



Norwood Park Senior Center *Reshaping Aging®*

Department of Family and Support Services
 Senior Services Area Agency on Aging
 Norwood Park Satellite Senior Center
 5801 N. Natoma Chicago, IL. 60631
 Open Monday-Friday from 8:30-4:30
 Phone (773)775-6071

March 2023 Activity Schedule

*Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Reminder: Computer Help 4th Friday of each month- bring your laptop, iPad, phone		9-10am Yoga 9am-12 Social Worker 11am Bocce *12:45pm Bingo \$1 2pm Tai Chi	3/1 9am Chair Fitness 9-12 Bridge* 10am Line Dancing 11am GeNarrations 11am Pinochle training 1pm Mahjongg* 1pm Trivia	3/2 10am Ukulele 11am Bocce 1pm Pinochle
CLOSED for Pulaski Day	3/6 9am Chair Fitness 8:30-11:30amNURSE 10am Beginners Line Dancing 1:15pm Combo Latin & Ballroom	3/7 9am-1pm AARP 9-10am Yoga 9am-12 Social Worker 11am Bocce *12:45pm Bingo \$1 2pm Tai Chi	3/8 9am Chair Fitness 9-12 Bridge* 10am Line Dancing 11am GeNarrations 11am Pinochle training 1pm Mahjongg* 1pm Trivia	3/9 9am-1pm AARP 10am Ukulele 11am Bocce 1pm Pinochle 2pm Laughter Yoga
3/13 9-10am Yoga 11am Bocce 1pm Pinochle	3/14 9am Chair Fitness 8:30-11:30amNURSE 10am Beginners Line Dancing 1:15pm combo Latin & Ballroom Dancing	3/15 9-10am Yoga 9am-12 Social Worker 11am Bocce *12:45pm Bingo \$1 2pm Tai Chi	3/16 9am Chair Fitness 9-12 Bridge* 10am Line Dancing 11am GeNarrations 11am Pinochle training 1pm Mahjongg* 1pm Trivia	3/17 10am-12pm Dietician 10am Ukulele 11am Bocce *SPECIAL LUNCH St. Patrick's Day *2pm Pinochle??
3/20 9-10am Yoga 11am Bocce 1pm Pinochle	3/21 9am Chair Fitness 8:30-11:30amNURSE 10am Beginners Line Dancing 9-12 Pharmacist 1:15pm Combo Latin & Ballroom Dancing	3/22 NO Social Worker 9-10am Yoga 11am Bocce *12:45pm Bingo \$1 2pm Tai Chi	3/23 9am Chair Fitness 9-12 Bridge* 10am Line Dancing 11am GeNarrations 11am BOOK CLUB 11am Pinochle training 1pm Mahjongg* 1pm Trivia	3/24 10am Ukulele 11am Computer drop-in 11am Bocce 1pm Pinochle 2pm Laughter
3/27 9-10am Yoga 11am Bocce 1pm Pinochle	3/28 9am Chair Fitness NO NURSE 10am Beginners Line Dancing 1:15pm Combo Latin & Ballroom Dancing	3/29 No Social Worker 9-10am Yoga 11am Bocce *12:45pm Bingo \$1 2pm Tai Chi	3/30 9am Chair Fitness 9-12 Bridge* 10am Line Dancing 11am GeNarrations 11am Pinochle training 1pm Trivia OPERA DAY	3/31 10am Ukulele 11am Bocce 1pm Pinochle High Tea- Sat. 4/1 1:30pm - SOLD OUT

