


Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 1:00 Open Computer Lab 1:00 Rules of the Road 2:00 Drop-In Wii Bowling	3 9:00 Social Mahjongg 10:00 Choral Group 10:00 Tai Chi 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga	4 10:00 Sit, Stand, Stretch & Smile 10:30 Rhythm Band TRIP Hamilton Chicago	5 9:00 All American 9:00 Social Mahjongg 9:30 Issues in the News 10:30 Korean Line Dance 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving	6 9:00 Drop-In Art 10:00 RTA Presentation 11:00 Love is Here to Stay: George Gershwin 1:00 Open Computer Lab 2:30 Hooked-On Fishing Kick-Off Meeting at Centennial Center - Park Ridge
9 9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling 5:30 Trivia Night	10 9:00 Social Mahjongg 10:00 Blood Pressure Screening 10:00 Choral Group 10:00 ITAC 10:00 Tai Chi 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga 3:00 Bingo & Dinner	11 10:00 Sit, Stand, Stretch & Smile 10:00 Medication & Sharps Collection 1:00 Canasta	12 9:00 All American 9:00 Social Mahjongg 9:30 Issues in the News 10:30 Korean Line Dance 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving	13 9:00 Drop-In Art 9:00 Wills Appointments 10:00 Ted Talks - Life Lessons from Big Cats 1:00 Open Computer Lab TRIP Art in Bloom Milwaukee, WI
16 9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 12:00 Men's Club Brunch 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling	17 9:00 Social Mahjongg 10:00 Choral Group 10:00 Tai Chi 12:00 Maine South Dancers 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga 5:00 Dinner & Movie - <i>Battle of the Sexes</i> 5:00 Community Event - Paint-n-Party	18 10:00 Sit, Stand, Stretch & Smile 10:30 Rhythm Band 1:00 Encore Movie - <i>Battle of the Sexes</i>	19 9:00 All American 9:00 Social Mahjongg 9:30 Issues in the News 10:30 Korean Line Dance 11:30 Polish Coffee Hour 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving "A Chorus Line" Musical - Maine South High School	20 9:00 Drop-In Art 11:00 SCRAM - Ruse Entry Burglary Prevention 12:00 Dazzling Pianist Andrew Blendermann 1:00 Open Computer Lab Swing into Spring Expo - Golf Mill Mall SATURDAY 21 9:00 RUMMAGE SALE
23 9:00 Drop-In Art 9:30 Arthritis with Weights 11:30 Women's Club Meeting 10:45 Gentle Exercise 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling	24 9:00 Social Mahjongg 10:00 Choral Group 10:00 Tai Chi 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga	25 10:00 Sit, Stand, Stretch & Smile 10:30 Rhythm Band 1:00 Canasta TRIP Club Arcada Geneva/St. Charles	26 9:00 All American 9:00 Social Mahjongg 9:30 Issues in the News 10:30 Korean Line Dance 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving 2:00 Concert Video Series - Andy Williams	27 9:00 Drop-In Art 12:00 Poker Tournament 1:00 Open Computer Lab 5:30 Evening with the Stars
30 9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 12:00 Nightclub in the Afternoon 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling				

WELCOME
APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Social Mahjongg 10:00 Choral Group 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga	10:00 Sit, Stand, Stretch & Smile 10:30 Rhythm Band 12:00 Asian American & Pacific Islander Heritage Month Movie Presentation - <i>The Namesake</i>	9:00 Advanced Tai Chi 9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Korean Line Dance 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving TRIP South Pacific at Drury Lane	9:00 Coffee & Conversation with Niles Police Dept. 9:00 Drop-in Art 1:00 Open Computer Lab 5:30 Evening with the Stars
7	8	9	10	11
9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 11:00 Into the Garden: The Wonder of Nature in Literature with Rochelle Pennington 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling 2:00 Sit, Stand, Stretch & Smile	9:00 Social Mahjongg 10:00 Blood Pressure Screening 10:00 Choral Group 12:30 Social Bridge 1:00 Intergenerational Songfest 1:00 Zumba Gold 2:15 Chair Yoga 5:30 Texas Hold 'Em Tournament	10:00 Sit, Stand, Stretch & Smile 1:00 Canasta	9:00 Advanced Tai Chi 9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Korean Line Dance 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving	9:00 Drop-in Art 9:00 Wills Appointments 10:00 TED Talks- Al Gore - The case for optimism on climate change 12:00 Spring BBQ - Hosted by NSC Men's Club 1:00 Open Computer Lab
14	15	16	17	18
9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling 2:00 Sit, Stand, Stretch & Smile	9:00 Social Mahjongg 10:00 Choral Group 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga 3:00 Bingo & Dinner	10:00 Sit, Stand, Stretch & Smile 10:30 Men's Golf Kick-Off Meeting 10:30 Rhythm Band	9:00 Advanced Tai Chi 9:00 AARP Smart Driver 9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Buddhist Meditation Session 10:30 Korean Line Dance 11:30 Polish Coffee Hour 12:00 80+ Birthday Party @ Nancy's Pizza 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving	9:00 AARP Smart Driver 9:00 Drop-in Art 12:00 Fiesta Party with David's Bazaar 1:00 Open Computer Lab Hooked-on Fishing Busse Woods
21	22	23	24	25
9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 10:30 Men's Club Meeting 11:30 Women's Club Meeting 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling 2:00 Sit, Stand, Stretch & Smile	9:00 Social Mahjongg 10:00 Choral Group 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga 5:00 Dinner & Movie - <i>Wonder</i>	10:00 Sit, Stand, Stretch & Smile 11:00 SCRAM - Home Repair Seams 1:00 Canasta 1:00 Encore Movie - <i>Wonder</i> 4:00 Dinner & Discussion TRIP Mystery Trip - Chicago	9:00 Advanced Tai Chi 9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Korean Line Dance 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving 2:00 In Concert Series: Nat "King" Cole	9:00 Drop-in Art 10:30 Women's Golf Kick-Off Meeting 12:00 Lite Lunch & Movie - <i>Jane</i> 12:00 Poker Tournament 1:00 Open Computer Lab
28	29	30	31	
OFFICE CLOSED 	9:00 Social Mahjongg 10:00 Choral Group 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga TRIP Food & Cultural China Town Tour - Chicago	10:00 Sit, Stand, Stretch & Smile 10:30 Jimmy Stewart - Icon & American Hero with Barry Bradford	9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Korean Line Dance 12:00 AAPIHM Movie - <i>In the Matter of Cho Jung Hee</i> 1:00 Arthritis with Weights 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving	

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
				1
9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling 3:00 Bingo & Dinner	9:00 Social Mahjongg 10:00 Choral Group 10:00 ITAC 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga 5:00 Dinner & Movie - <i>The Greatest Showman</i>	10:00 Sit, Stand, Stretch & Smile 10:30 Rhythm Band 1:00 Encore Movie - <i>The Greatest Showman</i> 5:30 Trivia Night	9:00 Advanced Tai Chi 9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Korean Line Dance 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving TRIP Anderson Japanese Gardens - Rockford	9:00 Drop-In Art 9:00 Wills Appointments 9:30 Arthritis with Weights 10:00 Ted Talks - Iwan Baan - Ingenious homes in unsuspected places 12:00 Lite Lunch & Movie - <i>The Band's Visit</i> 1:00 Open Computer Lab TAM Women's Golf
9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 1:00 Open Computer Lab 1:00 The Impact of Art Therapy on Brain Health 2:00 Drop-In Wii Bowling	9:00 Social Mahjongg 10:00 Blood Pressure Screening 10:00 Choral Group 11:00 Monthly Mailing 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga 5:00 Dinner & Movie - <i>I, Tonya</i>	10:00 Sit, Stand, Stretch & Smile 1:00 Canasta 1:00 Encore Movie - <i>I, Tonya</i> TAM Men's Golf Active Senior Expo - White Eagle Banquets	9:00 Advanced Tai Chi 9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Korean Line Dance 12:30 The Di Bella Duo 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving	9:00 Drop-In Art 9:30 Arthritis with Weights 1:00 Open Computer Lab 5:30 Evening with the Stars Hooked-on Fishing Lake Opeka
9:00 Drop-In Art 9:30 Arthritis with Weights 10:30 Men's Club - Day at the Races 10:45 Gentle Exercise 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling	9:00 Social Mahjongg 10:00 Choral Group 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga 5:00 Dinner & Movie - <i>The Post</i>	10:00 Sit, Stand, Stretch & Smile 10:30 Rhythm Band 1:00 Encore Movie - <i>The Post</i> TRIP Fitzgerald's Fish Boil & Lake Geneva Boat Tour - Lake Geneva	9:00 Advanced Tai Chi 9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Korean Line Dance 11:30 Polish Coffee Hour 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving 4:30 Immigrant Heritage Month- Stopping Traffic: The Movement to End Sex Trafficking	9:00 Drop-In Art 9:30 Arthritis with Weights 11:00 Star Spangled Songs with John Boda 1:00 Open Computer Lab TAM Women's Golf
9:00 Drop-In Art 9:30 Arthritis with Weights 10:45 Gentle Exercise 11:30 Women's Club Meeting 1:00 Open Computer Lab 2:00 Drop-In Wii Bowling	9:00 Social Mahjongg 10:00 Choral Group 12:30 Social Bridge 1:00 Zumba Gold 2:15 Chair Yoga 5:00 Dinner & Movie - <i>Daddy's Home 2</i> TRIP Chicago Dogs Minor Baseball Team Community Event - Rosemont	10:00 Sit, Stand, Stretch & Smile 10:30 Mimosas Mosaic Flower Pot - Design & Placement 1:00 Canasta 1:00 Encore Movie - <i>Daddy's Home 2</i> 3:00 IHM Movie - <i>I Learn America</i> 4:00 Dinner & Discussion TAM Men's Golf	9:00 Advanced Tai Chi 9:00 All American 9:00 Social Mahjongg 9:30 Beginners Tai Chi 9:30 Issues in the News 10:30 Korean Line Dance 10:30 Mimosas Mosaic Flower Pot Brunch Community Event 1:00 Drop-In Ceramics 1:00 Drop-In Woodcarving 2:00 Paul McCartney: Paul Live in Concert	9:00 Drop-In Art 9:30 Arthritis with Weights 12:00 Poker Tournament 1:00 Open Computer Lab

JUNE