



Norwood Park Senior Center

Reshaping Aging®

5801 N. Natoma Chicago, IL. 60631

Open Mon-Fri 7:30am-4:30pm/ Sat 7:00-11:00am

Phone (773)775-6071 www.npseniorcenter.org

October 2018

CDFSS

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	2 9:30 Flu Shots 10:00 Line Dancing 12:45 Generations 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele	3 8:15 Core 12:30 Tap 1:00 Arthritis Class 1:30 Show Time	4 9:30 Generations 9:30 Needle Craft 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	5 8:15 Core Class 1:30 Pinochle 1:30 Laughter Yoga 1:45 Cooking Class
8 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	9 10:00 Line Dancing 10:00 Nature Walk 12:45 Generations 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele	10 8:15 Core 11:00 Medicare Presenation 12:30 Tap 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickle Ball	11 9:30 Needlecraft 9:30 Generations 11:00 Pharmacist 1:00 Trivial Pursuit 3:00 Zumba	12 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:45 Cooking Class
15 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	16 10:00 Line Dancing 12:45 Generations 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele	17 8:15 Core 8:00 Little Dresses 12:30 Tap 1:00 Arthritis Class 1:30 Show Time 2:45 Pickle Ball	18 9:30 Generations 9:30 Needle Craft 10:00 Wood Carv 10:00 Art Class 1:00 Trivial Pursuit 3:00 Zumba	19 8:15 Core Class 1:30 Pinochle 1:30 Laughter Yoga 1:45 Cooking Class
22 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Canasta	23 10:00 Line Dancing 10:00 Nature Walk 12:45 Generations 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele	24 8:15 Core 12:30 Tap 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickle Ball	25 9:30 Generations 9:30 Needle Craft 10:00 Art Class 11:00 Book Club 1:00 Trivial Pursuit 3:00 Zumba	26 8:15 Core Class 9:30 Property Tax Information 1:00 Balance Class 1:30 Pinochle 1:45 Cooking Class
29 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Canasta	30 10:00 Line Dancing 12:45 Generations 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele	31 8:15 Core 12:00 Halloween Lunch 12:30 Tap 1:00 Arthritis Class 1:30 Show Time 2:45 Pickle Ball	WATCH OUT For Little Ghosts & Goblins Drive Carefully	Nurse 10:00 Mon Social Worker Wed Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00 Yoga T-Th 8:00

Open October 8th Columbus Day

October 2nd Tuesday

Flu Shots

October 6th Saturday

41st Ward Health Fair at the Senior Center

October 10th 11:00

What's New with Medicare Presentation?

October 14th Sunday

Open House Chicago Trip

October 25th

Senior Fair at Salvation Army

October 31st Noon

Halloween Lunch