



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

August 2018

CDFSS

OPERATED BY NORWOOD CROSSING

Monday	Tuesday	Wednesday	Thursday	Friday
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	Line Dancing Saturday/9:00 Lunch served M-F Noon	1 8:15 Core 11:00 Fishing Clinic 1:00 Arthritis Class 1:30 Music Appreciation	2 9:30 Needle Craft 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	3 8:15 Core Class 1:30 Pinochle 1:30 Laughter Yoga
6 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	7 9:00 Beg Line Dancing 10:00 Line Dancing 10:00 Nature Walk 11:00 Pharmacist 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele Practice 5:00 Supper	8 8:15 Core 1:00 Arthritis Class 1:30 Show Time	9 9:30 Needlecraft 11:00 Pharmacist 1:00 Trivial Pursuit 3:00 Zumba	10 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
13 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	14 9:00 Beg Line Dancing 10:00 Line Dancing 10:00 Nature Walk 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele Practice	15 8:15 Core 10:00 Medicare 1:00 Arthritis Class 1:30 Music Appreciation	16 9:30 Needle Craft 10:00 Wood Carv 1:00 Trivial Pursuit 3:00 Zumba	17 8:15 Core Class 1:30 Pinochle 1:30 Laughter Yoga
20 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Canasta	21 9:00 Beg Line Dancing 10:00 Line Dancing 10:00 Nature Walk 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele Practice	22 8:15 Core 1:00 Arthritis Class 1:30 Show Time	23 9:30 Needle Craft 1:00 Trivial Pursuit 3:00 Zumba	24 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
27 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Canasta	28 9:00 Beg Line Dancing 10:00 Line Dancing 10:00 Nature Walk 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele Practice	29 8:15 Core 1:00 Arthritis Class 1:30 Music Appreciation	30 9:30 NeedleCraft 11:00 Book Club 1:00 Trivial Pursuit 3:00 Zumba	31 8:15 Core Class 1:00 Balance Class 1:30 Pinochle



AUGUST HIGHLIGHTS

Movies Move to Every other Wednesday

Sign up to help serve pizza to the Campers

August 2nd 11:00 to 1:00

National Night Out August 7th

Join us for supper at 5:00

Nature Walk at the Grove; August 7th

Save Thursday September 13th, 2:00

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9th Anniversary Party

Lake Geneva Trip Tuesday September 18th