



# 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

## January 2018

### DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Happy New Year</b>  <b>Center Closed</b>	<b>2</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball	<b>3</b> 8:15 Core 9:30 Art Class 1:00 Arthritis Class	<b>4</b> 8:30 Yoga 9:30 Needle Craft 9:00WC Sandwiches 10:00 Wood Carv <b>11:00 Nutritionist</b> <b>12:00SCJohnsonTrip</b> 1:00 Trivial Pursuit 3:00 Zumba	<b>5</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
<b>8</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	<b>9</b> 8:30 Yoga 10:00 Line Dancing 1:00 AARP Drivers 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball	<b>10</b> 8:15 Core 9:30 Art Class 1:00 Arthritis Class	<b>11</b> 8:30 Yoga 9:30 Needle Craft 9:00WC Sandwiches 10:00 Wood Carv <b>11:00 Pharmacist</b> <b>1:00 AARP Drivers</b> 1:00 Trivial Pursuit 3:00 Zumba	<b>12</b> 8:15 Core Class 10:00 Nurse 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
<b>15</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	<b>16</b> 8:30 Yoga 9:00 Line Dancing 1:00 Dominos 1:00 Volleyball 1:00 Trivial Pursuit	<b>17</b> 8:15 Core 9:30 Art Class 11:00 Medicare <b>11:00 Exercise Presentation</b> 1:00 Arthritis Class	<b>18</b> 8:30 Yoga 9:30 Needle Craft 9:30 GeNerations 1:00 Trivial Pursuit 3:00 Zumba	<b>19</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
<b>22</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	<b>23</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball 1:00 Trivial Pursuit	<b>24</b> 8:15 Core 9:30 Art Class 1:00 Arthritis Class <b>1:30 Music Appre</b>	<b>25</b> 8:30 Yoga 9:30 Needle Craft 9:30 GeNarations 10:00 Wood Carv 10:45 Book Club 1:00 Trivial Pursuit 3:00 Zumba	<b>26</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
<b>29</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	<b>30</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball 1:00 Trivial Pursuit	<b>31</b> 8:15 Core 9:30 Art Class 1:00 Arthritis Class	<b>Nurse 10:00 Mon</b> <b>Social Worker Wed</b> <b>Bocce 11:00</b> M-W-F <b>Exercise M-W-F</b> 9:00 & 10:00 <b>Lunch served</b> <b>M-F @ Noon</b>	Closed New Year's Day Line Dancing Saturday/9:00 Open Jan 15 Martin Luther King Day Special Lunch

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