



# 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 2018

### DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28:</b> 15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Monday w Ellie	<b>3</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	<b>4</b> 8:15 Core 9:30 Art Class <b>10:00 Flower Trip</b> 11:00 i-pad Class 1:00 Arthritis Class 2:45 Pickleball	<b>5</b> 8:30 Yoga 9:30 Needle Craft 10:00 Wood Carv <b>11:00 Nutritionist</b> 1:00 Trivial Pursuit 2:45 Seasonal Sports 3:00 Zumba	<b>6</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking
<b>9</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Monday w Ellie	<b>10</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	<b>11</b> 8:15 Core 9:30 Art Class 11:00 i-pad Class 1:00 Arthritis Class <b>1:30 MusicAppre</b> 2:45 Pickleball	<b>12</b> 8:30 Yoga 9:30 Needle Craft <b>11:00 Pharmacist</b> 1:00 Trivial Pursuit 2:45 Seasonal Sports 3:00 Zumba	<b>13</b> 8:15 Core Class <b>9:30 Seasonal Foods</b> 1:00 Balance Class 1:30 Laughter Yoga 1:30 Pinochle 1:30 Cooking
<b>16</b> 8:15 Core Class 9:00 Massage <b>9:45 Spring Brunch</b> 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Monday w Ellie	<b>17</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	<b>18</b> 8:15 Core 9:30 Art Class 10:00 Medicare <b>11:00 Bike Talk</b> 11:00 i-pad Class 1:00 Arthritis Class 2:45 Pickleball	<b>19</b> 8:30 Yoga 9:30 Needle Craft 10:00 Wood Carv 1:00 Trivial Pursuit 2:45 Seasonal Sports 3:00 Zumba	<b>20</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking
<b>23</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	<b>24</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	<b>25</b> 8:15 Core 9:30 Art Class 11:00 i-pad Class 1:00 Arthritis Class <b>1:30 MusicAppre</b> 2:45 Pickleball	<b>26</b> 8:30Yoga 9:30 Needle Craft 11:00 Book Club 1:00 Trivial Pursuit 2:45 Seasonal Sports 3:00 Zumba	<b>27</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga 1:30 Cooking
<b>30</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	<b>31</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	Line Dancing Saturday/9:00  Lunch served M-F Noon	<b>Clean-up            Day            Saturday            April 21</b>	Nurse 10:00 Mon  Social Worker Wed Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00

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