
Older Adult Services - 55+ Newsletter

JULY 2026

HELLO
SUMMER!

The **Summer Solstice** occurs when Earth's North Pole is tilted most directly toward the Sun. This results in the Sun reaching its highest point in the sky and producing the year's longest day.

It marks the official beginning of summer in many cultures and calendars, signaling warmer weather and longer daylight hours.

Many civilizations have celebrated the solstice with festivals, rituals, and gatherings, which include **Stonehenge** in England, where thousands gather to watch the sunrise, **Midsummer** celebrations in Scandinavian countries.

Indigenous and **ancient** traditions worldwide that honor the **Sun, nature, and renewal.**

In many traditions, the **Summer Solstice** symbolizes **abundance, growth, vitality,** and the peak of the **Sun's power.**

We wish you all an enjoyable summer!



the LGBTQ
center
long beach





Lez Chat

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

Tuesday's
11am 1pm

3rd Saturday of the month

July 7: Summer



Join us for an afternoon of Summer
Bingo! How lucky are you feeling?



July 14: Estate Planning Part 2
with Senior Legal Counsel, **Aastha Farr**.
See next page

July 21: Virtual Reality at a Glance
Digital Coach, Carla, from Technology
Education Coaching/Indepence at
Home. See page 4

July 4: Cancelled due to the holiday.

**July 18: Round Trip Aqua Link Ride to
The Crab Pot Restaurant at Alamitos
Bay - Noon - 4pm RSVP Required**

We will take a 45-min ride on the **Aqua
Link from the Shoreline Dock 4 to
Alamitos Bay** then have lunch at the
Crab Pot Restaurant. The Program
will pay for your round-trip ride. **Aqua
Link parking and lunch is on your
own**. We will get individual bills at the
restaurant.

**You can also meet us at the
restaurant - 215 N Marina Dr, Long
Beach, CA 90803, the reservation
will be at 1:30pm**

All details will be given to those who
RSVP.

Deadline: Thurs. July 16

Email: Olderadults@centerlb.org

Call: 562-434-4455 ext. 248

ESTATE PLANNING PART 2

TUES. JULY 14

11:00 AM - 1:00 PM

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

Join us for **Part 2** of 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.



Tech Day with Digital Coach, Carla from the Technology Education Program/SCAN

**Tuesday, July 21
11:00 - 1:00 PM**

Virtual reality technology is quickly growing in popularity and expanding across multiple industries. This lecture will explain what it is, how it works, and introduce a few of the most popular VR devices. We will also cover some exciting VR games, programs and apps that can help you exercise, explore the world, connect with others, and have fun!



COOKING WITH PRIDE

PARTY!



Tues. July 28
11 AM - 1 PM

This will be the last class for the year, so don't miss out! We want to thank all the participants who attended throughout the year and thank SCAN and the DeSpain-Weinstein Trust in making this class possible!

In celebration of the last class, we will have a **PARTY!**

Everyone is welcome by RSVP only.

The first 13 people who sign up on the date below, will get a **\$15 Grocery Gift Card to Ralphps.**

RVSP IS MANDATORY

Email: Olderadults@Centerlb.org

Call: 562-434-4455 ext. 248

FIRST COME, FIRST SERVE

Sign-up begins: Tues. July 14

Deadline: Wed. July 22



Independence at Home
A SCAN Community Service™

the **LGBTQ**
Center
long beach

DeSpain-Weinstein Trust



Talk it OUT



with Danielle
Enrollment Required
EVERY Wednesday
10:00 - 11:30 AM

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 July 2026 - Calendar of Activities



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Talk It OUT 10-11:30am	2	3 CLOSED	4 CLOSED
5	6	7 Summer Bingo 11am-1pm	8 Talk It OUT 10-11:30am	9	10	11
12	13	14 Estate Planning Part 2 11am-1pm	15 Talk It OUT 10-11:30am	16	17	18 LEZ CHAT Outing-RSVP SEE PAGE 2
19	20	21 Tech Day with Carla 11am-1pm	22 Talk It OUT 10-11:30am	23	24	25
26	27	28 Cooking with Pride RSVP REQUIRED 11am-1pm	29 Talk It OUT 10-11:30am	30	31	

July 13: Lesbian Aunts Day



Week of July 14: Nonbinary Awareness Week,



July 16: International Drag Day



 Food & Beverages are provided	YELLOW = IN PERSON	BLUE = VIRTUAL
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