



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

March 2018

DFSS

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	Line Dancing Saturday/9:00 March 10 Line Dancing 8:30-9:30 Lunch served M-F Noon	St. Patrick's Day Lunch Friday 3/16 Noon	1 8:30 Yoga 9:30 Needle Craft 9:30 GeNarrations 10:00 Wood Carv 12:45 AARP Drivers 1:00 Trivial Pursuit 3:00 Zumba	2 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking
5 Casmir Pulaski Day Treat 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Monday w Ellie	6 8:30 Yoga 10:00 Line Dancing 11:00 Photo Class 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 1:30 GeNarrations 2:30 Ukulele Lessons	7 8:15 Core 9:30 Art Class 11:00 iPad Training 1:00 Arthritis Class 2:45 Pickleball	8 8:30 Yoga 9:30 Needle Craft 10:00 GeNarrations Presentation 11:00 Pharmacist 1:00 Trivial Pursuit 3:00 Zumba	9 8:15 Core Class 1:00 Balance Class 1:30 Laughter Yoga 1:30 Pinochle 1:30 Cooking
12 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Monday w Ellie	13 8:30 Yoga 10:00 Line Dancing 11:00 Photo Class 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	14 8:15 Core 9:30 Art Class 3.14 Pie Day 10:00 Medicare 11:00 iPad Training 1:00 Arthritis Class 1:30 MusicAppre 2:45 Pickleball	15 8:30 Yoga 9:30 Needle Craft 10:00 Wood Carv 1:00 Trivial Pursuit 3:00 Zumba	16 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking
19 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	20 8:30 Yoga 10:00 Line Dancing 11:15 Pillow Talk 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	21 8:15 Core 9:30 Art Class 11:00 iPad Training 1:00 Arthritis Class 2:45 Pickleball	22 8:30Yoga 9:30 Needle Craft 10:45 BookClub 1:00 Trivial Pursuit 3:00 Zumba	23 8:15 Core Class 1:00 Balance Class 1:30 Laughter Yoga 1:30 Pinochle 1:30 Cooking
26 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	27 8:30 Yoga 9:30 Snap 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele Lessons	28 8:15 Core 9:00 Nutritionist 9:30 Art Class 1:00 Arthritis Class 1:30 Music Appre 2:45 Pickleball	29 8:30Yoga 9:30 Needle Craft 10:45 Book Club 1:00 Trivial Pursuit 3:00 Zumba	30 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking