

# September

# 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Bag lunch is where you bring your own lunch and enjoy our company while you eat.	The potluck is for those of you who want to bring a dish to share.	11:00 Arthritis Exercise 12:30 Bridge	12:30 Bridge
5 CLOSED	6 11:00 arthritis exercise 12:00 lunch provided by Charter Senior Living* 12:30 Social meeting/ BINGO/cards	7	8 11:00 Arthritis Exercise 12:30 Bridge	9 11:00 Stretching 12:00 Bag Lunch 12:30 Sing A Long 12:30 Bridge
12 11:00 Planning Meeting 12:00 Bag Lunch 12:30 Bridge	13 11:00 Chair Yoga 12:00 Bag Lunch 12:30 Hand & Foot	14 Signature Lunch Cruze on Lake Michigan (bus will leave golf course parking lot at 9:45)	15 11:00 Arthritis Exercise 12:30 Bridge	16 12:30 Bridge
19 12:30 Bridge	20 11:00 Arthritis Exercise 12:30 Business Meeting BINGO/HAND & FOOT	21	22 11:00 Arthritis Exercise 12:30 Bridge	23 12:30 Bridge
26 12:30 Bridge	27 11:00 Arthritis Exercise 12:30 Hand & Foot	28 12:00 Optional Potluck 12:30 Birthday Party/BINGO	29 11:00 Arthritis Exercise 12:30 Bridge	30 12:30 Bridge
*please RSVP by 8/31 so we can reserve a lunch for you. RSVP with a YES for Sept. 6 and your name to <a href="mailto:VernonHillsSeniors@mail.com">VernonHillsSeniors@mail.com</a> This is an event to be enjoyed at the senior center, not a grab and go.		If you have not been receiving our email updates, please email us your name and email address to <a href="mailto:VernonHillsSeniors@gmail.com">VernonHillsSeniors@gmail.com</a> Be sure our email address is in your contacts so the emails do NOT go to your spam folder.		