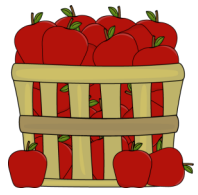






September

Drop-In Program Schedule



Monday Tuesday Wednesday Thursday Friday Saturday

<p>The Arlington Heights Senior Center, 1801 W. Central Road, Arlington Heights, IL 60005 Phone: 847-253-5532 seniorcenter@vah.com</p> <p>Mon/Wed. 8:30 am - 8:00 pm; Tues/Thurs/Friday 8:30 am - 4:30 pm; Saturday 8:30 am - 12:30 pm Saturday 8:30 am - 12:30 pm</p>		<p>Billiards & Puzzle Table OPEN: Mon-Sat operating hrs.</p> <p>Café OPEN: Mon-Fri: 9:00 am - 1:30 pm Sat: 9:00 - 11:00 am</p>	<p>Mah Jongg 8:30 am - 3:30 pm</p> <p>NCH Animal Therapy 9:00 - 10:30 am</p> <p>Open Card Room 12:30 - 4:30 pm</p> <p>Bocce Ball 1:15 - 3:00 pm</p>	<p>Open Card Room 8:30 am - 4:30 pm</p> <p>Scrapbooking & More 8:30 am - 3:00 pm</p> <p>Italian Social Club 10:00 am - 12:00 pm</p> <p>Travelogue: American Museum of Natural History 10:00 - 11:00 am</p> <p>Wii Bowling 1:00 - 2:30 pm</p> <p>Canasta 1:00 - 4:00 pm</p>	<p>3</p> <p>CLOSED</p> 
<p>5</p> <p>CLOSED</p> 	<p>6</p> <p>Cribbage 10 am - 12 pm</p> <p>Ask the Nurse 10am - 1 pm</p> <p>Chess Club 10:30 am - 12:30 pm</p> <p>Wii Bowling 1:00 - 2:30 pm</p> <p>Poker 1:00 - 4:00 pm</p>	<p>7</p> <p>Open Card Room 8:30 am - 4:30 pm</p> <p>Duplicate Bridge 12:00 - 4:00 pm</p> <p>Bingo 12:30 - 2:00 pm</p>	<p>8</p> <p>Mah Jongg 8:30 am - 3:30 pm</p> <p>Open Card Room 12:30 - 4:30 pm</p> <p>Pinochle 12:30 - 3:30 pm</p>	<p>9</p> <p>Open Card Room 8:30 am - 4:30 pm</p> <p>NCH Walker's Club 10 am</p> <p>Travelogue: Italian Riviera/ Veneto: 10:00 - 11:00 am</p> <p>Music Group 1:00-2:30 pm</p> <p>Wii Bowling 1:00 - 2:30 pm</p> <p>Free Movie - The Meddler 1:00 -3:30 pm</p>	<p>10</p> <p>Open Card Room 8:30 am - 12:00 pm</p> <p>Ping Pong 9:00 am - 12:00 pm</p> <p>Baggo 10:00 am - 12:00 pm</p> <p>Korean Parkinson's Support Group 10:00 am - 12:00 pm</p>
<p>12</p> <p>Village Nurse Blood Pressure & Blood Sugar 8:30 am - 10:00 am</p> <p>Alzheimer's/Dementia Support Group 10:00 am - 12:00 pm</p> <p>Mah Jongg 12:00 - 4:00 pm</p> <p>Rummikub 1:00 - 3:30 pm</p> <p>Podcast Connection 1:00 - 2:00 pm</p> <p>Ping Pong 12:30 - 3:00 pm</p>	<p>13</p> <p>Cribbage 10:00 am - 12 pm</p> <p>Ask the Nurse 10 am - 1 pm</p> <p>Chess Club 10:30 - 12:30 pm</p> <p>Wii Bowling 1:00 -2:30 pm</p>	<p>14</p> <p>Open Card Room 8:30 am - 4:30 pm</p> <p>Duplicate Bridge *CANCELED TODAY*</p> <p>Bingo *CANCELED TODAY*</p>	<p>15</p> <p>Mah Jongg 8:30 am - 3:30 pm</p> <p>Open Card Room 12:30 - 4:30 pm</p> <p>Bocce Ball 1:15 - 3:00 pm</p>	<p>16</p> <p>Open Card Room 8:30 am - 4:30 pm</p> <p>Italian Social Club 10:00 am - 12:00 pm</p> <p>Travelogue - The Astors 10:00 - 11:00 am</p> <p>Wii Bowling 1:00 -2:30 pm</p> <p>Canasta 1:00 - 4:00 pm</p>	<p>17</p> <p>Open Card Room 8:30 am - 12:00 pm</p> <p>Ping Pong 9:00 am - 12:00 pm</p>
<p>19</p> <p>Village Nurse Blood Pressure & Blood Sugar 8:30 am - 10:00 am</p> <p>Scrapbooking & More 8:30 am - 7:00 pm</p> <p>Meditation: 10:30 - 11:30 am</p> <p>Mah Jongg 12:00 - 4:00 pm</p> <p>Ping Pong 12:30 - 3:00 pm</p>	<p>20</p> <p>Cribbage 10 am -12 pm</p> <p>Ask the Nurse 10 am - 1 pm</p> <p>Chess Club 10:30 am - 12:30 pm</p> <p>Poker 1:00 - 4:00 pm</p> <p>Wii Bowling 1:00 - 2:30 pm</p> <p>M2M (Memories to Memoirs) 1:30 - 3:30 pm</p>	<p>21</p> <p>Open Card Room 8:30 am - 4:30 pm</p> <p>Duplicate Bridge 12:00 - 4:00 pm</p> <p>Bingo 12:30 - 2:00 pm</p> <p>NCH Parkinson's Support Group 3:00 - 4:00 pm</p>	<p>22</p> <p>Mah Jongg 8:30 am - 3:30 pm</p> <p>Open Card Room 12:30 - 4:30 pm</p> <p>Pinochle 12:30 - 3:30 pm</p>	<p>23</p> <p>Open Card Room 8:30 am - 4:30 pm</p> <p>NCH Walker's Club 10 am</p> <p>Travelogue - Earth's Sacred Wonders 10:00 - 11:00 am</p> <p>Music Group 1:00-2:30 pm</p> <p>Wii Bowling 1:00 -2:30 pm</p>	<p>24</p> <p>Open Card Room 8:30 am - 12:00 pm</p> <p>Ping Pong 9:00 am - 12:00 pm</p> <p>Baggo 10:00 am - 12:00 pm</p>
<p>26</p> <p>Village Nurse Blood Pressure & Blood Sugar 8:30 am - 10:00 am</p> <p>Mah Jongg 12:00 - 4:00 pm</p> <p>Ping Pong 12:30 - 3:00 pm</p> <p>Rummikub 1:00 - 3:30 pm</p>	<p>27</p> <p>Cribbage 10 am-12 pm</p> <p>Ask the Nurse 10 am - 1 pm</p> <p>Drum Circle Therapy 10:00 am - 10:45 am</p> <p>Chess Club: 10:30 am -12:30 pm</p> <p>Wii Bowling 1:00 - 2:30 pm</p> <p>Park Place Investment 1:00 - 3:00 pm</p>	<p>28</p> <p>Open Card Room 8:30 am - 4:30 pm</p> <p>Duplicate Bridge 12:00 - 4:00 pm</p> <p>Bingo 12:30 - 2:00 pm</p> <p>Portfolio Invest. Club 1:00 - 3:00 pm</p>	<p>29</p> <p>Mah Jongg 8:30 am - 3:30 pm</p> <p>Open Card Room 12:30 - 4:30 pm</p>	<p>30</p> <p>Open Card Room 8:30 am - 4:30 pm</p> <p>Travelogue - Greek Islands/ Cruising Skills 10:00 - 11:00 am</p> <p>Wii Bowling 1:00 -2:30 pm</p>	  <p>ARLINGTON HEIGHTS SENIOR CENTER</p>