
Older Adult Services - 55+ Newsletter

OCTOBER 2026



Indigenous Peoples' Day

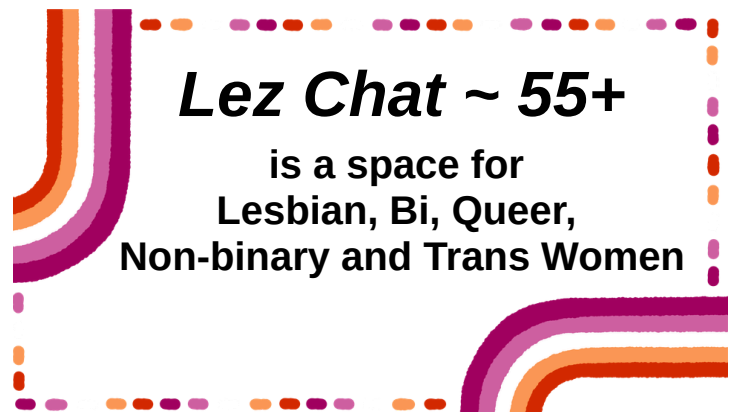
Monday, October 12

is a powerful reminder that the first stewards of this land are not just part of history, but vibrant communities shaping our future every day.

It celebrates the resilience, wisdom, cultures, languages, and contributions of Indigenous people whose knowledge has guided generations and continues to inspire solutions for a better world.

See page 3 for special guests honoring this special day!





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

1st & 3rd Saturday
11:00 AM - 1:00 PM

Oct. 6: Honoring Indigenous People's Day
- See page 3

Oct. 13: Are you ready for Medicare Open Enrollment?



Come join us for a free community education presentation for **"Getting Ready for Medicare Open Enrollment."**

A representative from the Center for Health Care Rights will discuss important Medicare Updates for 2027 and:

- When to select a Part D drug plan
- What your Part D coverage options are
- Who you can call for more help!

Oct. 20: Creative & Game Day

We are getting together again for an afternoon of open chat, Fall art projects & a fun game of UNO!



Oct. 27:

Oct. 3: Open Chat



Looking for connection, conversation, and community? Join us for an open chat where we can gather in a welcoming and supportive space to share stories, experiences, laughter, and friendship.

Whether you're looking to meet new people, reconnect with community, or simply enjoy meaningful conversation, we'd love to have you with us.



Oct. 17: Potluck

Join us for an afternoon of delicious food, great conversation, and wonderful company! Bring your favorite dish to share and enjoy a variety of homemade favorites or store bought! Pollo Loco chicken will be provided.





TUES. OCT. 6 | 11:00 AM - 1:00 PM

Join us as we honor Indigenous Peoples' Day
with special guests

Annette Aispuro & Milagros Ruiz Bello

Annette Aispuro, born and raised in Long Beach on Tongva land, I carry the traditions and spirit of my Tewa Pueblo and Mexica ancestry into my work and way of being. As a body awareness therapist and space holder, offering practices that support healing of mind, body, and spirit. My work is informed by presence, intuition, and reverence for the body's wisdom. I offer services locally in Long Beach and find nourishment in family, connection to the land, and spiritual practices that continue to support my own healing path.



Milagros Ruiz Bello, born and raised in Los Angeles on Tongva land, honors the traditions of her Mexica grandmothers through her work with the elements and the land. As a co-founder of TOL y Familia, a women's collective centered around ceremonial drumming, she supports others in reconnecting with their Medicina. With more than 35 years of experience in frequency work, Milagros guides individuals back to their True Roots through channeled messages and healing songs that foster deep connection to the body.



Creative & Game Day!

TUES. OCT. 20 | 11:00 AM - 1:00 PM

We are getting together again for an afternoon of open chat, Fall art projects & a fun game of UNO



TUES. OCT. 27 | 11:00 AM - 1:00 PM





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 program before attending.

OLDER ADULT SERVICES

October 2026 - Calendar of Activities



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Lez Chat Open Chat 11am-1pm
4	5	6 Honoring Indigenous People's Day 11am-1pm	7 Talk It OUT 10-11:30am	8	9	10
11	12 WE ARE CLOSED	13 Center for Healthcare Rights - Medicare 11am-1pm	14 Talk It OUT 10-11:30am	15	16	17 Lez Chat Potluck 11am-1pm
18	19	20 Creative & Game Day 11am-1pm	21 Talk It OUT 10-11:30am	22	23	24
25	26	27 Bingo 11am-1pm	28 Talk It OUT 10-11:30am	29	30	31

October: LGBTQ History Month
October 8: International Lesbian Day
October 11: National Coming Out Day
October 15: National Latinx HIV/AIDS Awareness Day
October 19: National LGBT Center Awareness Day
Third Wednesday in October: International Pronouns Day
Last week in October: Asexual Awareness Week
October 26: Intersex Awareness Day

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