

Copies of the January
Drop-in Schedule are available
at the Senior Center front desk.

JANUARY

Drop-In Program Schedule



Monday Tuesday Wednesday Thursday Friday Saturday

Village Nurse Blood Pressure & Blood Sugar 8:30 am -10:00 am Mah Jongg 12:00 - 4:00 pm Ping Pong 12:30 - 3:00 pm	Cribbage 10 am - 12 pm Ask the Nurse 10am - 1 pm Chess Club 10:30 am -12:30 pm Poker 1:00 - 4:00 pm Wii Bowling 1:00 -2:30 pm Film Discussion "Music of the Heart" 1:00 pm	Open Card Room 8:30 am - 4:30 pm Italian Club 10 - 11:30 am Duplicate Bridge 12:00 - 4:00 pm Bingo 12:30 -2:00 pm	NCH Animal Therapy 9:00 - 10:30 am Mah Jongg 8:30 am - 3:30 pm Open Card Room 12:30 - 4:30 pm Bocce Ball 1:15 - 3:00 pm	Open Card Room 8:30 am - 4:30 pm Scrapbooking & More 8:30 am - 3:00 pm Travelogue "Norway" "India 10:00 - 11:00 am Wii Bowling 1:00 - 2:30 pm	Open Card Room 8:30 am - 12:00 pm Ping Pong 9:00 am - 12:00 pm Baggo 10:00 am - 12:00 pm
Village Nurse Blood Pressure & Blood Sugar 8:30 am -10:00 am Alzheimers/Dementia Support Group 10:30 am - 12:00 pm Mah Jongg 12:00 - 4:00 pm Ping Pong 12:30 - 3:00 pm Rummikub 1:00 - 3:30 pm	Cribbage 10 am - 12 pm Ask the Nurse 10am - 1 pm Chess Club 10:30 am -12:30 pm Wii Bowling 1:00 -2:30 pm	Open Card Room 8:30 am - 4:30 pm Duplicate Bridge 12:00 - 4:00 pm Bingo 12:30 -2:00 pm	Mah Jongg 8:30 am - 3:30 pm Open Card Room 12:30 - 4:30 pm Pinochle 12:30 - 3:00 pm	Open Card Room 8:30 am - 4:30 pm NCH Walker's Club 10 am Travelogue "Kincardine Castle" 10:00 - 11:00 am Wii Bowling 1:00 - 2:30 pm Free Movie "Little Women" 1:00 -3:15 pm	Closed Martin Luther King Jr. Day
Closed Martin Luther King Jr. Day	Cribbage 10 am-12 pm Ask the Nurse 10 am - 1 pm Chess Club 10:30 am -12:30 pm Poker 1:00 - 4:00 pm Wii Bowling 1:00 - 2:30 pm M2M (Memories to Memoirs) 1:30 - 3:30 pm	Open Card Room 8:30 am - 4:30 pm Duplicate Bridge 12:00 - 4:00 pm Bingo 12:30 -2:00 pm NCH Parkinson's Support Group 3:00 - 4:00 pm	Mah Jongg 8:30 am - 3:30 pm Open Card Room 12:30 - 4:30 pm Bocce Ball 1:15 - 3:00 pm	Open Card Room 8:30 am - 4:30 pm Travelogue "Poland and Hungary" 10:00 - 11:00 am Wii Bowling 1:00 -2:30 pm	Open Card Room 8:30 am - 12:00 pm Ping Pong 9:00 am - 12:00 pm Baggo 10:00 am - 12:00 pm
Village Nurse Blood Pressure & Blood Sugar 8:30 am -10:00 am Mah Jongg 12:00-4:00 pm Ping Pong 12:30 -3:00 pm Rummikub 1:00 - 3:30 pm	Cribbage 10 am-12 pm Ask the Nurse 10 am - 1 pm Drum Circle 10:00 am - 10:45 am Chess Club 10:30 am -12:30 pm Wii Bowling 1:00 - 2:30 pm	Open Card Room 8:30 am - 4:30 pm Duplicate Bridge 12:00 - 4:00 pm Portfolio Invest. Club 1:00 - 3:00 pm Bingo 12:30 -2:00 pm	Mah Jongg 8:30 am - 3:30 pm Open Card Room 12:30 - 4:30 pm Pinochle 12:30 - 3:00 pm	Open Card Room 8:30 am - 4:30 pm NCH Walker's Club 10 am Travelogue "Canada" 10:00 - 11:00 am Wii Bowling 1:00 -2:30 pm	Open Card Room 8:30 am - 12:00 pm Ping Pong 9:00 am - 12:00 pm
Village Nurse Blood Pressure & Blood Sugar 8:30 - 10:00 am Mah Jongg 12:00 - 4:00 pm Ping Pong 12:30 - 3:00 pm	Face Coverings Required regardless of vaccination status. If not feeling well, please stay home.			All Billiards OPEN: Mon-Sat operating hrs. Puzzle Table OPEN: Mon-Sat operating hrs. Café OPEN: Mon-Fri 9:00 am - 1:00 pm	

The Arlington Heights Senior Center, 1801 W. Central Road, Arlington Heights, IL 60005
 Phone: 847-253-5532 seniorcenter@vah.com

Mon/Wed. 8:30 am - 8:00 pm; Tues/Thurs/Friday 8:30 am - 4:30 pm
 Saturday 8:30 am - 12:30 pm



Copies of the February
Drop-in Schedule are available
at the Senior Center front desk.

FEBRUARY



Drop-In Program Schedule

Monday Tuesday Wednesday Thursday Friday Saturday

	Cribbage 10 am - 12 pm 1 Ask the Nurse 10am - 1 pm Chess Club 10:30 am -12:30 pm Poker 1:00 - 4:00 pm Wii Bowling 1:00 -2:30 pm Film Discussion "Howards' End" 1:00 pm	Open Card Room 2 8:30 am - 4:30 pm Italian Club 10 - 11:30 am Duplicate Bridge 12:00 - 4:00 pm Bingo 12:30 -2:00 pm	NCH Animal Therapy 3 9:00 - 10:30 am Mah Jongg 8:30 am - 3:30 pm Open Card Room 12:30 - 4:30 pm Bocce Ball 1:15 - 3:00 pm	Open Card Room 4 8:30 am - 4:30 pm Scrapbooking & More 8:30 am - 3:00 pm Travelogue "Cheese Nun" 10:00 - 11:00 am Wii Bowling 1:00 - 2:30 pm	Open Card Room 5 8:30 am - 12:00 pm Ping Pong 9:00 am - 12:00 pm
Village Nurse Blood Pressure & Blood Sugar 7 8:30 am -10:00 am Mah Jongg 12:00 - 4:00 pm Ping Pong 12:30 - 3:00 pm	Cribbage 10 am - 12 pm 8 Ask the Nurse 10am - 1 pm Chess Club 10:30 am -12:30 pm Wii Bowling 1:00 -2:30 pm	Open Card Room 9 8:30 am - 4:30 pm Duplicate Bridge 12:00 - 4:00 pm Bingo 12:30 -2:00 pm	Mah Jongg 10 8:30 am - 3:30 pm Open Card Room 12:30 - 4:30 pm Pinochle 12:30 - 3:00 pm	Open Card Room 11 8:30 am - 4:30 pm NCH Walker's Club 10 am Travelogue "France" 10:00 - 11:00 am Wii Bowling 1:00 - 2:30 pm Free Movie "No Time To Die" 1:00 -3:45 pm	Open Card Room 12 8:30 am - 12:00 pm Ping Pong 9:00 am - 12:00 pm Baggo 10:00 am - 12:00 pm
Village Nurse Blood Pressure & Blood Sugar 14 8:30 am -10:00 am Alzheimers/Dementia Support Group 10:30 am - 12:00 pm Mah Jongg Cancelled Today Rummikub Cancelled Today Ping Pong 12:30 - 3:00 pm	Cribbage 10 am-12 pm 15 Ask the Nurse 10 am - 1 pm Chess Club 10:30 am -12:30 pm Poker 1:00 - 4:00 pm Wii Bowling 1:00 -2:30 pm M2M (Memories to Memoirs) 1:30 - 3:30 pm	Open Card Room 16 8:30 am - 4:30 pm Italian Club 10 - 11:30 am Duplicate Bridge 12:00 - 4:00 pm Bingo 12:30 -2:00 pm NCH Parkinson's Support Group 3:00 - 4:00 pm	Mah Jongg 17 8:30 am - 3:30 pm Open Card Room 12:30 - 4:30 pm Bocce Ball 1:15 - 3:00 pm	Open Card Room 18 8:30 am - 4:30 pm Scrapbooking & More 8:30 am - 3:00 pm Travelogue "Lincoln Highway" 10:00 - 11:00 am Wii Bowling 1:00 -2:30 pm	Open Card Room 19 8:30 am - 12:00 pm Ping Pong 9:00 am - 12:00 pm
Village Nurse Blood Pressure & Blood Sugar 21 8:30 am -10:00 am Mah Jongg 12:00-4:00 pm Ping Pong 12:30 -3:00 pm	Cribbage 10 am-12 pm 22 Ask the Nurse 10 am - 1 pm Drum Circle 10:00 am - 10:45 am Chess Club 10:30 am -12:30 pm Wii Bowling 1:00 - 2:30 pm	Open Card Room 23 8:30 am - 4:30 pm Duplicate Bridge 12:00 - 4:00 pm Portfolio Invest. Club 1:00 - 3:00 pm Bingo 12:30 -2:00 pm	Mah Jongg 24 8:30 am - 3:30 pm Open Card Room 12:30 - 4:30 pm Pinochle 12:30 - 3:00 pm	Open Card Room 25 8:30 am - 4:30 pm NCH Walker's Club 10 am Travelogue "Historic Pathways" 10:00 - 11:00 am Wii Bowling 1:00 -2:30 pm	Open Card Room 26 8:30 am - 12:00 pm Ping Pong Cancelled Today Baggo 10:00 am - 12:00 pm
Village Nurse Blood Pressure & Blood Sugar 28 8:30 - 10:00 am Mah Jongg 12:00 - 4:00 pm Ping Pong 12:30 -3:00 pm Rummikub 1:00 - 3:30 pm		Face Coverings Required regardless of vaccination status. If not feeling well, please stay home.		All Billiards OPEN: Mon-Sat operating hrs. Puzzle Table OPEN: Mon-Sat operating hrs. Café OPEN: Mon-Fri 9:00 am - 1:00 pm	

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