

October

Vernon Hills Senior Citizens Organization, 290 Evergreen Drive, Vernon Hills, IL
60061 VernonHillsSeniors@mail.com

2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 12:30 Bridge	4 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Social Meeting with Presentation by the Vernon Hills Police Dept./BINGO	5	6 11:00 Arthritis Exercise 12:30 Bridge	7 12:30 Bridge
10 11:00 Planning Meeting 12:30 Bridge	11 11:00 Chair Yoga 12:00 Bag Lunch 12:30 Cards	12	13 11:00 Arthritis Exercise 12:30 Bridge	14 12:30 Bridge
17 12:30 Bridge	18 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Business Meeting BINGO/CARDS	19 11:30 High Tea In Long Grove (see Flyer)	20 11:00 Arthritis Exercise 12:30 Bridge	21 11:00 Stretching 12:00 Bag Lunch 12:30 Sing-A-Long/ Bridge
24 12:30 Bridge	25 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Cards	26 12:00 Optional Potluck 12:30 Birthday & Halloween Party then BINGO/CARDS	27 11:00 Arthritis Exercise 12:30 Bridge	28 12:30 Bridge
31 12:30 Bridge	SAVE THE DATES: Wednesday, Dec. 7, Open House and Sing-A-Long at the Vernon Hills Senior Center, all are invited! Wednesday, Dec. 14, Holiday Luncheon	Potluck is for those who want to bring a dish to share and enjoy lunch with us.	Bag lunch is when you bring your own lunch and enjoy our company while you eat.	