



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

JANUARY 2019

CDFSS

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise M-W-F 9:00 & 10:00 Yoga T-Th 8:00 Nurse 10:00 Mon Social Worker Wed Bocce 11:00 M-W-F Line Dancing Tues Beginners 9:15 Reg 10:00 Sat 8:00	1 Center Closed Happy New Year	2 8:15 Core 1:00 Arthritis Class 1:30 MusicApp 2:45 Pickle Ball	3 9:30 Needle Craft 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	4 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
7 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	8 1:00 Dominos 12:30 Volleyball 1:00 Trivial Pursuit 2:30 Ukulele	9 8:15 Core 11:00 Meditation 12:30 Tap 1:00 Arthritis Class 1:30 Show Time	10 9:30 Needlecraft 1:00 Trivial Pursuit 2:30 Pickle Ball 3:00 Zumba	11 8:15 Core Class 1:00 Balance Class 1:30 Laughter Yoga 1:30 Pinochle
14 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	15 1:00 Dominos 12:30 GeNarrations 12:30 Volleyball 1:00 Trivial Pursuit 2:30 Ukulele	16 8:15 Core 10:00 Medicare 12:30 Tap 1:30 Music Appreciation 1:00 Arthritis Class	17 9:30 Needlecraft 9:30 GeNarrations 11:00 Pharmacist 1:00 Trivial Pursuit 2:30 Pickle Ball 3:00 Zumba	18 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
21 8:15 Core Class 9:00 Massage 12:00 MLK Lunch 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	22 1:00 Dominos 12:30 GeNarrations 12:30 Volleyball 1:00 Trivial Pursuit 2:30 Ukulele	23 8:15 Core 11:00 Meditation 12:30 Tap 1:00 Arthritis Class	24 9:30 Needlecraft 9:30 GeNarrations 1:00 Trivial Pursuit 2:30 Pickle Ball 3:00 Zumba	25 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
28 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	29 1:00 Dominos 12:30 GeNarrations 12:30 Volleyball 1:00 Trivial Pursuit 2:30 Ukulele	30 8:15 Core 12:30 Tap 1:30 Music Appreciation 1:00 Arthritis Class	31 9:30 Needlecraft 9:30 GeNarrations 11:00 Book Club 1:00 Trivial Pursuit 2:30 Pickle Ball 3:00 Zumb	Happy New Year 2019

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Closed January 1st

Show Time

Murder on the Orient Express

January 9th 1:30

GeNarrations

New Sessions Start the Week of

January 14th

Dr. Martin Luther King Luncheon

January 21st

Brookfield Zoo

Date to be determined by the Weather