



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

November 2017

DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
Daylight savings time ends Nov 5th Saturday Set your clocks back one hour	Nurse 10:00 Mon Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00 Lunch served M-F @ Noon	1 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:45 Pickleball	2 8:30 Yoga 9:30 Needle Craft 9:30 Generations 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	3 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
6 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	7 Election Day 8:30 Yoga 9:30 Urinary Health (Women Only) 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	8 8:15 Core 9:30 Art Class 11:00 Medical Cannabis Pres. 1:00 Arthritis Class 1:30 Music Appre 1:45 Pickleball	9 8:30 Yoga 9:30 Needle Craft 9:30 Generations 11:00 Pharmacist 1:00 Quilting Class 1:00 Trivial Pursuit 3:00 Zumba	10 8:15 Core Class 10:00 Nurse 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
13 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	14 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	15 8:15 Core 9:30 Art Class 11:00 Medicare 1:00 Arthritis Class 1:45 Pickleball	16 8:30 Yoga 9:30 Needle Craft 11:00 Generartions 12:00 Thanksgiving 10:00 Wood Carv 1:00 Trivial Pursuit 3:00 Zumba	17 8:15 Core Class 10:00 Nutrition Presentation 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
20 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	21 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	22 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:30 Music Appre 1:45 Pickleball	23 Happy Thanksgiving Center Closed	24 Center Closed Today And Saturday
27 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	28 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	29 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:45 Pickleball	9 8:30 Yoga 9:30 Needle Craft 1:00 Trivial Pursuit 3:00 Zumba	Seasonal Sports Thursdays 2:45