



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

August 2017

DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
Nurse 10:00 Mon Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00 Lunch served M-F @ Noon	1 8:00 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 AARP Driver	2 8:15 Core 9:30 Art Class 10:00 Soc Worker 1:00 Arthritis Class 1:30 Music Appreciation 5:00 Ravinia Trip	3 8:00 Yoga 9:30 Needle Craft 10:00 Wood Carv 12:00 Nutritionist 1:00 Trivial Pursuit 1:00 AARP Drivers 3:00 Zumba	4 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
7 8:15 Core Class 9:00 Massage 11:00 Alzheimers 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	8 8:00 Yoga 9:30 SNAP Representative 10:00 Line Dancing 1:00 Dominos	9 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:30 Matter of Balance	10 8:00 Yoga 9:30 Needle Craft 10:00 Fishing Clinic 11:00 Pharmacist 1:00 Trivial Pursuit 1:00 Shuffle Board 3:00 Zumba	11 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
14 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	15 8:00 Yoga 10:00 Line Dancing 1:00 Dominos	16 8:15 Core 9:30 Art Class 10:00 Medicare 1:00 Arthritis Class 1:30 Music Appre 1:30 Matter of Balance	17 8:00 Yoga 9:30 Needle Craft 10:00 Wood Carv 11:00 Pillows 1:00 Trivial Pursuit 1:00 Shuffle Board 3:00 Zumba	18 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
21 8:15 Core Class 9:00 Massage 11:00 Avoid Scams 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	22 8:00 Yoga 10:00 Line Dancing 1:00 Dominos	23 8:15 Core 9:30 Art Class 10:00 Soc Worker 1:00 Arthritis Class 1:30 Matter of Balance	24 8:00 Yoga 9:30 Needle Craft 1:00 Trivial Pursuit 1:00 Shuffle Board 3:00 Zumba	25 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
28 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	29 8:00 Yoga 10:00 Line Dancing 1:00 Dominos	30 8:15 Core 9:30 Art Class 10:00 Soc Worker 1:00 Arthritis Class 1:30 Matter of Balance	31 8:00 Yoga 9:30 Needle Craft 11:00 Book Club 1:00 Trivial Pursuit 1:00 Shuffle Board 3:00 Zumba	Water Aerobics M-W-F 10:00