



EVERLEIGH™
VERNON HILLS

SUN MON TUE WED THU FRI SAT

Let's do some SPRING CLEANING for the SPARROW'S NEST!

Please consider donating new or gently used items.
Box will be in the Lobby May 5 for the month.

Visit
hosparrow.org

1 8a Cardio Fitness w Jen 2p Rummikub 2p Fitness vdo 30min Intermediate	2 9am Walking Club 10a Mahjong 10:30a Stretch Band & Sittercize 5p Dos de Mayo Fiesta! 7p Hand&Foot Canasta	3 10a Dance Fitness w Lauren 3p Farkle 7p Rummikub	4 2p Bridge
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MAY

5 9am Walking Club 10:30a Stretch Band & Sittercize 1p (TH) Armchair Traveler: "Surviving the Serengeti" 2p Fitness vdo 30min Intermediate	6 10a Stability & Fitness w Jen 11a OUTING - Adler Arts Ctr Gallery featuring botanical art by the Reed Turner Botanical Artists. \$\$ for lunch afterwards. Must RSVP in binder 3p (GR) CALENDAR CHAT 430p Gentle Yoga w Stephanie MUST sign up in Binder 7p Christian Discipleship	7 Canceled moved to 9a Coffee n Donuts 9a Walking Club 9a Scrabble 10:30a Stretch Band & Sittercize 5p Tai Chi w Peg MUST sign up in Binder 6p (AR) BOOK CLUB - "The Women" by Kristin Hannah (this is rescheduled from April) 7p Hand&Foot Canasta	8 8a Cardio Fitness w Jen 2:30p (TH) Art Talk: Thomas Kinkade 2p Rummikub 2p Fitness vdo 30min Intermediate	9 9a Coffee n Donuts 9am Walking Club 10a Mahjong 10:30 Stretch Band & Sittercize 4p Mimosas Before Mother's Day! 7p Hand&Foot Canasta	10 10a Dance Fitness w Lauren 3p Farkle 7p Rummikub	11 2p Bridge
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LEGEND
 Red = RESIDENT Led Programs
 Black = EVH Programs
 AR=Art Room
 ER=Exercise Room
 GR=Great Room
 TH= Theater
 DK=Demo Kitchen area

SIGNUPS Certain Programs & Fitness classes require signups, these are HIGHLIGHTED in YELLOW
 SignUp Binder is behind the front desk.

RSVPs (different than Sign-Ups)
 Please note RSVPs for some events are required and may be thru email and/or with Holly, check with her.

AMENITY areas are available to reserve for private functions in 3 hour increments.

Please see Holly if you have any questions or would like to learn more.
 **CALENDAR may change without notice

12 9am Walking Club 10:30a Stretch Band & Sittercize 12p (AR) Gazette Staff Meeting 1p (TH) Armchair Traveler: "The Mostly Serious History of Wine" 2p Fitness vdo 30min Intermediate	13 10a Stability & Fitness w Jen 12p (AR) EVH Container Garden Club 430p Gentle Yoga w Stephanie MUST sign up in Binder 7p Christian Discipleship	14 9a Coffee n Donuts 9a Walking Club 9a Scrabble 10:30a Stretch Band & Sittercize 5p Tai Chi w Peg MUST sign up in Binder 7p Hand&Foot Canasta	15 8a Cardio Fitness w Jen 1p (TH) Community Leader Chat: Village of Vernon Hills Trustee Thom Koch; Sign up in Binder 2p Rummikub 2p Fitness vdo 30min Intermediate 5p Happy Hour w DJ Dan!	16 9am Walking Club 10a Mahjong 10:30a Stretch Band & Sittercize 12:30p OUTING - Titanic Exhibit at Old Orchard- Buy tix & register online, \$\$lunch afterwards. Must RSVP in binder. 6p (TH) Navigating Life's Transitions w Ruth 7p Hand&Foot Canasta	17 10a Dance Fitness w Lauren 3p Farkle 7p Rummikub	18 2p Bridge Vernon Hills Event Craft Beer Tasting Century Park 3-7pm, \$\$ vhparkdistrict.org
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19 9am Walking Club 10:30a Stretch Band & Sittercize 2p Fitness vdo 30min Intermediate	20 10a Stability & Fitness w Jen 430p Gentle Yoga w Stephanie MUST sign up in Binder 7p Christian Discipleship	21 9a Coffee n Donuts 9a Walking Club 9a Scrabble 10:30a Stretch Band & Sittercize 5p Tai Chi w Peg MUST sign up in Binder 7p Hand&Foot Canasta	22 8a Cardio Fitness w Jen 2p Rummikub 2p Fitness vdo 30min Intermediate	23 9am Walking Club 10a Mahjong 10:30a Stretch Band & Sittercize 5p Bingo Happy Hour 7p Hand&Foot Canasta	24 10a Dance Fitness w Lauren 3p Farkle 7p Rummikub	25 2p Bridge
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26 9am Walking Club 10:30a Stretch Band & Sittercize 12p (AR) Gazette Staff Meeting 2p Fitness vdo 30min Intermediate	27 Memorial Day 10a Stability & Fitness w Jen 1p ATW: Around the World - DUMPLINGS from 3 countries; MUST sign up in binder & get ticket; space limited 430p Gentle Yoga w Stephanie MUST sign up in Binder 7p Christian Discipleship	28 9a Coffee n Donuts 9am Walking Club 9am Scrabble 10:30a Stretch Band & Sittercize 1p (TH) LCFPD Lecture: MAMMALS of Lake County 4p (AR) Let's Color Away Stress! 5p Tai Chi w Peg MUST sign up in Binder 6p (AR) BOOK CLUB "Erasure" by Percival Everett 7p Hand&Foot Canasta	29 8a Cardio Fitness w Jen 2p Rummikub 2p Fitness vdo 30min Intermediate 5p Viewing Party Happy Hour! Film TBD	30 9am Walking Club 10a Mahjong 10:30a Stretch Band & Sittercize 7p Hand&Foot Canasta	31 10a Dance Fitness w Lauren 3p Farkle 7p Rummikub	
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