



Norwood Park Senior Center

Reshaping Aging®

November 2023 ACTIVITY CALENDAR

***subject to change**

5801 N. Natoma Chicago, IL. 60631
Open Monday-Friday from 8:30-4:30
Phone (773)775-6071

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30) 9AM Yoga 11AM Bocce Lunch & Learn! Meet David Witter & hear about his new book "Amazing Chicago" 1PM Pinochle	31) No Nurse 9AM Chair Fitness 10AM Beginners Line Dancing 12-2 Halloween Party ***1:15PM Chair Fitness Party*** ?12:30PM Mahjongg?	1) 9AM Yoga 9AM-12PM Social Worker 11AM Bocce *12:45PM Bingo \$1 2PM Tai Chi	2) 9AM Chair Fitness 9AM – 12PM Bridge 10AM Line Dancing 11am GeNarrations 11AM Pinochle 1PM Mahjongg 1PM Trivia	3) 10AM Ukulele 11AM Bocce 12:30PM Mahjongg 1PM Pinochle
6) 9AM Yoga 11AM Bocce 1PM Pinochle	7) 9AM Chair Fitness 8:45-11:30AM Nurse 10AM Beginner Line Dancing 12:30PM Mahjongg 1:15PM Chair Fitness (balance)	8) 9AM Yoga 9AM-12PM Social Worker 10:15AM Laughter Yoga 11AM Bocce *12:45PM Bingo \$1 2pm Tai Chi	9) 9AM Chair Fitness 9AM-12PM Bridge 10AM Line Dancing 11am GeNarrations 11AM Pinochle 1PM Mahjongg 1PM Trivia	10) CLOSED for VETERANS DAY
13) 9AM Yoga 11AM Bocce 1PM Pinochle	14) 9AM Chair Fitness 8:45-11:30AM Nurse 10AM Beginners Line Dancing 12:30PM Mahjongg 1:15PM Chair Fitness (balance)	15) 9AM Yoga 9AM-12PM Social Worker 11AM Bocce *1pm Bingo \$1 2pm Tai Chi	16) 9AM Chair Fitness 9AM-12PM Bridge 10AM Line Dancing *11am GeNarrations* Presentaion at Portage Park 1:30pm 11AM Pinochle 1PM Mahjongg 1PM Trivia	17) 10AM-12PM Dietician 10AM Ukulele ART EXHIBIT 11AM Bocce 12:30PM Mahjongg 1PM Pinochle
20) 9AM Yoga 11AM Bocce 1PM Pinochle	21) 8:45-11:30AM Nurse 9AM Chair Fitness 10AM Beginners Line Dancing 12:30PM Mahjongg 1:15PM Chair Fitness (balance)	22) No Social Worker 9AM Yoga 10:15AM Laughter Yoga 11AM Bocce 12:45 Bingo 2PM Tai Chi	23) CLOSED FOR THANKSGIVING	24) 10AM Ukulele 11AM Bocce NO Computer drop-in 12:30PM Mahjongg 1PM Pinochle
27) 9AM Yoga 11AM Bocce 1PM Pinochle	28) No Nurse 9AM Chair Fitness 10-11:30 Pharmacist 10AM Beginners Line Dancing 12:30PM Mahjongg 1:15PM Chair Fitness (balance)	29) No social worker 9AM Yoga 11AM Bocce 12:45 Bingo 2PM Tai Chi	30) 9AM Chair Fitness 9AM-12PM Bridge 10AM Line Dancing 11AM Pinochle 1PM Mahjongg 1PM Trivia	BOOK CLUB 12/7 ***** Holiday Bazaar & Cookie sale 12/21

