



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

April 2017

DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	4 8:30 Yoga 8:30 San Filippo 10:00 Line Dancing 1:00 Dominos 1:00 volleyball 1:00 AARP Drivers	5 8:15 Core 1:00 Arthritis Class 2:45 Pickleball	6 8:30 Yoga 9:30 Needle Craft 10:00 Wood Carv 12:00 Nutritionist 1:00 Trivial Pursuit 1:00 AARP Drivers 3:00 Zumba	7 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
10 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	11 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	12 8:15 Core 10:00 Soc Worker 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickleball	13 8:30 Yoga 9:30 Needle Craft 10:00 Flower Arrang 11:00 Pharmacist 1:00 Trivial Pursuit 3:00 Zumba	14 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
17 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	18 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	19 8:15 Core 10:00 Soc Worker 10:00 Medicare 1:00 Arthritis Class 2:45 Pickleball	20 8:30 Yoga 9:30 Needle C/Gener 10:00 Wood Carv 1:00 Trivial Pursuit 3:00 Zumba	21 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
24 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	25 8:30 Yoga 9:00 Little Dresses 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	26 8:15 Core 10:00 Soc Worker 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickleball	27 8:30 Yoga 9:30 Needle Craft 10:00 Stretching Workshop 11:00 Book Club 1:00 Trivial Pursuit 3:00 Zumba	28 8:15 Core Class 10:00 Rhythm&Soul Trip 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
	Nurse 10:00 Mon Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00 Lunch served M-F @ Noon	<h2>Spring is Here</h2>	41st Ward Recycling Event April 8th 10-12 At IC	Earth Day Saturday April 22th Breakfast 9:00 Clean-up 10:00

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