

June Activity Overview North Center Senior Center

Social and Recreation

Jewelry Club	Join Letecia to explore different materials and techniques while expressing your personal style. Bring your own materials!	Fridays, 10-11
Community Coffee Hour	Grab a coffee and donut and meet new and old friends with a conversation to set your day!	Thursdays, 10-11
Knitting and Crochet Club	Participants of all skill levels can work on personal projects, learn new techniques, and share ideas. Bring your own materials!	Mondays, 11-12
Bingo	Join in a lively, social activity that brings people together for a bit of friendly competition, excitement, and to win games! All are welcome!	Every other Wednesday, 1-3
Loteria	Lotería is a traditional Mexican game, played with colorful illustrated cards instead of numbers.	Every Tue, Wed, and Thur, 10-12
Table Tennis	Stay active with this lively crew to play casual or competitive matches	Monday, Tuesday and Thursdays, 1-3:30 (no TT on 3 rd Thursday)
Mahjong	Mahjong is a classic tile-based game that blends strategy, skill, and a bit of luck. It's a great way to stay mentally active and have fun—whether you're new to the game or experienced.	Thursdays, 10-12
Birthday Karaoke	Join Harold to celebrate participants birthdays, sing karaoke, and dance to your fav music!	Third Thursday, 1-3
Movie + Popcorn!	Close your week with a movie matinee and popcorn! Movies are listed on a separate flyer	Fridays, 1-3

Learning and Discovery

English as a Second Language (ESL), Advanced Beginners	Instructor Lynn Brown teaches weekly ESL classes to build students' knowledge of English words, learn about US and Chicago history, good usage of grammar, and fun ways to learn about holiday celebrations. The class is open to anyone with some English knowledge.	Tuesdays, 12:30 – 2
Spanish Club	Join Letecia to learn beginner's Spanish and converse with new friends in an informal setting!	Every Monday and Friday from 1-2
Gardening Club	Join Luz, Maria, and others to learn about how to care for your houseplants, including how to fertilize, prune, water, and differentiate between the many varieties of perennials	Fridays, 11-12
YOLO Boomers Improv	Led by John Ragir, YOLO Boomers improv class offers a fun, low-pressure space to learn improv techniques, laugh, and spark creativity through games and storytelling exercises.	Fridays, 10-11:30
Writing Class	Led by Mary O'Connell, the writing class offers a welcoming space for participants to explore storytelling and creative expression, while building confidence and sharing ideas.	Every Monday, 1-2:30
Art Class	Led by artist Tom Hicke, explore your creativity and build foundational skills with different materials and techniques while enjoying the process of making art at their own pace. We encourage students to bring their own materials.	Class Paused June-August , students to meet informally
Book Club	Enjoy great reads, engage in conversation, and discover new books together. Open to all.	Third Monday, 10-11

Health and Wellness		
Zumba Gold	Certified Zumba instructor Kendra in a low-impact dance fitness class, featuring easy-to-follow moves set to upbeat music to support balance, coordination, and cardio health.	Mondays and Thursdays from 11-12
Tai Chi	Certified Tai Chi instructor Mia leads gentle, seated (or standing) exercises that uses slow, flowing movements and deep breathing to improve balance, flexibility, and relaxation	Tuesdays, 10-10:30
Strong and Fit	Certified instructor Mia facilitates low-impact cardio and strength training to support improved mobility. Participants can join standing up or with a chair.	Tuesdays, 10:30-11
Chair Yoga	Certified Yoga instructor Careid facilitates gentle and accessible yoga practiced while seated or using a chair for support, helping improve flexibility, strength, and relaxation	Mondays and Wednesdays, 10-11
Health Counseling	Meet individually with Health Counselor, Nurse Elmedina Goodman, to ask questions and discuss matters related to your health. Blood pressure screening is provided, no glucose tests currently. Note: This is <u>not</u> a health exam, and the nurse does <u>not</u> diagnose or prescribe medication.	Fridays, 10-1
Health Workshop	Grab your lunch and join Nurse Elmedina Goodman in an informative conversation about what it means to live with high blood pressure. Share experiences and learn tools to prevent and manage blood pressure through the right foods and exercise	One Friday a month, 12-1
Arthritis Class	Join Nurse Elmedina Goodman to learn and participate in basic exercises to improve and manage arthritis, in addition to sharing tools and strategies to manage pain.	Most Fridays, 10-11
Mindfulness + Goal Setting Circle	Three times a month, join Nurse Elmedina Goodman and your peers to practice mindfulness and learn to set goals that impact your daily life. Share tips to focus, support one another, and learn more about this evidence-based practice	Fridays, 12-1
SHIP Counseling	Meet with Mary Pat for individual counseling services about your Medicare benefits. She also provides information about resources to apply for Medicare, and sites in your area for receiving additional assistance.	Every other Monday, 10-12 - Sign-up required