



SENIOR CALENDAR

CENTER ON ADDISON
806 W. ADDISON

CITY OF CHICAGO: *Dine In or Grab n Go*
Golden Diners Boxed Lunches

10:30 AM - 12:30 PM

TUESDAY, THURSDAYS, SATURDAYS

9 AM - 10:30 AM

SENIOR COFFEE BAR, CENTER ON ADDISON

TUESDAYS

Our Senior Programs are available in-person with the exception of Meditation.

Senior Discussion Group

1 - 2:30 pm • Free + open 55+ • CoH Room 203

The "Senior Discussion Group" meets to converse on current topics on a range of issues from world events to the LGBTQ community.

CASE MANAGEMENT SERVICES

- Assistance applying for benefits
- Information and referrals
- Employment assistance

773-472-6469 ext. 426



**CENTER
ON 806 W.
ADDISON**

THURSDAYS

SENIOR VOICE

10-11 am • 55+ • CoH Room 203

Senior Voice offers opportunities for new and seasoned LGBTQ advocates an opportunity to learn from one another and special guest speakers.

SENIOR YOGA *w/ Bob Klunk*

4:30 - 5:30 pm • CoH John Baran Hall

A therapeutic yoga session. Calms the mind, reduces stress, promotes stamina and strength, and helps to find balance. Beginners to experienced. Free and open to those 40+. Mats provided.

VIRTUAL MEDITATION *w/ Shelly*

1:30 - 2:15 pm • Free + open 40+

For thousands of years, people have used meditation to move beyond the mind's stress-inducing thoughts and emotional upsets into the peace and clarity of present moment awareness.

SATURDAYS

**In-Person BINGO
is Back! Last Saturday
of every month.**

12:30 - 1:30 pm

In-Person Movies

**12 - 2 pm • Free + open 55+
CoA Lounge**

Come catch a flick with community

ASSSG

(AIDS Survivors Syndrome Support Group)

12:30 - 2 pm • Free + open 55+ • CoA Conference Room

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.

SENIOR ART CLASS *w/ Bob Klunk*

Every 2 weeks • 1 - 2:30 pm • CoH Room 203

Currently focused on Watercolors, this class focus will change to incorporate other mediums. Beginners to experienced. Free and open to those 40+ Supplies provided.

Senior Tech Assistance

10 am - 1 pm • RSVP required June 11th / July 9th • CoA Lounge
There are half hour and one hour appointments.

Please check out this calendar, call, or email for future events. For Zoom links and phone numbers please RSVP with Todd Williams.

773-472-6469 etc 426 or email
toddwilliams@centeronhalsted.org

centeronhalsted.com/seniors

**Center for Disability and
Elder Law, 4th Tuesday of
every month. 9am - 1pm**

**CDEL can help with many legal
matters such as advanced planning,
wills, and landlord/tenant disputes.
RSVP is required.**