

50plus Program Event Calendar

Fall 2025



September



Wednesday, September 24th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: The Roadmap to Safe Driving, Walking, and Public Transportation

Speaker: Lt. Pete Robinson, Glendale Police Department



October



Wednesday, October 8th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: Exercise Class!

Speaker: Michelle Galanti, Exercise Physiologist

Note: *Consent form required. Class limited to 40 participants.*

Wednesday, October 22nd

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: Learning More about Health Literacy

Speaker: Dr. Daniel Aminpour

“To go” lunches will be provided for attendees that RSVP!

RSVP to all events by doing one of the following:

1. Email gmh-communityrelations@commonspirit.org
2. Call the external Carenet Call Center at (866) 467-1918.

Surgical masks will be provided.

For any questions, please call the 50plus Program Warm Line (818) 502-4701.



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November



Wednesday, November 5th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: (English & Armenian) From Blood Sugar to Blood Pressure: Navigating Chronic Disease Together

Speakers: Dr. Wilson Liu & Dr. Argin Baghrmian

Friday, November 14th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: (English & Spanish) From Blood Sugar to Blood Pressure: Navigating Chronic Disease Together

Speaker: Dr. Teresa Swida

Wednesday, November 19th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: Mindfulness Practice — A Thankful Reflection

Speaker: Chaplain Joshua Noh

Note: Event limited to 40 participants.



December



Wednesday, December 10th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: Your Gift to Yourself – A Season of Strength and Mobility

Speaker: Keven Carney, OTD, OTR/L

Friday, December 12th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: Holiday Social Event!

Note: Event limited to 50 participants.



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