



Norwood Park Senior Center

Reshaping Aging®



March 2025 ACTIVITY CALENDAR

Subject to change
Open Monday-Friday from 8:30-4:30
Phone (773)775-6071

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) CLOSED FOR PULASKI DAY Sat. 3/1 Mardi Gras Party 12-3pm	4) 8:45-11:30 Nurse 9AM Chair Fitness* 10AM Beginner Line Dancing 12:30PM Mahjongg 1:15P Chair Fitness* (stretch & balance)	5) 9AM Yoga 9AM-12pm Social Worker 11am Bocce *12:45PM Bingo \$1 2pm Tai Chi	6) 9AM Chair Fitness* 9AM-12PM Bridge 10AM Line Dancing 11AM Pinochle training 1pm GeNarrations 1PM Mahjongg 1PM Trivia 1:30 Dance with Fran	7) 9:15am Fancy Dance 10AM Ukulele 11AM Bocce 12:30PM Mahjongg 1pm Pinochle
10) 9:30am Farmers Market 9AM Yoga 10am Knitting & Crocheting 11AM Bocce 1PM Pinochle	11) 9AM Chair Fitness* 10AM Beginner Line Dancing 12:30PM Mahjongg 1:15P Chair Fitness* (stretch & balance)	12) 9AM Yoga 10:15am Laughter Yoga with Josephine 11am Bocce *12:45PM Bingo \$1 2pm Tai Chi	13) 9AM Chair Fitness* 9AM-12PM Bridge 10AM Line Dancing 11AM Pinochle training 1pm GeNarrations 1PM Mahjongg 1PM Trivia 1:30 Dance with Fran	14) 9:15am Fancy Dance 10AM Ukulele 11AM Bocce 12:30PM Mahjongg 1pm Pinochle
17) 9:30am Farmers Market 9AM Yoga 10am Knitting & Crocheting 11AM Bocce 11:45am Special ST.Patrick's Day Party (12-1pm) 1PM Pinochle	18) 8:45-11:30 Nurse 9AM Chair Fitness* 10AM Beginners Line Dancing 12:30PM Mahjongg 1:15P Chair Fitness* (stretch & balance)	19) 9AM Yoga 11am Bocce 11am Laughter Yoga with Phillip *12:45PM Bingo \$1 2pm Tai Chi	20) 9AM Chair Fitness* 9AM-12PM Bridge 10AM Line Dancing 11AM Pinochle training 11:50 am GeNarrations Performance-during lunch 1PM Mahjongg 1PM Trivia 1:30 Dance with Fran	21) 9:15 am Fancy Dance 10AM Ukulele 10AM Dietician 11AM Bocce 12:30PM Mahjongg 1pm Pinochle
24) 9:30am Farmers Market 9AM Yoga 10am Knitting & Crocheting 11AM Bocce 1PM Pinochle	25) 9AM Chair Fitness* 10am Line Dancing 12:30PM Mahjongg 1:15P Chair Fitness* (stretch & balance)	26) 8:30am-3pm- Sewing Little Dresses for Africa 9AM Yoga 10:15am Laughter Yoga with Josephine 11am Bocce *12:45PM Bingo \$1 2pm Tai Chi	27) 9AM Chair Fitness* 9AM-12PM Bridge 10am Line Dancing 11am Pinochle training 1PM Mahjongg 1PM Trivia 1:30 Dance with Fran	28) 9:15am Fancy Dance 10AM Ukulele 11AM Bocce 12:30 Mahjongg 1PM Pinochle
31) 9:30am Farmers Market 9AM Yoga 10am Knitting & Crocheting 11AM Bocce 1PM Pinochle		MAD HATTER's TEA PARTY Saturday April 12	Brunch with the BUNNY Friday April 18 10am-11am	Fitness* program includes classes with Michele both in-person & zoom and/or Fitness Room \$30/yr; \$16/6mths for 60 & older

