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

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

CENTER ON 806 W. ADDISON

SENIORS TAKE PRIORITY

773-472-6469 ext. 426
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

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.

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

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.