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
THURSDAYS

SENIOR VOICE
10-11 am • 55+ • CoA Room 203
Senior Voice offers opportunities for new and seasoned LGBTQ advocates an opportunity to learn from one another and special guest speakers.

GRIEF &LOSS SUPPORT GROUP
12-1 pm • 55+ • CoA Conference Room
Peer lead support group is an informal way to connect with others who have experienced loss. No RSVP required.

SENIOR YOGA w/ Bob Klunk
4:30 - 5:30 pm
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
1:00 - 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

Yoga w/ Tony Perez,
Saturdays.
1:00 - 2:00 pm

In-Person BINGO
is Back! Last Saturday of every month.
12:30 - 1:30 pm

In-Person Movies
12 - 2 pm • Free + open 55+
First Three Saturdays.
CoA Lounge
Come catch a flick with community

ASSSG
(AIDS Survivors Syndrome Support Group)
1:30 - 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.

REIKI
Third Saturday of every month • 10:45 am - 12:15 pm
20 minute sessions • CoA Conference Room
Japanese energy modality that leaves you feeling calm, centered and at peace. Limited space RSVP required.

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.org/seniors.html

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. Prescreening required.