

NORTH CENTER SATELLITE SENIOR CENTER JULY 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	
<i>Every Day is a Birthday at the center! Free Breakfast or Lunch to celebrate your Birthday Check at reception desk for details</i>	3 SENIOR CENTER IS CLOSED	4 SENIOR CENTER IS CLOSED	5 8:30 – 10 Breakfast 9 – Fitness with Issac 9:30-11:45 Blood Pressure 10:30- Qigong 11:30 -12:45 Lunch 1:30- ZUMBA	6 8:30 – 10 Breakfast 9:00 -Fitness with Vella 10:30 Line Dancing 11:30- 12:45 Lunch 1 – 5 YOLO - No other activities	7 8:30-10 Breakfast 10:30 Belly Dancing 11:30- 12:45 Lunch 12:15 Arthritis Fitness with Kimosha 1:00 – Mah Jong and other games	ZUMBA WEDNESDAYS 1:30pm LINE DANCING THURSDAYS BELLY DANCING FRIDAYS 10:30am \$1.00 each
	10 8:30 – 10 Breakfast 9 – Fitness with Issac 10-1 DROP-IN TECH 10-12:30 Learn to Play Table Tennis 11:30-12:45 Lunch 1:45 – Chair & Mat Yoga	11 8:30 – 10 Breakfast 9:00 -Fitness with Vella 10-12 POETRY WORKSHOP – RESERVATION REQUIRED 11:30- 12:45 Lunch 12:30 – 2:30 Art 1 – 5 YOLO - No other activities	12 8:30 – 10 Breakfast 9 – Fitness with Issac 9:30-11:45 Blood Pressure 10 – Mariano’s Bus 10:30-QI GONG 11:30 -12:45 Lunch 12-2 Social Worker 1:30- ZUMBA	13 8:30 – 10 Breakfast 9:00 -Fitness with Vella 10:30- Linedancing 11:30- 12:45 Lunch	14 8:30-10 Breakfast 10:30 Belly Dancing 11:30- 12:45 Lunch 12:15 Arthritis Fitness with Kimosha 1:00 – Mah Jong and other games	
Our Center is open to people 55 years and better	17 8:30 – 10 Breakfast 9 – Fitness with Issac 10-1 DROP-IN TECH 10 – BOOK CLUB NO Table Tennis 11:30-12:45 Lunch 1:45 – Chair & Mat Yoga	18 8:30 – 10 Breakfast 9:00 -Fitness with Vella 10 -11:30 Writers Wksp 11:30- 12:45 Lunch 12:30 – 2:30 Art 1 – 5 YOLO - No other activities	19 8:30 – 10 Breakfast 9 – Fitness with Issac 9:30-11:45 Blood Pressure 10:30 Tai Chi 11:30-12:45 Lunch 12-2 Social Worker 1:30- ZUMBA	20 8:30 – 10 Breakfast 9:00 -Fitness with Vella 10:30- Linedancing 11:30- 12:45 Lunch	21 8:30-10 Breakfast 9-12 SHIP Counseling 10:30 Belly Dancing 11:30-12:45 Lunch 12:15 Arthritis Fitness with Kimosha 1:00 – Mah Jong and other games	4040 N. Oakley 312-744-4015
Qigong – Tai Chi 4 times a month! 1 st & 2 nd Wed – with Pat 3 rd & 4 th Wed-with Louie	24 NO BREAKFAST 9 – Fitness with Issac 10-1 DROP-IN TECH 10-12:30 Learn to Play Table Tennis 11:30-12:45 Lunch NO YOGA	25 NO BREAKFAST 9:00 -Fitness with Vella 10 -11:30 Writers Wksp 11:30- 12:45 Lunch 12:30 – 2:30 Art 1 – 5 YOLO - No other activities	26 NO BREAKFAST 9 – Fitness with Issac 9:30-11:45 BP & Glucose 10 – Mariano’s Bus 10:30- Tai Chi 11:30-12:45 Lunch 12-2 Social Worker 1:30- ZUMBA	27 NO BREAKFAST 9:00 -Fitness with Vella NO LINEDANCING 11:30- 12:45 Lunch	28 SENIOR CENTER IS CLOSED TODAY	Permit Parking in lot Enter from Western near Belle Plaine Handicapped Parking where marked
Poetry Workshop July, Aug Sept Must reserve spot Space is limited	31 NO BREAKFAST 9 – Fitness with Issac 10-1 DROP-IN TECH 10-12:30 Learn to Play Table Tennis 11:30-12:45 Lunch NO YOGA	YOLO BOOMERS READING 2PM AUGUST 1	Mark you calendars! KULTURA – Sept 24 Annual ArtsFest <i>Rent a Table today!</i>			SEE OTHER SIDE

Come join in

FITNESS classes include a mix of warm-ups, aerobics, stretches, weight training, core strength, balance and more with weights, balls or elastic bands to keep FIT FOR LIFE

Fitness Classes – Mon & Weds 9am – Issac; Tues & Thurs – Vella

Chair or Mat YOGA with Laurine MONDAY - 1:45pm NO YOGA 7/3, 7/24, 7/31

ARTHRITIS FITNESS 12:15pm with Kimosha

ART CLASSES -Tuesdays 1:30 – 3:30 **OPEN class** – no instructor til Sept

All levels welcome - **includes beginning drawing**

Learn watercolors, pen and ink and much more . Bring your own supplies

Linedancing with Fran – THURSDAYS AT 10:30am only \$1 No class 7/27

DROP-IN TECH MONDAYS 10AM-1PM

***QIGONG** with Forrest & Mary1st and 2nd Wednesday at 10:30am*

***TAI CHI** with Louie Stallone - Third & Fourth Wednesday 10:30am*

WRITER'S WORKSHOP - Tuesdays 10am No class July 11

POETRY WORKSHOP – Tuesday July 11 10am-12noon Bring your own poem

NEED RESERVATION

ZUMBA – Wednesdays 1:30pm only \$1.00

Belly Dancing with Fran FRIDAYS 10:30am only \$1

Tuesdays – Windy City Radio Players – 12:15pm Improv 1:45 No classes July, August

BOOK CLUB July 17 10am- **BETTYVILLE** BY George Hodgman

***MARIANO's BUS** - registration by Tuesday noon at Senior Center reception desk*

BREAKFAST only \$1.50 – 8:30am – 10am No Breakfast July 24 – thru July 31

LUNCH 11:30 – 12:45 suggested donation \$2.00

HEALTH AND WELLNESS PROGRAMS

Blood Pressure Weds – 9:30am-11:45am

Glucose Screening 9:30am – 11:45am Weds **July 26**

***SHIP COUNSELING** – Fridays 9 – 12 Need appointment*

***Benefit Access** Tuesdays 10 - 11 Need appointment*

***SENIOR CENTER IS CLOSED MONDAY** July 3rd and Tuesday July 4th for Independence Day
AND CLOSED FRIDAY JULY 28*

***MARK YOU CALENDARS** – YOLO BOOMERS READINGS AUGUST 1 – 2PM*

***MARK YOUR CALENDARS FOR KULTURA** – Our Annual ArtsFest – Sunday Sept 24*

THANK YOU FOR ACTIVELY PARTICIPATING AT

NORTH CENTER SATELLITE SENIOR CENTER

SEE OTHER SIDE

NORTH CENTER SATELLITE SENIOR CENTER CALENDAR & SCHEDULE

JULY 2017

4040 N. Oakley
Chicago, IL 60618
312-744-4015 phone
312-744-8812- fax

A collaboration between City of Chicago
Department of Family and Support Services
Senior Services Area Agency on Aging and
Catholic Charities of the Archdiocese of Chicago

Liza Martin, Director
lmartin@catholiccharities.net

COME EXPLORE THE POSSIBILITIES!

***NORTH CENTER SATELLITE –
THE CENTER WITH SPIRIT!***