



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

November 2018

CDFSS

Monday	Tuesday	Wednesday	Thursday	Friday
Nurse 10:00 Mon Social Worker Wed Bocce 11:00 M-W-F Line dancing Beginner 9 Reg 10 Exercise M-W-F 9:00 & 10:00 Yoga T-Th 8:00	Veteran's Day November 12th Center Open	Daylight Savings Time Ends Sunday 11/4 Fall Behind Gain an hour	1 9:30 Generations 9:30 Needle Craft 10:00 Wood Carv 11:00 Nutritionist 1:00 Trivial Pursuit 3:00 Zumba	2 8:15 Core Class 1:30 Pinochle 1:30 Laughter Yoga 1:45 Cooking Class
5 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	6 10:00 Line Dancing 12:45 Generations 1:00 AARP Drivers 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele	7 8:15 Core 9:00 Massage 12:30 Tap 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickle Ball	8 9:30 Needlecraft 9:30 Generations 10:00 Newberry 11:00 Pharmacist & Nutritionist 1:00 AARP Drivers 1:00 Trivial Pursuit 3:00 Zumba	9 8:15 Core Class 1:00 Balance Class 1:30 Pinochle 1:45 Cooking Class
12 8:15 Core Class 9:00 Massage 1:00 Bal & Arthritis 1:30 Knitting 1:30 Dominos 1:30 Canasta	13 10:00 Medicare 12:45 Generations 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele	14 8:15 Core 9:00 Massage 12:30 Tap 1:00 Arthritis Class 1:30 Show Time 2:45 Pickle Ball	15 9:30 Generations 9:30 Needle Craft 10:00 Wood Carv 10:00 Art Class 12:00 Thanksgiving 1:00 Trivial Pursuit 3:00 Zumba	16 8:15 Core Class 1:30 Pinochle 1:30 Laughter Yoga 1:45 Cooking Class
19 8:15 Core Class 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Canasta	20 10:00 Medicare 10:00 Generations at Rivendell 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele	21 8:15 Core 11:00 Meditation 12:30 Tap 1:00 Arthritis Class 1:30 Music Appreciation 2:45 Pickle Ball	22 Happy Thanksgiving	23 Center closed
26 8:15 Core Class 1:00 Bal & Arthritis 1:30 Dominos 1:30 Knitting 1:30 Canasta	27 10:00 Line Dancing 1:00 Dominos 1:00 Trivial Pursuit 1:00 Volleyball 2:30 Ukulele	28 8:15 Core 12:30 Tap 1:00 Arthritis Class 1:30 Show Time 2:45 Pickle Ball	29 9:30 Needle Craft 10:00 Art Class 1:00 Trivial Pursuit 3:00 Zumba	30 8:15 Core Class 1:30 Pinochle 1:30 Laughter Yoga 1:45 Cooking Class

Open November 12th Veteran's Day

A special Thanks to all who have served

November 4th Sunday

Set your clocks back an hour. What will you do with your extra hour?

November 8th Thursday

Trip to Newberry Library Exhibit on the 1893 world Fair

November 20th Tuesday

Generation's presentation at Rivendell Theatre

Happy Thanksgiving

Center closed for the Thanksgiving Holiday

Nov 22nd through Nov 25th