

# Zoom Only Class Schedule

DAY	CLASS	TIME	ZOOM ONLY	FEE
1st & 3rd TUESDAY of the month	Social Hour with Charlotte from BCHD	10:00am-11:00pm	<a href="https://bchd-org.zoom.us/j/87651635014">https://bchd-org.zoom.us/j/87651635014</a>	FREE
2nd THURSDAY this month JULY 11TH	Movie Discussion Group	1:00pm-2:00pm	<a href="https://citymb-info.zoom.us/j/92536852582">https://citymb-info.zoom.us/j/92536852582</a>	FREE



## QUESTIONS ABOUT MEDICARE?

Receive free, unbiased Medicare help from the Center for Health Care Rights by scheduling an in-person appointment with a State-registered Health Insurance Counseling and Advocacy Program (HICAP) counselor.

The counselor can assist with questions and problems related to:

- Medicare coverage rules
- Medicare Part A and B eligibility, benefits and claims
- Medicare coordination with private insurance
- Medicare Part D plan choices
- Insurance options for supplementing Medicare — Medigap insurance, Medicare Advantage, Medi-Cal
- Programs that help low-income beneficiaries with Medical expenses — Medi-Cal, Medicare Savings Program, Extra Help to assist those who qualify pay for prescription drugs

To schedule an appointment, please call Beach Cities Health District's Assistance, Information and Referral line at (310) 374-3426, Option 1. Appointments are currently available most Thursdays at the Center for Health and Fitness; please call us to book your appointment.



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