

CENTER ON 3656 N. HALSTED

OCTOBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10:00 Cyber Center Senior Computer Time 10:30 Tai Chi 11:00 Beginning French 12:00 Senior Hot Lunch 1:00 Senior Social Support Group 1:00 Discussion Group 2:30 Gentle Yoga	2 11:00 Goodman GeNarrations 1:00 Cyber Center Senior Computer Time	3 10:00 Senior Voice 12:00 Senior Hot Lunch 1:00 Meditation Yoga 1:00 At My Age? 2:15 Ballroom Dancing	4 11:00 Senior Box Lunch 12:00 Open Café 12:00 Women's Wellness Group	5 11:00 Senior Box Lunch 12:00 Open Café 12:00 Women's Wellness Group
6	7 11:00 Senior Box Lunch 12:00 Men's Aging and Wellness 1:00 Eating Well, Shopping Wisely, & Feeling Good! 7:30 Creative Writing	8 10:00 Cyber Center Senior Computer Time 10:30 Tai Chi 11:00 Beginning French 12:00 Senior Hot Lunch 1:00 Senior Social Support Group 1:00 Discussion Group 2:30 Gentle Yoga	9 11:00 Goodman GeNarrations 1:00 Cyber Center Senior Computer Time	10 10:00 Senior Voice 12:00 Senior Hot Lunch 1:00 Meditation Yoga 1:00 At My Age?	11 1:30 LGBTQ Senior Grief and Loss Support Group	12 11:00 Senior Box Lunch 12:00 Open Café 12:00 Ask the Techie
13	14 11:00 Senior Box Lunch 12:00 Men's Aging and Wellness 1:00 Eating Well, Shopping Wisely, & Feeling Good! 7:30 Creative Writing	15 10:00 Cyber Center Senior Computer Time 10:30 Tai Chi 11:00 Beginning French 12:00 Senior Hot Lunch 1:00 Senior Social Support Group 1:00 Discussion Group 2:30 Gentle Yoga	16 11:00 Goodman GeNarrations 1:00 Cyber Center Senior Computer Time	17 10:00 Senior Voice 12:00 Senior Hot Lunch 1:00 Meditation Yoga 1:00 At My Age? 2:15 Ballroom Dancing 4:30 Youth-Senior Workshop (By RSVP Only)	18 1:30 LGBTQ Senior Grief and Loss Support Group	19 11:00 Senior Box Lunch 12:00 Open Café
20	21 11:00 Senior Box Lunch 12:00 Men's Aging and Wellness 1:00 Eating Well, Shopping Wisely, & Feeling Good! 7:30 Creative Writing	22 10:00 Cyber Center Senior Computer Time 10:30 Tai Chi 11:00 Beginning French 12:00 Senior Hot Lunch 1:00 Senior Social Support Group 1:00 Discussion Group 2:30 Gentle Yoga	23 11:00 Goodman GeNarrations 1:00 Cyber Center Senior Computer Time	24 10:00 Senior Voice 12:00 Senior Hot Lunch 1:00 Meditation Yoga Canceled 1:00 At My Age?	25 1:30 LGBTQ Senior Grief and Loss Support Group	26 11:00 Senior Box Lunch 12:00 Open Café
27	28 11:00 Senior Box Lunch 12:00 Men's Aging and Wellness 1:00 Eating Well, Shopping Wisely, & Feeling Good! 7:30 Creative Writing	29 10:00 Cyber Center Senior Computer Time 10:30 Tai Chi 11:00 Beginning French 11:30 Ventra Q&A 12:00 Senior Hot Lunch 1:00 Senior Social Support Group 1:00 Discussion Group 2:30 Gentle Yoga	30 11:00 Goodman GeNarrations 1:00 Cyber Center Senior Computer Time	31 Happy Halloween! 10:00 Senior Voice 12:00 Senior Hot Lunch 1:00 Meditation Yoga 1:00 At My Age?		

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Men's Aging Wellness Every Monday from 12:00–1:30 p.m.

The Men's Aging Wellness Group is a safe and supportive place to talk about the unique issues we face as aging gay, bisexual, and transgender men. We will address these issues each week by focusing on strategies to help us live well, not just by avoiding illness, but by living meaningfully. Join us, it will be time well spent! Please contact group facilitator Barry Shaeffer at bshaeffer@centeronhalsted.org with questions or for more information.

Eating Well, Shopping Wisely, and Feeling Good!

A six-week workshop every Monday at 1:00 p.m. starting October 7th. Learn how to prepare healthy, fresh food on a budget. Participate in cooking demonstrations with real chefs. Learn about nutrition from community health nurses and dietitians. Pre-registration required; call Courtney Bilbrey at 773.472.6469 EXT 468.

Creative Writing for Seniors Every Monday from 7:30–9:00 p.m.

Join experienced writer Elizabeth Marino for this popular ongoing class.

Beginning French with Conversation Practice Every Tuesday at 11:00 a.m.

Senior program participant Tom Doucas will be teaching a beginning French course this fall. Built into the course will be conversation time, where beginners have the chance to interact with more advanced French students.

Tai Chi for Seniors Every Tuesday from 10:30–11:30 a.m. on the 3rd floor in the Irving Harris Family Foundation Reception Hall. No RSVP required.

Ventra Q&A

Thursday, October 29th from 11:30–11:45 a.m. in the John Baran Senior Center. Do you still have questions about the new Ventra system? An RTA representative will be in the Senior Center before lunch to answer all your questions. Join us!

Senior Lunches

Center on Halsted is a City of Chicago Golden Diners site, where seniors age 60+ can receive a hot lunch on Tuesdays and Thursdays at noon. The suggested donation for lunch is \$1.50. No preregistration required, but we ask that you sign in for lunch before 11:30 to ensure that you receive a lunch ticket. Also, seniors can sign up in advance for a Monday or Saturday box lunch. Call Courtney at 773.472.6469 EXT 468 to reserve yours.

Senior Voice Every Thursday at 10:00 a.m.

Senior Voice is an LGBTQ senior advocacy group that focuses on training attendees to become advocates for their community. Senior Voice members receive public speaking/storytelling instruction and training on current events, as well as participate in lively discussions about LGBTQ aging. Additionally, members who are willing, go out into the community to speak about LGBTQ senior issues to groups, aging professionals, religious organizations, social work students, and more. Interested patrons should contact Courtney Bilbrey before attending.

At My Age? Healthy Relationships and Sexuality

Every Thursday from 1:00–2:30 p.m. through December

This group asks seniors of all genders and sexual orientations, "How is my, and our, sexual health?" You will have the opportunity to participate in a group focused on human sexuality and intimacy. Activities include workbook activities, challenges, group discussions, exercises, and games. Through these activities, we will learn about being sexually healthy across our lifespan, discuss intimacy and stages of relationships, and talk about bisexuality and sexual diversity. Additionally, this group will serve as a space for discussing difficult topics such as aging and sexuality with HIV; fear, violence, and abuse in the LGBTQ community; and STIs. Interested seniors should contact group facilitator Brian Jauregui at bjaregui@centeronhalsted.org with questions or for more information.

Perspectives: Youth-Senior Dialogue

Thursday, October 17th at 4:30 p.m. in room 200

This workshop series is a safe and exciting opportunity for youth program participants and senior program members to build friendships and to talk about important issues pertaining to the LGBTQ community and to each generation. The event is closed to the public. Interested seniors should arrange to meet with Courtney Bilbrey, Senior Services Manager at 773.472.6469 EXT 468 prior to attendance.

Ballroom Dancing

1st and 3rd Thursday of every month at 2:15 p.m. in the Billie Jean King Recreation Hall. All abilities and skill levels welcome. Please wear dress shoes. Bring a friend!

LGBTQ Senior Grief and Loss Support Group

Every Friday from 1:30–2:45 p.m. starting October 11th

Are you dealing with grief from the loss of a loved one? We are starting a Grief and Loss Support Group, where you can connect with others who have had similar experiences. In this group, we will discuss experiences of loss, how to cope with these stressors, as well as issues that are specific to LGBTQ seniors. This group, a new collaboration between Mental Health and Senior Services, will be led by doctoral psychology resident Julia Puckett. Interested seniors should contact her at 773.472.6469 EXT 481.

Open Café Every Saturday from 12:00–2:00 p.m. in the John Baran Senior Center

Join us after lunch for coffee, computer time, a movie, and Scrabble!

Women's Wellness Group

1st Saturday of every month from 12:00–2:00 p.m. in room 204

Are you a female-identified person over age 50? Do you want to learn how to cope with changes to your mind and body as you age? Could you benefit from the support of other women? Find help and encouragement in a safe environment at our Women's Wellness Group.

Ask the Techie

Saturday, October 12th from 12:00–2:00 p.m. Drop-in: first-come, first-served.

Having difficulty setting up that new iPad? Lose your email password and need assistance logging back in? Want to learn how to start your own blog? Stop by for a walk in appointment with our techie volunteer Shane during Saturday Open Café. He is able to provide basic technical assistance with your hardware or software problems, and questions on computers, phones, and tablets. No RSVP necessary; open to all regular attending seniors.

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

All events are free unless otherwise noted.

Senior programs are for age 55+ unless otherwise noted.

Events held at Center on Halsted are fully-accessible.

Please contact cbilbrey@centeronhalsted.org or 773.472.6469 EXT 468 with any questions or RSVPs.