Older Adult Services - 55+ Newsletter

DECEMBER 2026



A Year of Pride, Love & Community!

As another year comes to an end,
We celebrate the love and friendships we've made, my friend.
Through laughter, tears, and challenges faced,
We found our strength in this beautiful space.
We showed up with courage, we stood with pride,
With love and community by our side.

Through every struggle, both big and small,
We reminded each other there's room for us all.
Some days were tough, some filled with cheer,
But together we made it through another year.
With chosen family and friendships so true,

We found a place where we could simply be YOU!
So here's to the memories, the joy, and the tears,
To the lessons we've learned throughout the year.
May the year ahead bring hope shining bright,
More love, more laughter, and futures filled with light.
Let's celebrate our community, resilient and strong,
A beautiful rainbow where we all belong!

Happy End of Year to Our Beautiful LGBTQ+ Community!



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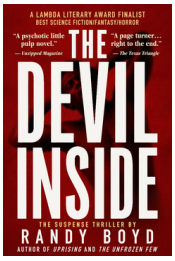
Honoring World AIDS Day

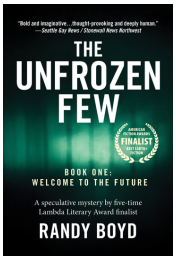
TUES. DEC. 1 | 11:00 AM - 1:00 PM

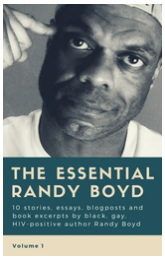
Today, we remember. We honor. We stand together.

On World AIDS Day, we honor the lives of those we have lost to HIV/AIDS, remembering their stories, their courage, their love, and the lasting impact they have made on our families, friends, and LGBTQ+ community.

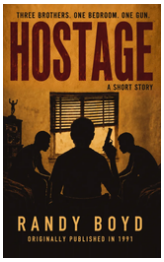
We also stand in solidarity with those living with HIV, honoring their strength and resilience while continuing to advocate for compassion, education, awareness, and an end to stigma.

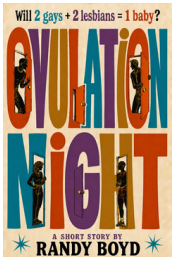


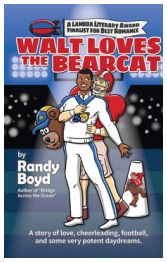


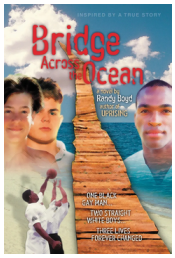












Join us as we welcome, Author, **Randy Boyd** who will be doing a book reading from **The Unfrozen Few** and a reading from a few of his other books. **Randy** explores race, sexuality, and survival in the long shadow of the AIDS crisis.

Randy is proud to be named

2026 Best Book Awards Winner - Fiction: LGBTQ+

2026 American Fiction Awards Finalist - LGBTQ+ Fiction

2026 POZ Awards Nominee - Best in Literature

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Lez Chat 55+

is a welcoming, inclusive, and affirming space for Lesbian, Bisexual, Queer, Nonbinary, and Trans Women to connect, share experiences, build friendships, and celebrate community.



Dec. 5: Open Chat

Join us for an open and welcoming conversation where YOU help guide the discussion! This is a space to share experiences, exchange ideas, ask questions, and connect with others in our community.

There's no set topic or agenda—just meaningful conversations, shared experiences, laughter, and community connection. Come as you are, share what feels comfortable, or simply listen. Your voice matters, and everyone is welcome to participate!

Dec. 19: Belmont Brewery Group Outing - RSVP Required

Join this group led outing to the **Belmont Brewery 25 39th Place, Long Beach, 90803** at **11:00AM**. Transportation and your meal are on your own, you will get individual checks. There is beach parking right next door - don't forget to pay at the kiosk. **The reservation will be under the Lez Chat Group.**

RSVP required no later than Tues. Dec. 15 by Noon. Please email Olderadults@Centerlb.org or call 562-434-4455 ext. 248

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!

ARTIST SHOWCASE



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

We are excited to celebrate the talented artists from our Watercolor Class held at The Center!

The wonderful class facilitator, **Francios**, will share his personal journey as a painter, his passion for art, and his years of facilitating classes.
We'll also have the opportunity to hear from each of the **talented watercolor class participants** as they share their artistic journeys, inspirations, and beautiful creations!

Come celebrate creativity, self-expression, and the joy of art while honoring the incredible talent within our community!



STAYING CONNECTED: COMBATING LONELINESS & SOCIAL WELLBEING

TUES. DEC. 15 | 11:00 AM - 1:00 PM

Carla from Independence at Home will speaking about discovering simple, meaningful ways to stay socially engaged and emotionally connected. This class highlights the importance of social wellbeing for overall health and offers practical tips for building relationships, strengthening support networks, and reducing feelings of loneliness.

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WHITE ELEPHANT GAME!

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

Join us for a fun-filled White Elephant Gathering!
Will you unwrap a hidden treasure, a hilarious surprise, or something you'll want to trade away immediately? The fun is in the mystery, the laughter, and seeing who walks away with the most sought-after gift!

Come enjoy the festivities, laughter, and community.
Remember, it's not about the gift — it's about the joy of being together!

RSVP Required by emailing - Olderadults@Centerlb.org or call 562-434-4455 ext. 248. **Deadline is Wed. Dec. 15**

END OF YEAR CELEBRATION!

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

Join us for laughter, friendship, and festive fun as we say goodbye to 2026!

Let's celebrate the memories we've made, the friendships we've built, and the joy of being together.
No RSVP required

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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

December 2026 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
WORLD AIDS DAY		1 Book Reading Randy Boyd 11am-1pm	2 Talk It OUT 10-11:30am	3	4 WE ARE CLOSED	5 Lez Chat Open Chat 11am-1pm
6	7	8 Artist Showcase 11am-1pm	9 Talk It OUT 10-11:30am	10	11	12
13	14	15 Combatting Lonliness Presentation 11am-1pm	16 Talk It OUT 10-11:30am	17	18	19 Lez Chat Offsite outing RSVP REQ See Page 3
20	21	22 White Elephant RSVP REQ 11am-1pm	23 Talk It OUT 10-11:30am	24 WE ARE CLOSED	25 WE ARE CLOSED	26
27	28	29 End of Year Celebration 11am-1pm	30 Talk It OUT 10-11:30am	31 WE ARE CLOSED	YELLOW = IN PERSON FOOD & BEVERAGES PROVIDED	BLUE = VIRTUAL

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