



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

October 2017

DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:15 Core Class 9:00 Massage 11:00 CPR Program 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	3 8:30 Yoga 9:30 Flu Shots 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	4 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:00 Opera 1:45 Pickleball	5 8:30 Yoga 9:30 Needle Craft 9:30 Generations 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	6 8:15 Core Class 11:30 Irish Music 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
9 8:15 Core Class 9:00 Massage 10:00 No Nurse 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w PIE	10 8:30 Yoga 9:00 Fitness Trip 10:00 Line Dancing 1:00 Dominos	11 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:30 Music Appre 1:45 Pickleball	12 8:30 Yoga 9:30 Needle Craft 9:30 Generations 11:00 Pharmacist 10:00 Wood Carv 1:00 Trivial Pursuit 3:00 Zumba	13 8:15 Core Class 10:00 Nurse 1:00 Balance Class 1:30 Pinochle
16 8:15 Core Class 9:00 Massage 11:00 CPR Program 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	17 8:30 Yoga 10:00 Line Dancing 10:00 Pillows 12:45 AARP Drivers 1:00 Dominos 1:00 Volleyball	18 8:15 Core 9:30 Art Class 11:00 Medicare 1:00 Arthritis Class 1:45 Pickleball	19 8:30 Yoga 9:30 Needle Craft 9:30 Generations 10:00 Wood Carv 12:30 AARP Drivers 1:00 Trivial Pursuit 3:00 Zumba	20` 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
23 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	24 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball	25 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:30 Music Appre 1:45 Pickleball	26 8:30 Yoga 9:30 Needle Craft 9:30 Generations 12:00 Halloween Lunch 1:00 Trivial Pursuit 3:00 Zumba	27 8:15 Core Class 1:00 Balance Class 1:30 Pinochle