



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

December 2018

CDFSS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 3 8:15 Core Class 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta | 4 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele | 5 8:15 Core 11:00 Meditation 12:30 Tap 1:00 Arthritis Class 1:30 MusicApp 2:45 Pickle Ball 3:00 Lights trip | 6 9:30 Needle Craft 10:00 Wood Carv 11:00 Nutritionist 11:00 Book Club 1:00 Trivial Pursuit 3:00 Zumba | 7 8:15 Core Class 1:30 Pinochle 1:45 Cooking Class |
| 10 8:15 Core Class 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta | 11 10:00 Modern by Design Trip 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele | 12 8:15 Core 1:00 Arthritis Class 1:30 Show Time | 13 9:30 Needlecraft 11:00 Pharmacist 1:00 Trivial Pursuit 3:00 Zumba 3:00 Zoo Lights | 14 8:15 Core Class 1:00 Balance Class 1:30 Laughter Yoga 1:30 Pinochle |
| 17 8:15 Core Class 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta | 18 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele | 19 8:15 Core 9:00 Massage 11:00 Meditation 1:30 Music Appreciation 1:00 Arthritis Class | 20 9:30 Needle Craft 10:00 Wood Carv 12:00 Holiday Lunch 1:00 Trivial Pursuit 3:00 Zumba | 21 8:15 Core Class 1:30 Pinochle 1:30 Laughter Yoga |
| 24 8:15 Core Class 9:00 Exercise | 25 Merry Christmas | 26 Center Closed | 27 9:30 Needle Craft 1:00 Trivial Pursuit 3:00 Zumba | 28 8:15 Core Class 1:30 Pinochle |
| 31 8:15 Core Class 9:00 Exercise 12:00 New Year's Eve Lunch 1:30 Canasta | Open Saturdays 7:00 - 11:00 | Exercise M-W-F 9:00 & 10:00 Yoga T-Th 8:00 Line Dance Sat 9:00 | Nurse 10:00 Mon Social Worker Wed Bocce 11:00 M-W-F Line dancing Tues Beginner 9:15 Reg 10 | Happy Holidays |

Holiday Hours

Closed December 25th and 26th

**Core Class and Exercise at 9:00 only on
Christmas and New Year's Eves**

December 1st Saturday 11:00 - 4:00

**Norwood Park Historical Society House
Walk**

December 5th Wednesday 3:00

Morton Arboretum Trip weather permitting

December 11th Tuesday 10:00

Trip to Chicago History Museum

Modern by Design Exhibit

December 13th Thursday 3:00

Zoo Lights Trip weather permitting

December 31st Monday Noon

New Year's Eve Lunch