
Older Adult Services - 55+ Newsletter

April 2026

Older Adult Services receives the John Anson Ford Human Relations Award!



On March 18, 2026, the Older Adult Services Program was honored with the John Anson Ford Human Relations Award from the Los Angeles County Commission on Human Relations - see page 5.

It was truly a privilege to accept this award on behalf of the program. Your commitment to showing up for yourselves and for one another is deeply admirable.

Thank you for making The Center a part of your journey!



<p>Lez Chat Sat. Apr. 4 Apr. 18 - cancelled</p>
<p>Sunshine Rabbit Center Apr. 14</p>
<p>Coffee Talk Tuesday's Apr. 7, 14, & 21</p>
<p>Pride in the Pages Sat. Apr. 25</p>
<p>Cooking with Pride RSVP REQUIRED Tues. Apr. 28</p>



Lez Chat

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

**Tuesday's
11am 1pm**

**1st Saturday only this month
11am - 1pm**

Apr. 7: Digital Tools for Brain Health

Digital Coach, Carla from Independence at Home will teach you how to stay sharp with technology! Join this lecture to learn about different ways to engage your brain. We'll explore digital tools to support habits that can help you stay sharp, including wearable devices, engaging websites, and informative podcasts. Discover practical resources to keep your mind active and enhance your cognitive wellbeing.

Apr. 14: Sunshine Rabbit Center

A must attend activity with the bunnies from Sunshine Rabbit Center.

See page 3

Apr. 21: Saying Sorry - How to give and receive apologies.

Join Mental Health Intern, Leo Kirkham in this interactive and educational workshop.

See Page 4

Apr 4: Chat & Chen's

In celebration of Lesbian Visibility, let's gather for a Chen's lunch at The Center — a welcoming space to connect, unwind, and enjoy good conversation together.

RSVP: Olderadults@centerlb.org or

Call: 562-434-4455 ext. 248

Deadline: Thurs. Apr. 2



Apr. 18 - Cancelled

Due to The Center having a volunteer appreciation event. We apologize for the inconvenience.





Tues. Apr. 14
11 AM - 1 PM

Sunshine Rabbit Center is a 501(c)(3) non-profit based in Long Beach and their mission is

Committed to Community

They help domestic rabbits and to support the families who love them. They partner with municipal shelters and fellow rescue organizations to save bunnies that have been abandoned or relinquished, or who have lost their homes and work to match them with caring adopters who can provide a safe, loving environment where they will thrive.

You're invited to hear more about Sunshine Rabbit Center and spend some relaxing time and get some bunny love!



Saying Sorry: A Workshop on How to Give and Receive Apologies



Tues. Apr. 21
11 AM - 1 PM

The purpose of this workshop is to teach healthy relationship skills to diverse audiences, with a focus on apologizing and repairing harm. Participants will be introduced to the five “apology languages” identified by Dr. Gary Chapman and encouraged to reflect on their own preferred apology language(s). Through interactive activities, including games and role-play, attendees will practice offering meaningful apologies in low-stakes scenarios. By the end of the workshop, participants will leave with personal insights and strengthened skills in both giving and receiving apologies.

Leo Kirkham is a Master of Social Work student at California State University, Los Angeles (CSULA). They are currently completing an internship in the Mental Health Services Program at The Center. Leo is expected to graduate in May 2026 and aspires to serve the LGBTQ community as a medical social worker.



COOKING WITH PRIDE!

Tues. Apr. 28
11 AM - 1 PM



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 **\$15 Grocery Gift Card**.

15 spots available - First come, first serve

Sign-up begins - Tues. Apr. 14

Deadline - Wed. Apr. 22

RVSP IS MANDATORY

Email: Olderadults@Centerlb.org

Call: 562-434-4455 ext. 248

John Anson Ford Human Relations Award!





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 April 2026 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Talk It OUT 10am- 11:30am	2	3	4 LEZ CHAT Lunch & Chat 11am-1pm
5	6	7 COFFEE TALK Tech Day 11am-1pm	8 Talk It OUT 10am- 11:30am	9	10	11
12	13	14 Coffee Talk Sunshine Rabbit Center 11am-1pm	15 Talk It OUT 10am- 11:30am	16	17	18 LEZ CHAT Canceled
19	20	21 Coffee Talk Workshop 11am-1pm	22 Talk It OUT 10am- 11:30am	23	24	25 Pride in the Pages 11am - 2pm
26	27	28 Cooking with Pride RSVP Required 11am-1pm	29 Talk It OUT 10am- 11:30am	30	Food is Provided	YELLOW = IN PERSON BLUE = VIRTUAL

April 6: International Asexuality Day
 April 10: National Youth HIV/AIDS Awareness Day
 April 18: National Transgender HIV Testing Day
 April 18: Nonbinary Parents Day
 April 20: Day of Silence
 April 26: Lesbian Visibility Day



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