

JANUARY

Vernon Hills Senior Citizens Organization
 290 Evergreen Drive
 Vernon Hills, IL 60061

2023

VernonHillsSeniors@mail.com

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 11:00 Chair Yoga 12:00 Bag Lunch 12:30 Social Meeting BINGO/BRIDGE	4 Bridge – our snowbirds are leaving Looking for Bridge Players, email us if interested VernonHillsSeniors@mail.com	5 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Bridge	6 11:00 Bridge
9 11:00 Planning 12:30 BRIDGE	10 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Cards	11	12 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Bridge	13 11:00 Bridge
16 12:30 Bridge	17 11:00 Chair Yoga 12:00 Lunch by Encompass Health 12:30 Business Meeting BINGO/CARDS	18	19 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Bridge	20 11:00 Bridge
23 11:00 Stretching 12:00 bag Lunch 12:30 Bridge	24 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Cards	25 12:00 Pot Luck 12:30 Birthday Party BINGO	26 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Bridge	27 11:00 Bridge
30 12:30 Bridge	31 11:00 Arthritis Exercise 12:00 Bag Lunch 12:30 Cards	Comcast has been putting the seniors' email into your spam folder. Please move them to the inbox.	Potluck is when you bring a dish to share. Please label your potluck contribution with your name and what it is.	Printed Copies are in the wall pocket outside the senior center.