
Older Adult Services - 55+ Newsletter

JUNE 2026



Their Story...

In May 2025, participant **Ellie Aguilar**, attended the Dyke March to speak to the community about her passion for advocacy, community empowerment, and social justice activism.

Later, another woman was shown a photo of Ellie, and it was love at first sight. They met in person two months later and have remained connected ever since.

In their 80's, they remind us that love knows no age limit and that it's never too late to find a meaningful connection.

See page 3 for details about this special event!



the **LGBTQ**
Center
long beach

Special Event

Sat. June 6 - Page 3

RSVP Required

Coffee Talk

Tuesday's

June 2, 9, 16 & 23

Estate Planning

See page 5

**LA County
Department of
Mental Health**

See Page 4

Lez Chat

Sat. June 20 only

Cooking with Pride

RSVP REQUIRED

Tues. June 30



Lez Chat

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

**Tuesday's
11am 1pm**

**3rd Saturday of the month
11am - 1pm**

June 2: Everyday Uses of AI

Everyone is talking about AI. Come to this class to be a part of the conversation! In this lecture, **Digital Coach, Carla**, will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology. Everyone is talking about AI! Come to this class to see how AI is part of everyday life.

June 9: LA County Dept. of Mental Health - See page 4

June 16: Movie Day →

Join us for an afternoon of laughter & popcorn!

June 23: Estate Planning with Senior Legal Counsel, **Aastha Farr**.
See page 5

June 2: Cancelled due to a special event.
See page 3

June 20: Open Chat

Gather with us as we come together for an organic conversation in a safe and welcoming space.

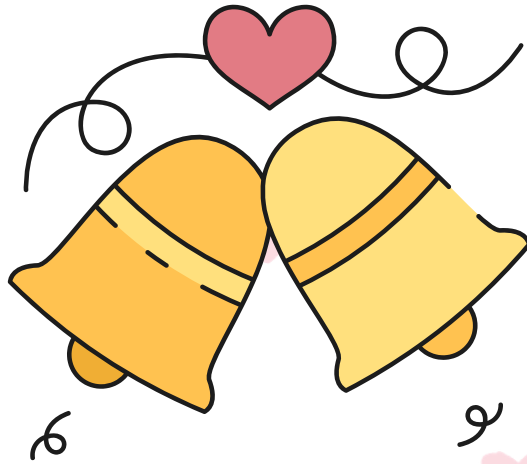


**Tues. June 16
THE PROM**

stars...

Meryl Streep,
James Corden,
Nicole Kidman,
Kerry Washington
and more!

THE PROM follows a group of self-absorbed Broadway actors who, in search of good publicity, head to a small Indiana town to support a teen girl banned from attending prom with her girlfriend. As their showbiz antics meet small-town resistance, genuine connections form, leading to a heartfelt celebration of love and acceptance. With lively musical numbers and a star-studded cast, it's a colorful, feel-good ride, though critics are split on tone and execution.



In May 2025 the Dyke March changed two people's lives!

We are delighted to announce the Commitment Ceremony
of

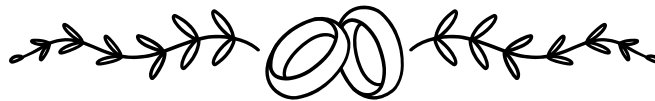
Ellie Aguilar & Andi Segal

You're invited to celebrate with us as we honor a love that
proves it's never too late for happily ever after!

Saturday, June 6

11:00 AM - 2:00 PM

Lunch and dancing following the ceremony!

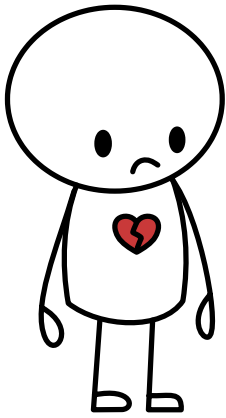


RSVP REQUIRED

EMAIL: OLDERADULTS@CENTERLB.ORG

CALL: 562-434-4455 EXT. 248

DEADLINE - MON. JUNE 1



LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
PRESENTS

GRIEF & LOSS

TUES. JUNE 9
11:00 AM - 1:00 PM

Community Health Worker, ***Belinda Rabano***, will share that, grief that comes with loss is a common stressor facing older adults and can be a challenging experience. This presentation defines grief and loss, explains the components of the grief process, and describes the symptoms of grief to prepare participants for what to expect from losses. Tips are imparted to improve our ability to cope with and move on from loss

when you are ready.



ESTATE PLANNING

TUES. JUNE 23

11:00 AM - 1:00 PM

Everyone deserves the security of having their wishes honored and their chosen ones protected.

Join us for an informative workshop designed to help you plan for the future with confidence.

Learn the essentials of estate planning

Aastha Madaan Farr (she/her) is Legal Counsel at Health Plan of San Joaquin. Prior to her current role, she worked at SCAN Health Plan, Memorial Care, and had her own law practice for several years. Aastha's practice areas include Estate Planning, Healthcare Law, and Technology Law.

Aastha speaks and writes on cultural competency, implicit bias, and allyship. She is dedicated to pro bono service and was awarded the "Distinguished Lawyer" recognition by the LGBTQ Center Long Beach for her pro bono work. Aastha is a 2023 Fellow of the South Asian Bar Association's Leadership Institute.

COOKING WITH PRIDE!

Tues. June 30
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**.

14 spots available - First come, first serve

Sign-up begins - Tues. June 16

Deadline - Wed. June 24

RVSP IS MANDATORY

Email: 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

June 2026 - Calendar of Activities






SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Tech Day with Carla 11am-1pm	3 Talk It OUT 10AM - 11:30AM	4	5	6 ELLIE & ANDI CEREMONY 11am - 2pm
7	8	9 Grief & Loss Presentation 11am-1pm	10 Talk It OUT 10AM - 11:30AM	11	12	13
14	15	16 Movie Day 11am-1pm	17 Talk It OUT 10AM - 11:30AM	18	19	20 LEZ CHAT Open Chat 11am - 1pm
21	22	23 Estate Planning 11am-1pm	24 Talk It OUT 10AM - 11:30AM	25	26	27
28	29	30 Cooking with Pride RSVP Required 11am-1pm			 Food is Provided	YELLOW = IN PERSON BLUE = VIRTUAL

- June: LGBTQ Pride Month
- June 1: LGBTQ Families Day
- June 12: Pulse Remembrance
- June 15: Anniversary of U.S. Supreme Court Bostock decision expanding protections to LGBTQ employees
- June 26: Anniversary of U.S. Supreme Court legalizing marriage equality
- June 27: National HIV Testing Day
- June 28: Stonewall Day
- June 30: Queer Youth of Faith Day



The LGBTQ Center long beach
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Phone: 562-434-4455 | Email: info@centerlb.org
Website: www.centerlb.org

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