




KELVYN PARK SENIOR CENTER
APRIL 2024 CALENDAR

2715 N. Cicero Ave., Chicago, IL, 60639
 312-744-3350 - Linda Peters, Site Director & Director of
 Older Adult Programs, Northwest Center



Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 9:30 - 11:30 NURSE 10-2 HELP ASSISTANCE (BY APPOINTMENT ONLY) 10:30-11:30 ZUMBA 11:30 -12:30 LUNCH 1:30-2:30 CHAIR YOGA	2 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 11:00-11:45 CHAIR YOGA 11:30 -12:30 LUNCH 12:30-1:15 CHAIR FITNESS 1:30-3 FITNESS ASSESSMENTS 1:30-2:30 CROCHET CLASS 2:30-3:30 JEWELRY CLASS	3 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 10-11 ARTS & CRAFTS 10:30-11:30 ZUMBA 11:30 -12:30 LUNCH 12 -12:45 CHAIR YOGA 1-2:30 BRIDGE BUILDERS 2:30 -3:30 BINGO	4 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 11:30 -12:30 LUNCH 12:30-1:15 CHAIR FITNESS 1:30-3:30 ESL CLASS & RAFFLE!	5 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 10-3 READY, SET, LIVE 1-3 COMPUTER HELP 11:30 -12:30 LUNCH 1:30-2:30 LOTERIA
8 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 9:30 - 11:30 NURSE 10-2 HELP ASSISTANCE (BY APPOINTMENT ONLY) 10:30-11:30 ZUMBA 11:30 -12:30 LUNCH 1:30-2:30 CHAIR YOGA	9 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 10 -12 PHARMACIST 11:00-11:45 CHAIR YOGA 11:30 -12:30 LUNCH 11:30-3: RENTAL ASSISTANCE 12:30-1:15 CHAIR FITNESS 1:30-3 FITNESS ASSESSMENTS 1:30-2:30 CROCHET CLASS 2:30-3:30 JEWELRY CLASS	10 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 9:30-10:30 DIETITIAN 10-11 ARTS & CRAFTS 10:30-11:30 ZUMBA 11:30 -12:30 LUNCH 12 -12:45 CHAIR YOGA 1-2:30 CARE GROUP 2:30 -3:30 BINGO	11 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 9:30-11:30 SOCIAL WORKER 11:30 -12:30 PAN-AFRICAN MEAL 12:30-1:15 CHAIR FITNESS 1:30-3:30 ESL CLASS & RAFFLE!	12 8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 10-3 READY, SET, LIVE 10-2 HELP ASSISTANCE (SNAP,BUS PASS,LICENSE PLATE) BY APPOINTMENT 1-3 COMPUTER HELP 9:30-11:30 DOMINOES 11:30 -12:30 LUNCH 1:30-2:30 LOTERIA

<p>15</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 9:30 - 11:30 NURSE 10-2 HELP ASSISTANCE (BY APPOINTMENT ONLY) 10:30-11:30 ZUMBA 11:30 -12:30 LUNCH 1:30-2:30 CHAIR YOGA</p>	<p>16</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 11:00-11:45 CHAIR YOGA 11:30-12:30 LUNCH 12:30-1:15 CHAIR FITNESS 1:30-3 FITNESS ASSESSMENTS 1:30-2:30 CROCHET CLASS 2:30-3:30 JEWELRY CLASS</p>	<p>17</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 10-11 ARTS & CRAFTS 10:30-11:30 ZUMBA 11:30-12:30 LUNCH 12 -12:45 CHAIR YOGA 1-2:30 BRIDGE BUILDERS 2:30 -3:30 BINGO</p>	<p>18</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 11-12:30 TENANTS WORKSHOP 11:30 -12:30 LUNCH 12:30-1:15 CHAIR FITNESS 1:30-3:30 ESL CLASS & RAFFLE!</p>	<p>19</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 10-3 READY,SET,LIVE 1-3 COMPUTER HELP 12-1 MEDICARE</p> <p>1:30-2:30 LOTERIA</p>
<p>22</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 9:30 - 11:30 NURSE 10-2 HELP ASSISTANCE (BY APPOINTMENT ONLY) 10:30-11:30 ZUMBA 11:30 -12:30 LUNCH 1:30-2:30 CHAIR YOGA</p>	<p>23</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES</p> <p>11:00-11:45 CHAIR YOGA 11:30 -12:30 LUNCH 12:30-1:15 CHAIR FITNESS 1:30-3 FITNESS ASSESSMENTS 1:30-2:30 CROCHET CLASS 2:30-3:30 JEWELRY CLASS</p>	<p>24</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 10-11 ARTS & CRAFTS 10:30-11:30 ZUMBA 11:30 -12:30 LUNCH 12 -12:45 CHAIR YOGA 11-12:30 SPRING IS HERE LUNCH PARTY! 1-2:30 CARE GROUP 2:30 -3:30 BINGO</p>	<p>25</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 11:30 -12:30 ITALIAN MEAL 11:30-12:30 PUBLIC HOUSING WORKSHOP 12:30-1:15 CHAIR FITNESS 1:30-3:30 ESL CLASS& RAFFLE!</p>	<p>26</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 10-3 READY,SET,LIVE 1-3 COMPUTER HELP</p> <p>1:30-2:30 LOTERIA</p>
<p>29</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 9:30 - 11:30 NURSE 10-2 HELP ASSISTANCE (BY APPOINTMENT ONLY) 10:30-11:30 ZUMBA 11:30 -12:30 LUNCH 1:30-2:30 CHAIR YOGA</p>	<p>30</p> <p>8:30-4:30 FITNESS ROOM 8:30-11:30 DOMINOES 9:30-11:30 SOCIAL WORKER 11:00-11:45 CHAIR YOGA 11:30 -12:30 LUNCH 12:30-1:15 CHAIR FITNESS 1:30-3 FITNESS ASSESSMENTS 1:30-2:30 CROCHET CLASS 2:30-3:30 JEWELRY CLASS</p>		<p>FOR ANY ASSISTANCE HELP, PLEASE SCHEDULE AN APPOINTMENT AT THE FRONT DESK OR CALL US AT 312-744-3350</p>	<p>IF YOU NEED SNAP, BUS PASSES, MEALS ON WHEELS, CALL US AT 312-744-3350</p>