
Older Adult Services - 55+ Newsletter

Feb. 2025

Issue #5



Every February, **Black History Month** celebrates the achievements, contributions and struggles of Black people throughout history. The 2025 theme **“African Americans and Labor,”** focuses on the impact of work on the experience of Black people. That work ranges from the past agricultural labor of enslaved Africans to today’s Black professionals providing leadership as corporate executives and entrepreneurs.

In honor of Black History Month, on **Tuesday, Feb. 18** - Coffee Talk - Movie Day, we will be watching, **The Six Triple Eight**. During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission in Tyler Perry's drama based on a true story.

I look forward to seeing YOU!

Gatherings & Updates

Coffee Talk Tuesday's
2/4, 2/11, 2/18 & 2/25

Lez Chat
1st & 3rd Saturdays
Sat. 2/1
Sat. 2/15

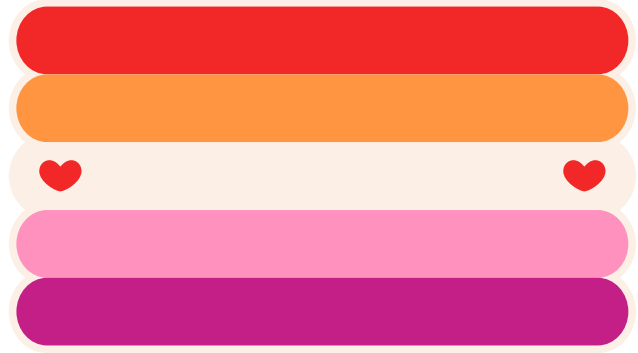
Outings - RSVP Required

Holiday Closure
2/17

Rainbow Pantry

Center Staff Spotlight

Mental Health Services



Lez Chat
1st & 3rd Saturday's
11:00am-1:00pm

Lez Chat
1st & 3rd Saturday's
11:00am-1:00pm

Feb. 4: Wellness Day with Giovanna

Giovanna from **G-Medical Massage Spa** will be talking about Physical Exercise, Brain Health, Mental Stimulation, Social Interaction, Healthy Sleeping Habits, Memory Aids and Stress Management. You don't want to miss all this wonderful information!

Feb. 11: Valentine's Bingo

Gather with us to play a few rounds of **Valentine's Bingo**. Though we have a few new prizes to choose from, donations are being accepted in good condition, so feel free to bring yours in!

Feb. 18: Movie Day

The Six Triple Eight (2hrs. 9 mins.) During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission in Tyler Perry's drama based on a true story.

Feb. 25: Meditation & Zen as F&ck

Join us as **Zane Julien** from **Live with Ease Wellness Center** guides the group in a self-love meditation and talk about **Mindfully Working Through Pain and Illness**, then the group will work through our Zen as F&ck guided journal. I will have a few extra books available for those who don't have one.

RSVP:

Email: olderadults@centerlb.org OR
Call 562-434-4455 ext. 248

Feb. 1: Outing **RSVP required**

Deadline: Fri., Jan. 31 - 12pm

Join us at **Watch Me! Sports Bar**
6527 E Pacific Coast Hwy.

Long Beach, 90803 at 11am.

Lunch is on your own, they will give us individual checks.

Feb. 15: Outing **RSVP required**

Deadline: Fri., Feb. 14 - 12pm

Join us as we venture next door to **The Art Theatre** 2025 E 4th St., Long Beach, 90814 to see

Time Passages from gay filmmaker and director, Kyle Henry who documented the final months of his mother Elaine's late-stage dementia.

The program will pay for your movie ticket. You are responsible for paying for your snacks and beverages. Please create time to park behind the building as usual.

We will meet in front of the theater no later 10:45am.



President's Day
Mon., Feb. 17

Center Staff Spotlight

Meet the Center's
Coordinator of Outreach,
Ezra Bowen and his cat,
Chowder



Ezra started working for the Center in October 2023. Prior to the Center, Ezra worked at a grocery store, cat shelter, a museum and at his favorite, at a brewery. As our Coordinator of Outreach, he loves being engaged with members of the community from all walks of life and backgrounds. He believes that we have such a vast community consisting of different identities that are very interesting! On his off days, Ezra plots in the community garden, roller skates poorly (he stated), reads, and binge watches t.v. with his cat Chowder.

Update on Rainbow Pantry

Due to a low demand, the Rainbow Pantry has reduced down to minimal inventory. Please contact, Violet, the Manager of Older Adult Services at olderadult@centerlb.org or call 562-434-4455 ext. 248

to check what inventory is available or if you need support with food. We can also help you apply for CalFresh.

Resources:

Long Beach Senior Center

****Get temp parking pass at lobby desk****

1150 E. 4th St., LB, 90802

Food Finders: Mon. & Fri. - 10:30am

Fresh produce, canned and dry goods.

HSA Lunch at the LB Senior Center

****Get temp parking pass at lobby desk****

Seated hot lunch for seniors 60+

\$3.00 donations accepted.

Mon. thru Fri. - 11:30am.

RSVP Required - Call: 562-570-3520

Meals on Wheels Long Beach

562-439-5000

Client Interest Form: www.movlb.org/clients-signup

Food Pantries

www.foodpantries.org/ci/ca-long_beach



Mental Health Services

Wounds from the past may present as anxiety, depression, trauma, grief, and/or relational difficulties. Pain can also be hidden behind coping habits or risky behaviors that may exacerbate that pain, instead of treating it. Many in our community struggle with this in isolation. If you are ready to take a step toward healing, our mental health program is ready to support you.

Visit:

www.centerlb.org/services/mental-health-counseling/

Call: 562-434-4455 ext. 228 and leave a voicemail, with your contact number and let us know if it's safe to leave a voicemail.

- Schedule a phone screening.
- Identify Counseling Needs.
- Schedule sessions or receive referrals.



Talk it OUT

with Dr. David Hart

Enrollment Required - New Members Welcomed

Wednesday, Feb., 5

10:00 - 11:30am

This virtual group meets every 1st Wednesday of every month to organically have conversation in a safe space. If you would like to hear more about the group, please contact Violet


by email - Olderadults@centerlb.org or call 562-434-4455 ext. 248

You must be a registered participant of the OAS program prior to attending.



OLDER ADULT SERVICES

February 2025 - Calendar of Activities

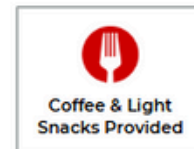
SUN	MON	TUE	WED	THU	FRI	SAT
BLACK HISTORY MONTH						1 LEZ CHAT Outing - RSVP 11:00AM - 1:00PM
2	3	4 COFFEE TALK Wellness Day 11am-1pm	5 Talk it OUT w/David Hart 10 - 11:30AM	6	7 NATIONAL BLACK HIV/AIDS AWARENESS DAY	8
9	10	11 COFFEE TALK Valentine's Bingo 11am-1pm	12	13		15 LEZ CHAT Outing - RSVP 11:00AM - 1:00PM
16	17 CENTER IS CLOSED FOR THE HOLIDAY	18 COFFEE TALK Movie Day 11am-1pm	19	20	21	22
23	24	25 COFFEE TALK Meditation w/Zane & Zen as F&ck 11am-1pm	26	27	28	

Friendly Reminder:

It's perfectly okay if the only exercise you get today is flipping through pages of a book, stirring your tea or smiling with your friends. Wellbeing means your WHOLE body.

Make sure your soul is getting as much exercise as your gluts.

Unknown



The LGBTQ Center Long Beach

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Phone: 562-434-4455 | Email: info@centerlb.org

Website: www.centerlb.org

