Senior Discussion Group
1:00 - 2:30 pm • Free + open 55+

The “Senior Discussion Group” meets to converse on current topics on a range of issues from world events to the LGBTQ community. *Via Zoom or phone.*

Friendly Discussion Group
w/ Scott Hickman
2 - 3 pm • Free + open 55+

A party line for anyone interested in chatting about anything; You pick the subject.

Moving Forward
Grief & Loss Support Group
2 - 3 pm • Free + open 55+

Coping with loss is an ongoing process. Join our support group facilitated by Clinical Psychologist, Ruth Durchslag.

Case Management Services
- Assistance applying for benefits
- Information and referrals
- Employment assistance

773-472-6469 ext. 426
**Senior Voice**  
w/ Dennis Frank  
**10 - 11 am • Free + open 55+**  
Participants focus on political, cultural, medical, and socioeconomic concerns of the LGBTQ community as it relates to their lived experiences.

**Meditation**  
w/ Shelly | **via Zoom**  
**1:30 - 2:15 pm • Free + open 55+**  
An interactive monthly spirituality discussion group in which different topics will be discussed each month.

**ASSSG Group**  
w/ Joe Knell  
**12:30 - 2 pm • Free + open 55+**  
Provides a safe, supportive and welcoming space for individuals who lived through the AIDS pandemic, experienced loss and grief over losing loved ones and friends or family.

For Zoom links and phone numbers please RSVP with Todd Williams.  
773-472-6469 ext. 426 or email toddwilliams@centeronhalsted.org

centeronhalsted.org/seniors

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**THURSDAYS**

Most Senior Service Programs, with the exception of Meditation, can be accessed with a telephone only – No computer or technology needed!

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**Saturdays**

**Pop-Up Food Pantry for Community Based Seniors**  
**9 am - 11:30 am**  
every other Friday  

**CENTER ON 3656 N. HALSTED**