 31



Lez Chat

is a space for Lesbian, Bi, Queer, Non-binary and Trans women

Tuesday's
11am 1pm

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

Mar. 3:



Need I say more? We'll see you then!

Mar. 10:

Presentation with Shabby from State Farm. See separate advertisement.

Mar. 17:

BBQ Potluck at Leisure World - see separate advertisement

Mar. 7: Movie Day - My name is Pauli Murray

Overlooked by history, **Pauli Murray** was a legal trailblazer whose ideas influenced RBG's fight for gender equality and Thurgood Marshall's civil rights arguments. This is a portrait of their impact as a non-binary Black luminary: lawyer, activist, poet, and priest who transformed our world.



Mar. 21: Open Chat

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

Be ✨
Kind ♡
to
Yourself
♡ ✨



Tuesday
March 10
11:00 AM - 1:00 PM

Shabby Shaw is the owner and agent of the State Farm Shabby Shaw Agency, proudly serving the Rancho Palos Verde, San Pedro, Long Beach and surrounding communities. During this presentation, Shabby will be providing educational information on life insurance and supplemental health coverage, with a focus on empowering individuals and families to better understand their options and protect what matters most.

Our agency is proudly LGBTQ+ affirming and community focused. We are committed to creating a safe, inclusive, and welcoming environment where everyone feels respected, seen, and supported. Our goal is to provide clear, judgment-free education so community members can make informed financial protection decisions that align with their lives and values.

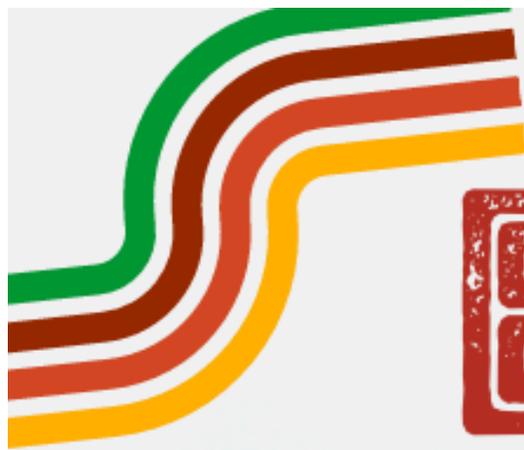
We look forward to connecting, answering questions, and serving as an ongoing resource for the community.



5/5 on Google with over 1,100 reviews!



**Proud to serve and support
my LGBTQ+ neighbors**



BBOQ



Potluck

Join the Older Adults Program and the Rainbow Community at **Leisure World** for an afternoon filled with good food, music, and great company!

We'll be grilling up burgers and hot dogs. You're invited to bring a side dish that serves up to six people (plus a serving utensil), a favorite card or board game, and wear your **GREEN** to celebrate!

RSVP REQUIRED: Deadline, Thurs. Mar. 12

Details will be emailed to those who register

Email: olderadults@centerlb.org or

Call: 562-434-4455 ext. 248

****There will not be a Coffee Talk meeting at The Center on this day****

TUES. MAR. 17

11:00 AM - 1:00 PM

COOKING WITH PRIDE!

TUES. MAR. 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.

14 spots available - First come, first serve

Sign-up begins - Tues. Mar. 10

Deadline - Wed. Mar. 18

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

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 Danielle
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 the 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 March 2026 - Calendar of Activities



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 COFFEE TALK Bingo 11am-1pm	4 Talk It OUT 10AM - 11:30AM	5	6	7 LEZ CHAT Movie Day 11am - 1pm
8	9	10 COFFEE TALK See Page 3 11am-1pm	11 Talk It OUT 10AM - 11:30AM	12	13	14
15	16	17 See Page 4 RSVP Required 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
29	30	31 WE ARE CLOSED			Food is Provided	YELLOW = IN PERSON BLUE = VIRTUAL



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

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