

PROGRAMS

CENTER ON SENIORS ADDISON

February 2018

	CENTER ON ADDISON	CENTER ON HALSTED
MONDAY		
9:30 a.m.	Coffee Bar	
11:00 a.m.	Box Lunch	
12:15 p.m.	Afternoon Movie	
1:30 p.m.		
TUESDAY		
9:30 a.m.	Coffee Bar	
10:00 a.m.		Cyber Center Senior Time
11:30 a.m.	Hot Lunch	
12:45 p.m.		Discussion Group
WEDNESDAY		
1:00 p.m.		Cyber Center Senior Time
THURSDAY		
9:30 a.m.	Coffee Bar	
10:00 a.m.	Senior Voice	
11:30 a.m.	Hot Lunch	
12:30 p.m.	Grief & Loss Group	
SATURDAY		
9:30 a.m.	Coffee Bar	
11:00 a.m.	Box Lunch	
12:15 p.m.	Afternoon Movie	
SUNDAY		

Coffee Bar MON. TUE. THU. SAT. | 9:30 AM An opportunity for patrons 55+ to socialize before lunch. Coffee and pastries are available.

Box Lunch MON. SAT. | 11 AM
Hot Lunch TUE. THU. | 11:30 AM
 Center on Addison is a City of Chicago Golden Diners site for patrons age 60+. Lunch is \$1.50 and we ask seniors to pay what they can. Please reserve box lunches on-site or by contacting Todd Williams.

Afternoon Movie MON. SAT. | 12:15 PM | Center on Addison Lounge
 An opportunity for patrons 55+ to watch a movie with friends.

Cyber Center Senior Time
 TUE. at 10 AM | WED. at 1 PM
 Dr. David J. Lochman Cyber Center
 An opportunity for patrons 55+ to brush-up on their computer skills or work at their own pace with support from trained volunteers.

Discussion Group TUE. | 12:45 PM
 Center on Halsted, John Baran Hall
 An opportunity for patrons 55+ to share their views on a range of issues in a facilitated, respectful, and structured environment.

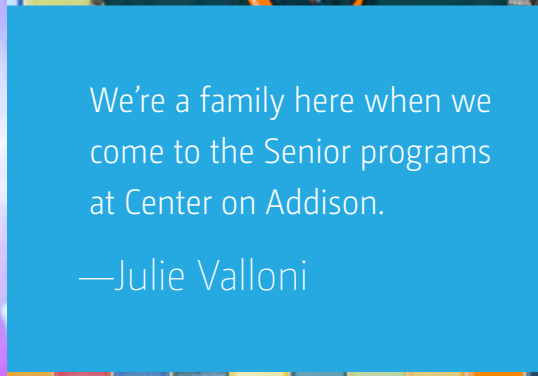
Senior Voice THU. | 10 AM
 COA Conference Room
 An opportunity for patrons 55+ to learn about issues relevant to the LGBTQ community, and to join Senior Services staff in presenting to the greater-Chicago area on LGBTQ aging.

For Sign Ups, RSVP's, and questions please contact **Todd Williams**, 773-472-6469 ext. 426 or toddwilliams@centeronhalsted.org



I participate in the lunches here at Center on Halsted because I know there will be a reliable community support.

—Greg Jackson



We're a family here when we come to the Senior programs at Center on Addison.

—Julie Valloni



I come here to be with others like myself and because this is a safe and welcoming environment.

—Christian Halvorsen

SPECIAL EVENTS

Center on Addison provides programs and services for lesbian, gay, bisexual, transgender, and queer (LGBTQ) older adults.

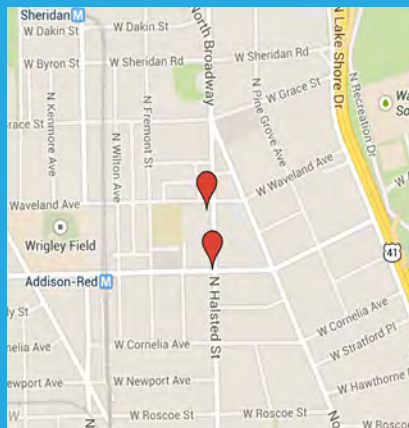
Registration may be required for various classes, groups, and outings.

All events are free and take place at Center on Addison, 806 W. Addison St., unless otherwise noted.

Senior programs are for age 55+ unless otherwise noted.

Events at Center on Addison and Center on Halsted are fully-accessible.

Please contact Todd Williams at toddwilliams@centeronhalsted.org or 773.472.6469 EXT 426 with any questions or RSVPs.



CENTER ON 806 W. ADDISON

806 W. Addison St.
Chicago, IL 60613

P 773.472.6469
F 773.472.6643
centeronhalsted.org

PLACE
STAMP
HERE

PARKING

The parking garage on Waveland Ave. is for Whole Foods Market customers.

Center on Addison patrons may use the metered parking on Waveland Ave. or the parking garage on Addison St.

ACCESSIBLE PARKING

Persons with disabilities may park in the Whole Foods Market parking garage for two hours during normal business hours.

Restoring Body & Mind, with Keith McElroy THU.

6:30 PM | COH, John Baran Hall
Yoga for beginners.

Meditation Class

THU. | 1 PM | COH, Room 202
Join Ellen for this FREE Meditation Class open to participants age 40+.

Peer Lead Grief & Loss Group

THU. | 12:30 PM | COA,
Conference Room Peer lead support group. 55+.

Lesbian Discussion Group 2nd Saturdays | COA Conference Room

LGBTQ Senior Short Film Project
2nd & 4th Saturdays | COA
Conference Room | Feb. 24 - Jun. 30
12:30 - 2:30pm | RSVP for this exciting 9-week session. Free. 55+

Quiet Storm: The Art & Times of Black LGBTQ Life THU., Feb. 1

6-8 pm | COH Art opening event for Black History Month. Free.

A Matter of Balance: CJE SeniorLife Health Educators

Monday, Feb. 5 - Mar. 26
12:30-2:30 pm | COA, Conference Room | An 8-week evidence-based program designed to reduce the fear of falling and increase activity levels among older adults. RSVP.

Stopping Adult Financial Exploitation with Elise Robe

TUE. Feb. 6 12-1 pm | COA, Dining Room Please join the Center for Disability & Elder Law & Elise Robe for an informational presentation on the meaning of adult financial exploitation and the signs.

Valentine's Field Museum Excursion with Tom Lane Wed.

Feb. 14 | 10am - 2:30pm | We will be meeting at the museum East entrance. \$5 will include entrance, tour, and a bagged lunch. Transportation is on your own. RSVP and \$5 required by Feb. 7th

Ask the Techie Feb. 17 | 10 am |

COA Theo is here to help. Sign up in advance with Todd Williams.

Book Reading: "Off The Rocks"

TUE. Feb. 20 | 12:30-1:30pm COA Lounge The book is an anthology of prose and poetry by writers and poets of whom a majority have utilized New Town Writer's workshops Refreshments provided. Open to the public and free.

Youth & Senior Program Talent Show & Art Exhibit THU. Feb. 22

4:30 - 7:30 pm | COH Youth Program & Senior Program participants & staff invited to perform/present/attend COH and Town Hall Staff, Interns and Volunteers invited to attend. Refreshments, Dinner, Show, and Art Exhibit.

Discovering Your Genealogy

Class will resume in March

Bingo Bingo Bingo

Sat. Feb. 24 | 12:15 pm
COA, DINING ROOM
Prizes & refreshments. Seniors 55+

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