Older Adult Services - 55+ Newsletter

NOVEMBER 2026

Veterans Day ~ November 11

We honor and express our heartfelt gratitude to all who have served in the United States Armed Forces. Thank you for your courage, sacrifice, and dedication to our country.

We also recognize the families and loved ones who have supported them along the way.



To all our veterans, THANK YOU for your service.
We honor and appreciate you today and always.



Celebrating Community This Fall!

As the leaves change and the season brings new beginnings, we celebrate the warmth, joy, and connections that make our community so special.
Fall is a beautiful reminder of the importance of coming together, sharing laughter, creating memories, and supporting one another.

Here's to a season filled with friendship, gratitude, belonging, and community!

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Lez Chat ~ 55+

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

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

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

Nov. 3: Artist Showcase - See Page 3

Nov. 10: Open Chat, Creative and Game Day! We are getting together again for an afternoon of open chat, art projects & a fun game of UNO & INQUEERIES!
See page 4

Nov. 17: Rae Fanella, Consumer Rights Lawyer at Mental Health Advocacy Services
Learn about your legal protections when you're in debt. This presentation will cover how to get a free credit report and what you can do if a debt collector contacts you or sues you in court.

Nov. 24: Community Potluck See page 4

A Gentle Reminder:

Please Be Mindful of Scents 💜

To help keep our spaces comfortable and welcoming for everyone, please avoid wearing strong perfumes, colognes, or scented products. Some community members have sensitivities, respiratory conditions, or compromised immune systems.
Thank you for being thoughtful and caring for one another!

Nov. 7: Intergenerational Gathering
Join us on the first Saturday of every month for a welcoming and affirming space where LBTQ+ women of all generations can come together, share stories, build friendships, and learn from one another. Let's celebrate our shared experiences, embrace our differences, and strengthen connections across generations. All ages (18+) are welcome!

Nov. 21: WATCH ME! Sports Bar
Come hang out with us on **Saturday, November 21** for good food, great company, and lots of fun at Watch Me! Sports Bar.

Please note: Everyone is responsible for their own transportation, food and drinks ~ we'll get individual bills.

RSVP is required by **Wednesday, November 18, at 12:00 PM** (Noon). Olderadults@CenterLB.org OR call 562-434-4455 ext. 248

ARTIST SHOWCASE

TUES. NOV. 3 | 11:00 AM - 1:00 PM



KATHY WALLACE-PHELPS

As my 70th birthday was approaching, I attended a “meditation through art” workshop at the Center, and I began to feel that I had broken through my fear of making art, which had kept me from trying it throughout my life.

When the world shut down for the pandemic, my wife Linda urged me to try some of the art materials that had sat unused on the shelf. I painted a watercolor of a local shorebird, and friends encouraged me to keep going. And so I did. I have entered a number of art festivals and fairs, and won some ribbons, and I just completed my 6th annual fall art show in our townhome community’s clubhouse.

In these years, I have worked in a number of styles and media, and this past year I fell in love with collage! I have made a number of what I call “collage homages” to the masters, such as van Gogh, Monet, O’Keeffe, and Klimt. Who knows what the next year holds for me?

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Open Chat , Creative & Game Day!





TUES. NOV. 10 | 11:00 AM - 1:00 PM

Join us for another fun-filled afternoon of open chat, painting, laughter, and friendly games of UNO & INQUEERIES! Bring your favorite creative project or simply come hang out, connect, and enjoy some quality time with community. All are welcome!



The Joy of Being Us: A Community Potluck

TUES. NOV. 24 | 11:00 AM - 1:00 PM

Join us for a festive potluck filled with delicious food, laughter, friendship, and community!

Bring a favorite dish to share if you can, but most importantly, bring yourself

No contribution is necessary—there's always a seat at our table!

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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

November 2026 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Artist Showcase 11am-1pm	4 Talk It OUT 10-11:30am	5	6	7 Lez Chat Open Chat 11am-1pm
8	9	10 Open Chat, Creative & Game Day 11am-1pm	11 WE ARE CLOSED	12	13	14
15	16	17 Consumer Rights Presentation 11am-1pm	18 Talk It OUT 10-11:30am	19	20	21 Lez Chat RSVP Req 11am-1pm
22	23	24 Community Potluck 11am-1pm	21 Talk It OUT 10-11:30am	26 WE ARE CLOSED	27 WE ARE CLOSED	28
29	30				Food & Beverages are provided	YELLOW = IN PERSON / BLUE = VIRTUAL



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