

## North Clinic- Activity Schedule

**67214 W. 40th St. Stickney, IL 60402 (708) 788-9100**

Activity Location	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Community Room</b>	<p style="text-align: center;"><u><b>NEW!</b></u> ZUMBA GOLD 10:30-11:00</p> <p style="text-align: center;">FIT SIT 11:00-11:30</p>	<p style="text-align: center;">Bingo 9:30 Lunch 11:30</p>	<p style="text-align: center;"><u><b>NEW!</b></u> YOGA 10:00-11:00</p>	<p style="text-align: center;"><u><b>NEW!</b></u> MORNING EXERCISE 9:00-9:45 TAI CHI 10:30-11:30 ZUMBA Gold 11:45-12:30</p>	<p style="text-align: center;">Bingo 9:30 Lunch 11:30</p>
<b>Lower Level: Exercise</b>		<p style="text-align: center;">Arthritis Exercise 9:00-9:45</p>			
<b>Lower Level: Senior Clubs Meetings</b>			<p style="text-align: center;">Stickney Golden Agers 12:00</p>	<p style="text-align: center;">Stickney Seniors 11:00</p>	
<b>Lower Level: Computer Lab</b>	<p style="text-align: center;">Open for use 8:30-4:00</p>	<p style="text-align: center;">Open for use 8:30-4:00</p>	<p style="text-align: center;">Open for use 8:30-12:00 2:30-4:00</p>	<p style="text-align: center;">Open for use 8:30-11:00 2:00-4:00</p>	<p style="text-align: center;">Open for use 8:30-4:00</p>

\*Community talks and presentations, open to everyone of all ages, will be scheduled on Mondays or Wednesdays.  
If talks/presentations fall on a Wednesday, exercise will begin at a later time; fliers will be posted.