
Older Adult Services - 55+ Newsletter

SEPTEMBER 2026



Fall carries a quiet kind of hope—the trees release what they've outgrown, the air turns crisp and clear, and the world begins again in warmer colors.

It's a gentle reminder that change doesn't always arrive like spring flowers. Sometimes, a new beginning looks like letting go, slowing down, and trusting that something beautiful is taking root beneath the surface.

May this season bring you fresh energy, peaceful transitions, and the courage to welcome whatever comes next.





Tuesday's
11:00 AM - 1:00 PM

Sep. 1: Navigating Medicare Resources Online

Medicare can be daunting. Learn how to use reliable online resources to gain a better understanding. Medicare is a complex topic, but there are online resources to help! In this lecture, we'll discuss ways to find information about Medicare online. We'll explore medicare.gov and an example private insurance website to learn about the tools and resources they offer. You'll learn how to navigate these websites confidently to find what you need, including using the search bar and Chat features. We'll also introduce the State Health Insurance Assistance Program, or shiphelp.org, which is a great resource for getting trusted 1:1 guidance on Medicare.

***Please note that this lecture focuses on how to find reliable information on Medicare and does not provide advice on Medicare enrollment or plans.**

Sep. 8: Preserving Your Memory - See page 4

Sep. 15: BINGO



Sep. 22: Creative & Game Day - See page 5



Sep. 29: Open Chat

Join us for an Open Chat! There's no set agenda—just good conversation, community connection, and plenty of opportunities to laugh and make new friends. Come as you are, bring a topic to share, or simply listen. Everyone is welcome!



Lez Chat ~ 55+

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

the LGBTQ
center
long beach

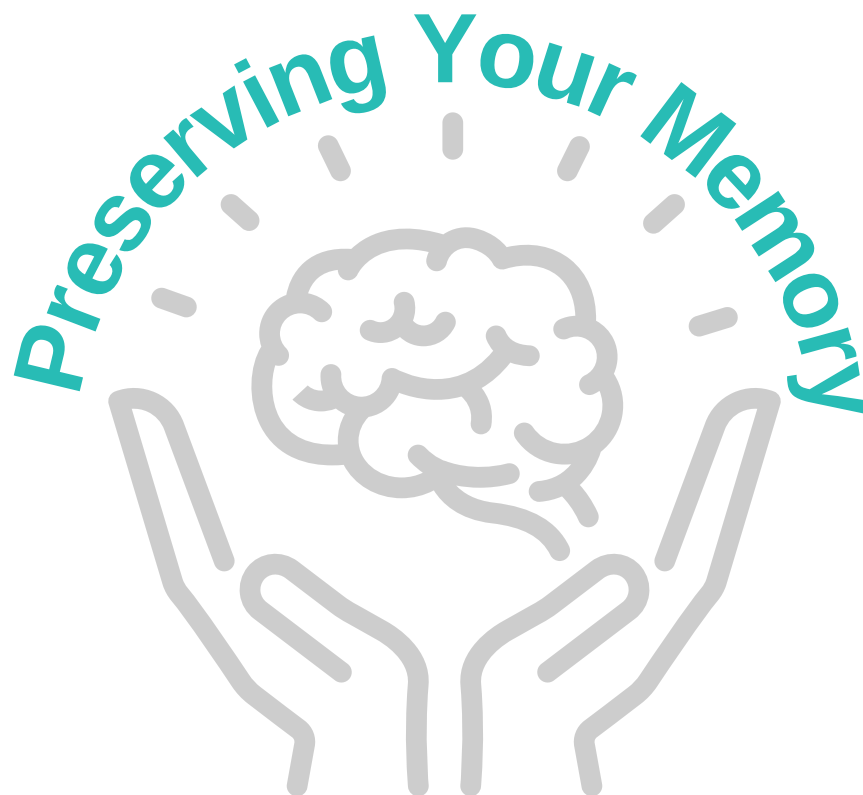
September 5: Chen's Lunch Outing - Noon

Meet us at **Chen's Chinese Restaurant 2131 E Broadway, Long Beach, CA 90803** at Noon. **This is a group lead outing;** transportation and lunch is on your own. Individual checks will be given. Enjoy!

September 19: Canceled due to QFilms Weekend



★ ★ ★ ★ ★
BE KIND
BE BRAVE
BE SILLY
BE HONEST
BE HAPPY
BE YOU
★ ★ ★ ★ ★



TUES. SEP. 8 | 11:00 AM - 1:00 PM

Join Community Health Worker,
Belinda Rabano from
The LA County Department of Mental Health
for her talk about

Preserving Your Memory

As we age we all have moments of forgetfulness.
This presentation will provide useful tips and brain exercises
to sharpen your thinking and help Keep moments of
forgetfulness to a minimum.



Creative & Game Day



TUES. SEP. 22 | 11:00 AM - 1:00 PM

Back by popular demand!

We had such a great time last month, we're doing it again!

We invite you to join us for a fun day of creativity, UNO and open chat!

We'll have watercolor paints, acrylic markers, small canvases, and a variety of craft supplies available to use.

We'll also have board and card games available, or you can bring your own.

Everyone is welcome!



the LGBTQ
Center
long beach





Celebrating 33 years of the BEST in LGBTQ
Independent films, the Long Beach QFilms
Festival is a unique and vibrant festival
showcasing the OUTSTANDING diversity of the
LGBTQ community!

Visit the ticket sales table in The Center's lobby during
the festival to purchase discounted tickets for \$12.
Below are just a few of the films showing during the
weekend—with many more to enjoy!

Saturday, Sep. 19

11:00 AM



Maspalomas

Vicente, a gay man, enjoys a carefree retirement in Maspalomas. When he has to move into a nursing home after a stroke, he decides to hide his sexual orientation and must confront his own fears.

Sunday, Sep. 20

11:00 AM



Men in Briefs

I wanna hold your hand.
Kiloran Bay
His House
Home
The Man in the Showers
Callback
Taxi Moto
Morpheus and Charon

Sunday, Sep. 20

1:15 PM

Women in Shorts

Ronita Rambo, Fish & Chips, Tuna Tartare, We'll Carry On Alright, Unbroken, Sandy Fannies, Claonadh, Krizalit





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 SEPTEMBER 2026 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Tech Day 11am-1pm	2 Talk It OUT 10-11:30am	3	4	5 LEZ CHAT MEET AT CHENS 12:00pm
6	7 HOLIDAY	8 Preserving Your Memory 11am-1pm	9 Talk It OUT 10-11:30am	10	11	12
13	14	15 Bingo 11am-1pm	16 Talk It OUT 10-11:30am	17 QFILMS OPENING NIGHT!	18 QFILMS WEEKEND!	19 LEZ CHAT CANCELED QFILMS WEEKEND
20 QFILMS WEEKEND!	21	22 Creative & Game Day 11am-1pm	23 Talk It OUT 10-11:30am	24	25	26
27	28	29 Open Chat 11am-1pm	30 Talk It OUT 10-11:30am	Food & Beverages are provided		
				YELLOW = IN PERSON	BLUE = VIRTUAL	

September 18: National HIV/AIDS & Aging Awareness Day

Week of September 23: Bisexual+ Awareness Week

September 27: National Gay Men's HIV/AIDS Awareness Day



The LGBTQ Center long beach

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Website: www.centerlb.org



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The LGBTQ Center Long
Beach