



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

February 2018

DFSS

Monday	Tuesday	Wednesday	Thursday	Friday
Nurse 10:00 Mon Social Worker Wed Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00	Line Dancing Saturday/9:00 Lunch served M-F Noon	Ground Hog Day Feb 2nd	1 8:30 Yoga 9:30 Needle Craft 9:30 GeNerations 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	2 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga 1:30 Cooking
5 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Monday w Ellie	6 8:30 Yoga 10:00 Line Dancing 11:00 Photo Class 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 1:30 GeNerations	7 8:15 Core 9:30 Art Class 1:00 Arthritis Class 2:45 Pickleball	8 8:30 Yoga 9:30 Needle Craft 9:30 Brunch 9:30 GeNerations 11:00 Pharmacist 1:00 Trivial Pursuit 3:00 Zumba	9 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking
12 8:15 Core Class 9:00 Lincoln Treat 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Monday w Ellie	13 8:30 Yoga 10:00 Line Dancing 11:00 Photo Class 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 1:30 GeNerations	14 8:15 Core 9:30 Art Class 10:00 Medicare 12:00 Val Lunch 1:00 Arthritis Class 1:30 MusicAppre 2:45 Pickleball	15 8:30 Yoga 9:30 Needle Craft 9:30 GeNerations 10:00 Wood Carv 1:00 Trivial Pursuit 3:00 Zumba	16 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga 1:30 Cooking
19 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	20 8:30 Yoga 10:00 Line Dancing 11:00 Photo Class 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 1:30 GeNerations	21 8:15 Core 9:30 Art Class 1:00 Arthritis Class 2:45 Pickleball	25 8:30 Yoga 9:30 Needle Craft 9:30 GeNarations 10:45 BookClub 1:00 Trivial Pursuit 3:00 Zumba	26 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Cooking
26 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie	27 8:30 Yoga 9:30 Snap 10:00 Line Dancing 11:00 Photo Class 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 1:30 GeNerations	28 8:15 Core 9:30 Art Class 1:00 Arthritis Class 1:30 Music Appre 2:45 Pickleball	Happy Valentine's Day	Open Lincoln's BD Feb 12th President's Day Feb 19th