

November

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

2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00 Chair Yoga 12:00 Bag Lunch 12:30 Social Meeting Bingo/Cards	2	3 11:00 Arthritis Exercise 12:30 Bridge	4 12:00 Bridge
7 11:00 Planning Meeting 12:00 Bag Lunch 12:30 Bridge	8 CLOSED	9	10 11:00 Arthritis Exercise 12:30 Bridge	11 12:00 Bridge
14 11:00 Stretching 12:30 Bridge	15 11:00 Arthritis Exercise 12:00 Lunch provided by Wellshire 12:30 Business Meeting BINGO/CARDS	16 12:00 Bag Lunch 12:30 Bingo After Bingo Christmas Décor Making	17 11:00 Arthritis Exercise 12:30 Bridge	18 11:00 Stretching 12:00 Bridge
21 12:30 Bridge	22 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Cards	23	24 CLOSED	25 CLOSED
28 12:30 Bridge	29 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Cards	30 12:00 Potluck 12:30 Birthday Party BINGO/CARDS	Potluck is for those who wish to bring a dish to share.	Bag Lunch is when you bring your own lunch and eat as a group.