



April 2019

www.townshipofstickney.org



Like us on Facebook: Louis S Viverito Senior Center (STOA)

**North Stickney Clinic
& Senior Center**
6721 W. 40th St.
Stickney, IL 60402
708-788-9100

New Exercise Schedule:

Monday: Zumba Gold
Fit Sit

Tuesday: YMCA Arthritis

Wednesday: YOGA

Thursday: Morning Exercise
Tai Chi
Zumba Gold






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Invite your friends-
lunch is open to anyone,
from anywhere, as long
as they're 60 years of age
or better!

Meals are served
Tuesdays & Fridays @
11:30 a.m.

\$2 donation

***Please sign up for
lunch or cancel by
11:00 a.m. the day
before***

Mon	Tue	Wed	Thu	Fri
1	2 YMCA Arthritis Exercise @ 9:00 Advisory Meeting 9:30	3 YOGA 10:00-11:00	4 Morning Exercise 9:00-9:45 Tai Chi 10:30-11:30 Zumba Gold 11:45-12:30	5 Ice Cream Social <i>*after lunch*</i> 
8 Zumba Gold 10:30-11:00 Fit Sit 11:00-11:30	9 YMCA Arthritis Exercise @ 9:00	10 YOGA 10:00-11:00	11 Morning Exercise 9:00-9:45 Tai Chi 10:30-11:30 Zumba Gold 11:45-12:30	12 Popcorn & a Movie! 12:30 
15 Zumba Gold 10:30-11:00 Fit Sit 11:00-11:30	16 YMCA Arthritis Exercise @ 9:00 Blood Pressure  9:15	17 10:00 Talk: Senior Medical Patrol Presents: Medicare Fraud YOGA @ 1:00	18 Morning Exercise 9:00-9:45 *NO TAI CHI TODAY* Zumba Gold 11:45-12:30	19 Buildings Closed <i>Happy Easter!</i> 
22 Zumba Gold 10:30-11:00 Fit Sit 11:00-11:30	23 YMCA Arthritis Exercise @ 9:00 Spring Fling!  Bingo- 9:30 Entertainment- 10:30	24 10:00 Talk: Cantata Presents: Finding Your OOMPH! YOGA @ 1:00	25 Morning Exercise 9:00-9:45 Tai Chi 10:30-11:30 Zumba Gold 11:45-12:30	26
29 No Zumba Today Humana Presents: Tech 101 @ 10:00 Fit Sit 11:00-11:30	30 YMCA Arthritis Exercise @ 9:00	<u>NEW CLASSES starting in April!</u> Talks, presentation and classes are coming to the North Clinic! These events are FREE & open to anyone over the age of 55- no residency restrictions! • Exercise classes begin Wednesday April 3rd! Please be sure to dress comfortably and wear gym shoes! Waivers must be on file to participate. If you're new, please see Jewel to register and welcome!		