



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

December 2017

DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday Bazaar Monday Dec 11th 9:30 to 3:30	Nurse 10:00 Mon Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00 Lunch served M-F @ Noon	Happy Holidays	Closed Saturday Dec 23 and Christmas Day Line Dancing Saturday/9:00 12/7 9:00 Book Club Movie	1 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
4 8:15 Core Class 8:30 Reservoir Trip 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	5 8:30 Yoga 10:00 Line Dancing 11:00 Kendall Trip 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball	6 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:45 Pickleball	7 8:30 Yoga 9:30 Needle Craft 9:00WC Sandwiches 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	8 8:15 Core Class 10:00 Nurse 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
11 8:15 Core Class 9:00 Holiday Bazaar 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	12 8:30 Yoga 9:00 Line Dancing 1:00 Dominos 1:00 Volleyball 1:00 Trivial Pursuit	13 8:15 Core 9:30 Art Class 11:00 Medicare 1:00 Arthritis Class 1:45 Pickleball 3:00 Illumination Trip	14 8:30 Yoga 9:30 Needle Craft 11:00 Pharmacist 12:00 Holiday Lunch 1:00 Trivial Pursuit 3:00 Zumba	15 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
18 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	19 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball 1:00 Trivial Pursuit	20 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:30 Music Appre 1:45 Pickleball	21 8:30 Yoga 9:00 Massage 9:30 Needle Craft 10:00 Wood Carv 1:00 Trivial Pursuit 3:00 Zumba	22 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
25 Merry Christmas	26 8:30 Yoga 10:00 Line Dancing 1:00 Dominos 1:00 Volleyball 1:00 Trivial Pursuit	27 8:15 Core 9:30 Art Class 1:00 Arthritis Class	28 8:30 Yoga 9:30 Needle Craft 1:00 Trivial Pursuit 3:00 Zumba	29 8:15 Core Class 12:00 New Year's Eve Lunch 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga