

FEBRUARY

2023

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



Monday	Tuesday	Wednesday	Thursday	Friday
BRIDGE – our snowbirds are leaving.... Looking for players, email us if interested VernonHillsSeniors@mail.com	Printed copies of handouts are in the wall pocket outside the Senior Center Room.	1	2 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Bridge	3 Bridge
6 12:30 Bridge	7 11:00 Chair Yoga 12: Bag lunch 12:30 Social Meeting BINGO/CARDS	8	9 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Bridge	10 Bridge
13 11:00 Planning Meeting 12:30 Bridge	14 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Hand & Foot	15	16 11:00 Line Dancing 12:00 Bag Lunch 12:30 Bridge	17 Bridge
20 11:00 Stretching 12:00 Bag Lunch 12:30 Bridge	21 11:00 Chair Yoga 12:00 Bag Lunch 12:30 Business Meeting BINGO/CARDS	22	23 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Bridge	24 Bridge
27 12:30 Bridge	28 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Hand & Foot	MARCH 1 12:00 Potluck 12:30 (February) Birthday Party, BINGO/CARDS	Potluck is when you bring a dish to share. Please label your potluck contribution with your name and what it is.	Because of the short length of February and that the last Wed. of the month is a religious holiday, we have chosen to move the birthday party to March 1 this month.