



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

May 2017

DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	2 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	3 8:15 Core 1:00 Arthritis Class 2:45 Pickleball	4 8:30 Yoga 9:30 Needle C/Gener 9:45 Spirituality 10:00 Wood Carv 12:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	5 8:15 Core Class 10:00 Pinochle Lessons 1:00 Balance Class 1:30 Pinochle
8 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	9 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	10 8:15 Core 9:00 Bake Sale 10:00 Soc Worker 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickleball	11 8:30 Yoga 9:30 Needle Craft 9:30 Generations 11:00 Pharmacist 1:00 Trivial Pursuit 3:00 Zumba	12 8:15 Core Class Noon Older American Month Lunch 1:00 Balance Class 1:30 Pinochle
15 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	16 8:30 Yoga 10:00 Line Dancing 12:30 On the Table 1:00 Dominos 1:00 Volleyball	17 8:15 Core 10:00 Soc Worker 10:00 Medicare 1:00 Arthritis Class 2:45 Pickleball	18 8:30 Yoga 9:30 Needle Craft 9:30 Generations 10:00 Wood Carv 1:00 Trivial Pursuit 3:00 Zumba	19 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
22 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	23 8:30 Yoga 10:00 Line Dancing 11:00 Pillows 1:00 Dominos 1:00 Volleyball	24 8:15 Core 10:00 Soc Worker 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickleball	25 8:30 Yoga 9:30 Needle C/Gener 11:00 Book Club 12:00 Older American Month 1:00 Trivial Pursuit 3:00 Zumba	26 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
29 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	30 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	31 8:15 Core 10:00 Soc Worker 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickleball	Nurse 10:00 Mon Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00 Lunch served M-F @ Noon	SPRING IS HERE