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# Older Adult Services - 55+ Newsletter

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MAY 2026

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the **LGBTQ**  
**Center**  
long beach

LGBTQIA2S+ Pride is important because it represents far more than celebration—it's about visibility, history, community, and ongoing progress.

It's a statement that identity should never have to be hidden, that community matters, and that equality is something worth continuing to fight for!



**Lez Chat**  
Sat. May 2  
May 16 - cancelled

**Coffee Talk**  
Tuesday's  
May 5 & 19

**Two-Step Tuesday  
& Potluck at  
Leisure World**  
**RSVP Required**  
Tues. May 12

**Cooking with Pride**  
**RSVP REQUIRED**  
Tues. May 26



## 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

### May 5: **Tacos & BINGO**

Need I say more - We look forward to seeing you!

### May 12: **Two-Step Tuesday & Potluck**

This event will take place at **Leisure World**. **RSVP Required!** See page 3

### May 19: **Understanding Internet Plans**

**Join us for Tech Day with Digital Coach, Carla.** Come learn about home internet options so you only pay for what you need. In this session, we'll break down the different parts of a home internet plan so that you can choose the best option for your household. We'll go over important terminology, from hotspot to bandwidth. You'll learn about the best internet speeds for different kinds of activities, from emailing to gaming. We'll also discuss tips for talking with Internet Service Providers (ISPs) and for saving money on your bill.

### May 2: **Pride Potluck & Chat**

Let's get together for a Pride Potluck & Chat. Bring a side item for up to 4 people and the program will provide the rest.

**RSVP: Olderadults@centerlb.org or**

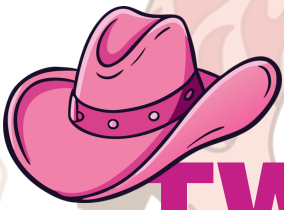
**Call: 562-434-4455 ext. 248**

**Deadline: Fri. May 1**

### May 16 - **Cancelled**

Due to the Pride Weekend, we will not be meeting.





# TWO-STEP TUESDAY & POTLUCK!



**Tues. May 12  
11 AM - 1 PM  
at Leisure World**

**Come enjoy great music, beginner line dances and beginner progressive 2-step lessons with Jason from the Round Up Long Beach.**

**Bring comfortable shoes and a smile—we'll take care of the rest! Invite a friend and make it an afternoon to remember.**

**This will be a potluck event. We'll supply the turkey pinwheel wraps, salad and chips, you bring a side and serving utensil to serve 6-8 people.**

**Location details will be given to those who RSVP.**

**RSVP Required: [Olderadults@Centerlb.org](mailto:Olderadults@Centerlb.org) or call 562-434-4455 ext. 248**

**Deadline: Fri, May 8**

# COOKING WITH PRIDE!

Tues. May 26  
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. May 12

**Deadline** - Wed. May 20

**RVSP IS MANDATORY**

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

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



# 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

### May 2026 - Calendar of Activities



SUN	MON	TUE	WED	THU	FRI	SAT	
					1	2 <b>LEZ CHAT</b> Potluck at The Center 11am-1pm	
3	4	5 <b>COFFEE TALK</b> Tacos & Bingo 11am-1pm	6 <b>Talk It OUT</b> 10am- 11:30am	7	8	9	
10	11	12 <b>No Coffee Talk</b> See advertisement	13 <b>Talk It OUT</b> 10am- 11:30am	14	15 <b>Pride WEEKEND</b>	16 <b>Pride</b> LEZ CHAT Canceled	
17 <b>Pride PARADE</b>	18	19 <b>Coffee Talk Tech Day</b> 11am-1pm	20 <b>Talk It OUT</b> 10am- 11:30am	21	22	23	
24	25	26 <b>Cooking with Pride</b> RSVP Required 11am-1pm	27 <b>Talk It OUT</b> 10am- 11:30am	28	29	30	
31	First Sunday In May: International Family Equality Day May 17: International Day Against Homophobia, Transphobia, and Biphobia May 19: National Asian & Pacific Islander HIV/AIDS Awareness Day May 22: Harvey Milk Day May 24: Pansexual and Panromantic Awareness and Visibility Day				 Food is Provided	<b>YELLOW = IN PERSON</b>	<b>BLUE = VIRTUAL</b>



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