



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

July 2018

CDFSS

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Monday w Ellie 1:30 Canasta	3 10:00 Line Dancing 12:00 4th of July Lunch 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele	4 Happy 4th of July Center Closed	5 9:30 Art Class 9:30 Needle Craft 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	6 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
9 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Monday w Ellie 1:30 Canasta	10 10:00 Line Dancing 10:00 Nature Walk 11:00 Pharmacist 12:30 AARP Driver 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele	11 8:15 Core 11:00 i-pad Class 1:00 Arthritis Class	12 9:30 Art Class 9:30 Needle Craft 12:30 AARP Drivers 1:00 Trivial Pursuit 3:00 Zumba	13 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:30 Laughter Yoga
16 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Monday w Ellie 1:30 Canasta	17 10:00 Line Dancing 10:00 Nature Walk 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele	18 8:15 Core 10:00 Medicare 11:00 i-pad Class 1:00 Arthritis Class	19 9:30 Needle Craft 9:30 Art Class 10:00 Wood Carv 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 1:30 Canasta	24 10:00 Line Dancing 10:00 Nature Walk 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele	25 8:15 Core 11:00 i-pad Class 1:00 Arthritis Class	26 9:30 Art Class 9:30 Needle Craft 11:00 Book Club 1:00 Trivial Pursuit 3:00 Zumba	27 8:15 Core Class 1:00 Balance Class 1:30 Pinochle
30 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Monday w Ellie 1:30 Canasta	31 10:00 Line Dancing 10:00 Nature Walk 1:00 Dominos 1:00 Trivial Pursuit 2:30 Ukulele	Line Dancing Saturday/9:00 Lunch served M-F Noon	AARP New Car Tech Saturday July 14th 11:00-12:30 Call 877-805-0458 To Register \$5 fee	Nurse 10:00 Mon Social Worker Wed Bocce 11:00 M-W-F Exercise M-W-F 9:00 & 10:00 Yoga T-Th 8:00

Summer is Here

Have a Wonderful and Safe 4th of July

Sign up to help serve pizza to the Campers

July 10th, July 19th and August 2nd 11:00 to 1:00

AARP Smart DriverTEK

Saturday, Jul 14, 2018
From 11am to 12:30pm

Norwood Park Satellite Senior Center

5801 N Natoma Avenue
Chicago , IL 60631
Contact: AARP Driver Safety
Email: drive@aarp.org

Attend our 90-minute Smart DriverTEK workshop and learn:

- How to utilize the latest high-tech safety features in your current car,
- What technology to look for when shopping for a new car,
- The safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more!

Register today! Workshop space is limited. There is a \$5 fee for this workshop.

Need help with registration? Call 1-877-805-0458 for assistance.