

| Fitness & Wellness | Arts, Crafts, and Humanities |
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| Core Class* | Music Appreciation Class |
| Exercise* | |
| Balance Class* | GeNarrations (Writing group partnered with Goodman Theatre) |
| Yoga* | Quilting |
| Zumba (fee for instructor) | Little Dresses for Africa (simple sewing project to make dresses for girls in Africa) |
| Laughter Yoga | Pillows for Breast Cancer Survivors |
| Summer Water Aerobics* | Wood Carving |
| Weekly blood pressure check by Registered Nurse (weekly) | Needlecraft |
| Social Worker (weekly) | Knitting Club |
| Dietician (monthly) | Cooking |
| Pharmacy Consultation (monthly) | Book Club |
| | Ukulele Club |

Initial assessment by our trainer is required prior to participating in the fitness program.

*Fees: Ages 55-60 \$70 per year
60 plus \$30 per year

| Recreation and Games |
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| Line Dancing |
| Volleyball |
| Pickle Ball |
| Bocce Ball |
| Dominos |
| Trivial Pursuit |
| Pinochle |
| Canasta |

Recreation activities change seasonally.

| Other Events and Amenities |
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| AARP Drivers Course |
| Trips |
| Educational Events |
| Library |
| Computer Room |
| Weekday Lunches* |
| Benefit Access Application Assistance -Reduced License Plates and Free Transit Rides (Tues & Thurs by appointment between 9:30 and 10:30 am- must qualify) |

*Weekday lunches are served at the center at noon for a suggested donation; \$2.00 for seniors over 60 and \$3.37 for those under 60



Celebrating life with a commitment to learning, health, fitness and service.

Norwood Park Senior Center

Reshaping Aging®

The Norwood Park Senior Center provides a variety of recreation and leisure activities for seniors who are residents of the City of Chicago ages 55 and older. Activities include art and craft classes, cultural events, field trips, and AARP driver's education. Members may also participate in daily lunches, and special holiday events.

Fitness Program

Norwood Park Senior Center offers a comprehensive fitness program with instructor led classes and fitness room. Annual fee and fitness evaluation required.

Wellness Program

Norwood Park Senior Center provides individual and group based wellness programs including massage therapy, consultations with a Registered Nurse, social worker, pharmacist and nutritionist.

*Norwood Park
Senior Center*
A partnership between
Norwood Crossing



*Hours: Monday-Friday,
7:30am-4:30pm,
Saturdays, 7am-11am*

Closed on Sundays.

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