



# 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 2017

### DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
Nurse 10:00 Mon <b>Bocce</b> 11:00 M-W-F <b>Exercise M-W-F</b> 9:00 & 10:00 <b>Lunch served</b> <b>M-F @ Noon</b>	<b>St Patty's Day</b> <b>Lunch</b> <b>Thursday</b> <b>March 16th</b> <b>Noon</b>	<b>1</b> 8:15 Core 1:00 Arthritis Class <b>1:30 Music</b> <b>Appreciation</b>	<b>2</b> 8:30 Yoga 9:30 Needle Craft 10:00 Wood Carv <b>11:00 Misracordia</b> <b>12:00 Nutritionist</b> 1:00 Trivial Pursuit 3:00 Zumba	<b>3</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
<b>6</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie <b>6:00 Garden Talk</b>	<b>7</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	<b>8</b> 8:15 Core  10:00 Soc Worker 1:00 Arthritis Class	<b>9</b> 8:30 Yoga 9:30 Needle Craft <b>10:00 Generations</b> <b>11:00 Pharmacist</b> 1:00 Trivial Pursuit 2:30 Seasonal Sports 3:00 Zumba	<b>10</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
<b>13</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	<b>14</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	<b>15</b> 8:15 Core 10:00 Soc Worker <b>10:00 Medicare</b> 1:00 Arthritis Class 1:30 Music Appreciation	<b>16</b> 8:30 Yoga 9:30 Needle C/Gener 10:00 Wood Carv 1:00 Trivial Pursuit 2:30 Seasonal Sports 3:00 Zumba	<b>17</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
<b>20</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	<b>21</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	<b>22</b> 8:15 Core 9:45 <b>Spring</b> <b>Brunch</b> 10:00 <b>Soc Worker</b> 1:00 Arthritis Class	<b>23</b> 8:30 Yoga 9:30 Needle Craft 1:00 Trivial Pursuit 2:30 Seasonal Sports 3:00 Zumba	<b>24</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
<b>27</b> 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Monday w Ellie	<b>28</b> 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	<b>29</b> 8:15 Core 10:00 <b>Soc Worker</b> 1:00 Arthritis Class	<b>30</b> 8:30 Yoga 9:30 Needle Craft 10:45 Book Club 1:00 Trivial Pursuit 2:30 Seasonal Sports 3:00 Zumba	<b>31</b> 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga