



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

June 2018

CDFSS

Monday	Tuesday	Wednesday	Thursday	Friday
Line Dancing Saturday/9:00 Lunch served M-F Noon	Water Aerobatics M-W-F Starts 6/18	New Time For Yoga Starting Tuesday June 19th 8:00	Nurse 10:00 Mon Social Worker Wed Boce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00 Yoga T-Th 8:30	1 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking
4 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Monday w Ellie	5 10:00 Line Dancing 12:30 GeNarations 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	6 8:15 Core 11:00 i-pad Class 1:00 Arthritis Class 1:30 MusicAppre 2:30 Balance Class 2:45 Pickleball	7 9:30 Art Class 9:30 Needle Craft 9:30 GeNarations 1:00 Trivial Pursuit 2:45 Seasonal Sports 3:00 Zumba	8 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking 1:30 Laughter Yoga
11 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Monday w Ellie	12 10:00 Line Dancing 11:00 Generations at Rivendale 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele Lessons	13 8:15 Core 10:00 Cubs Game 10:00 Medicare 11:00 i-pad Class 1:00 Arthritis Class 2:30 Balance Class	14 9:30 Needle Craft 9:30 Art Class 10:00 Wood Carv 11:00 Pharmacist 1:00 Trivial Pursuit 3:00 Zumba	15 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
18 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	19 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele Lessons	20 8:15 Core 11:00 i-pad Class 1:00 Arthritis Class 1:30 MusicAppre	21 9:00 Odyssey Trip 9:30 Art Class 9:30 NeedleCraft 1:00 Trivial Pursuit 3:00 Zumba	22 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
25 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	26 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele Lessons	27 8:15 Core 11:00 i-pad Class 1:00 Arthritis Class	28 9:30 Needle Craft 9:30 Art Class 11:00 Book Club 1:00 Trivial Pursuit 3:00 Zumba	29 8:15 Core Class 1:00 Balance Class 1:30 Pinochle