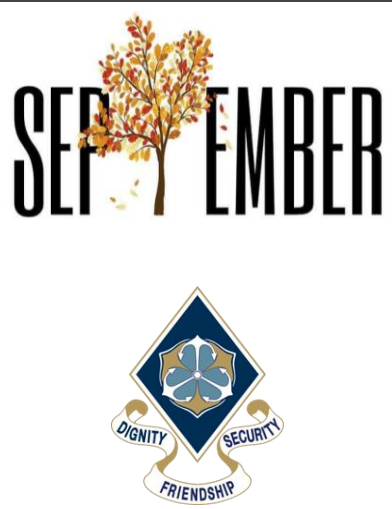




September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31	1	2	3	4
	<p>HAPPY HOUR Monday - Friday First Seating: 4:15 pm - 5:15 pm Second Seating: 5:30 pm - 6:30 pm For reservations call Ext 2996</p> 	<p> 10:00am Get Fit Stay Fit, FC 10:22am HasFit, TV 10:30am Bus to Giant 12:00pm Advanced Painting AC 2:00pm Balance & Gait, FC 2:00pm The Needlers, SL 2:00pm Advanced Photography AC 5:00pm Instrument Lessons AA</p>	<p> 9:00am Pool Volleyball 10:00am Fitness Class, FC 10:00am Beginner Painting AC 10:19am HasFit, TV 10:30am Bus to Trader Joe's 11:00am Investment Club, AA 12:00pm Drawing AC 12:30pm Dance w/ Grace, Studio D 1:00pm Bridge, SL 1:30pm Facilities Team Meet & Greet AA 2:00pm Beginner Photography AC</p>	<p> 8:45am Water Aerobics 9:30am Bus to Ft. Myer 10:00am Beginners Painting AC 10:19am HasFit, TV 10:30am Circle of Support, FR 10:30am Drum Circle WO Tree 11:00am Yoga w/ Cindy Studio D 12:00pm Advanced Painting AC 1:30pm Bus to Ft. Myer 2:00pm Balance & Gait, FC 4:00pm HasFit, TV 5:15pm Vinson Voices, AA</p>	<p> 10:00am Pickle Ball, LP 10:00am Get Fit Stay Fit, FC 10:22am HasFit, TV 10:30am Bus to Safeway 2:00pm Pool Volleyball 3:00pm Tech Class, AA 3:00pm Ping Pong, Studio D 6:45pm Bus departs to Wolf Trap</p>	<p> 10:30am Bus to Giant 1:00pm Cribbage, SL 2:00pm Fitness w/ George, TV 3:00pm Gentle Chair Yoga, TV 4:00pm Catholic Mass, CH</p>
5	6	7	8	9	10	11
<p> 9:00am HasFit, TV 10:30am Protestant Chapel Service, CH 1:00pm HasFit, TV 2:00pm George w/ Bands, TV</p>	<p>Offices Closed Labor Day 1:00pm Bridge, SL</p> 	<p> 9:00am Mens Breakfast, DR 10:00am Get Fit Stay Fit, FC 10:22am HasFit, TV 10:30am Bus to Giant 10:30am H&W Committee Meeting, PHC 12:00pm Advanced Painting AC 1:00pm Bus to Fair Lakes 2:00pm Advanced Photography AC 2:00pm Balance & Gait, FC 2:00pm The Needlers, SL 4:00pm Great Decision A, PHC 5:00pm Instrument Lessons AA</p>	<p> 9:00am Pool Volleyball 10:00am Fitness Class, FC 10:00am Beginner Painting AC 10:19am HasFit, TV 10:30am Bus to Trader Joe's 12:00pm Drawing AC 12:30pm Dance w/ Grace, Studio D 1:00pm Bridge, SL 2:00pm Wandering Docent, AA 2:00pm NFCU PHC 2:00pm Beginner Photography AC</p>	<p> 8:45am Water Aerobics 9:30am Bus to Ft. Myer 10:00am Beginners Painting AC 10:19am HasFit, TV 10:30am Drum Circle WO Tree 11:00am Yoga w/ Cindy Studio D 12:00pm Advanced Painting AC 1:30pm Bus to Ft. Myer 2:00pm Balance & Gait, FC 2:00pm Mindfulness AA 4:00pm HasFit, TV 5:15pm Vinson Voices, AA</p>	<p> 8:45am Bus to Baltimore Trifecta 10:00am Pickle Ball, LP 10:00am Get Fit Stay Fit, FC 10:22am HasFit, TV 10:30am Bus to Safeway 11:30am Eating Well=Aging Well, AA 1:00pm Farmers Market, B 2:00pm Pool Volleyball 3:00pm Ping Pong, Studio D</p>	<p> 10:30am Bus to Giant 12:00pm Still Standing Strong Event WO Tree 1:00pm Cribbage, SL 2:00pm Fitness w/ George, TV 3:00pm Gentle Chair Yoga, TV 4:00pm Catholic Mass, CH</p>
12	13	14	15	16	17	18
<p> 9:00am HasFit, TV 10:30am Protestant Chapel Service, CH 1:00pm HasFit, TV 2:00pm George w/ Bands, TV</p>	<p> 8:45am Water Aerobics 10:00am Pickle Ball, LP 10:00am Fitness Class, FC 10:30am Low Vision Support Group, PHC 10:30am Bus to Safeway 1:00pm Bridge, SL 2:00pm Women's Book Club, PHC</p>	<p> 10:00am Get Fit Stay Fit, FC 10:22am HasFit, TV 10:30am Bus to Wegmans 12:00pm Advanced Painting AC 2:00pm Balance & Gait, FC 2:00pm The Needlers, SL 2:00pm Advanced Photography AC 5:00pm Instrument Lessons AA 6:30pm Bus to Kennedy Center</p>	<p> 9:00am Pool Volleyball 10:00am Fitness Class, FC 10:00am Beginner Painting AC 10:19am HasFit, TV 10:30am Bus to Trader Joe's 12:00pm Drawing AC 12:30pm Dance w/ Grace, Studio D 1:00pm Bridge, SL 2:00pm Beginner Photography AC</p>	<p> 8:45am Water Aerobics 9:30am Bus to Ft. Myer 10:00am Beginners Painting AC 10:00am Executive Board Meeting, AA 10:19am HasFit, TV 10:30am Circle of Support, FR 10:30am Drum Circle WO Tree 11:00am Yoga w/ Cindy Studio D 12:00pm Advanced Painting AC 1:30pm Bus to Ft. Myer 2:00pm Balance & Gait, FC 4:00pm HasFit, TV 5:15pm Vinson Voices, AA</p>	<p> 10:00am Pickle Ball, LP 10:00am Get Fit Stay Fit, FC 10:22am HasFit, TV 10:30am Bus to Safeway 2:00pm Pool Volleyball 3:00pm Ping Pong, Studio D 3:00pm Tech Class, AA</p>	<p> 10:30am Bus to Giant 1:00pm Cribbage, SL 2:00pm Fitness w/ George, TV 3:00pm Gentle Chair Yoga, TV 4:00pm Catholic Mass, CH 4:30-6:30pm Cognac Jazz Band Returns</p>

19	20	21	22	23	24	25
<p>🏃 9:00am HasFit, TV</p> <p>🕊️ 10:30am Protestant Chapel Service, CH</p> <p>🏃 1:00pm HasFit, TV</p> <p>🏃 2:00pm George w/ Bands, TV</p>	<p>🏃 8:45am Water Aerobics</p> <p>🚌 9:00am Bus to D.C Monuments</p> <p>🏃 10:00am Pickle Ball, LP</p> <p>🏃 10:00am Fitness Class, FC</p> <p>🚌 10:30am Bus to Safeway</p> <p>🏠 1:00pm Bridge, SL</p> <p>❤️ 2:00pm Spouses As Caregivers PHC</p> <p>3:00pm Ecumenical Discussions AA</p> <p>🗣️ 7:00pm Steve Friedman Presents AA</p>	<p>👩 9:00am Womens Breakfast, DR</p> <p>🏃 10:00am Get Fit Stay Fit, FC</p> <p>❤️ 10:00am Hearing Aids Tech. talk AA</p> <p>🏃 10:22am HasFit, TV</p> <p>🚌 10:30am Bus to Giant</p> <p>🗣️ 12:00pm Advanced Painting AC</p> <p>🚌 1:00pm Bus to Ballston Quarter</p> <p>🗣️ 2:00pm Advanced Photography AC</p> <p>🏃 2:00pm Balance & Gait, FC</p> <p>❤️ 2:00pm The Needlers, SL</p> <p>🏠 3:00pm Birthday Tea, SL</p> <p>🗣️ 5:00pm Instrument Lessons AA</p> <p>🕊️ 7:00pm Episcopal Service, CH</p>	<p>🏃 9:00am Pool Volleyball</p> <p>🏃 10:00am Fitness Class, FC</p> <p>🗣️ 10:00am Beginner Painting AC</p> <p>🏃 10:19am HasFit, TV</p> <p>🚌 10:30am Bus to Trader Joe's</p> <p>🗣️ 12:00pm Drawing AC</p> <p>🏃 12:30pm Dance w/ Grace, Studio D</p> <p>🏠 1:00pm Bridge, SL</p> <p>🗣️ 2:00pm Beginner Photography AC</p> <p>2:00pm NFCU PHC</p> <p>3pm Alzheimer's Wine Tasting Fundraiser B</p> <p>7:15pm 1st Day of Autumn Concert AA</p> 	<p>🏃 8:45am Water Aerobics</p> <p>🚌 9:30am Bus to Ft. Myer</p> <p>🗣️ 10:00am Beginners Painting AC</p> <p>🏃 10:19am HasFit, TV</p> <p>10:30am Residents Assoc. Meeting, AA</p> <p>10:30am Drum Circle WO Tree</p> <p>🏃 11:00am Yoga w/ Cindy, Studio D</p> <p>🗣️ 12:00pm Advanced Painting AC</p> <p>1:30pm Bus to Ft. Myer</p> <p>🏃 2:00pm Balance & Gait, FC</p> <p>🏃 4:00pm HasFit, TV</p> <p>🏠 5:15pm Vinson Voices, AA</p>	<p>🏃 10:00am Pickle Ball, LP</p> <p>🏃 10:00am Get Fit Stay Fit, FC</p> <p>🏃 10:22am HasFit, TV</p> <p>🚌 10:30am Bus to Safeway</p> <p>🏃 1:00pm Farmers Market, B</p> <p>🏃 2:00pm Pool Volleyball</p> <p>🏃 3:00pm Ping Pong, Studio D</p> <p>7:00pm Ambassador Ronald Neumann Talks AA</p>	<p>🚌 10:30am Bus to Giant</p> <p>🏠 1:00pm Cribbage, SL</p> <p>🏃 2:00pm Fitness w/ George, TV</p> <p>🏃 3:00pm Gentle Chair Yoga, TV</p> <p>🕊️ 4:00pm Catholic Mass, CH</p> <p>🏠 7:00pm Movie Night, AA</p>
26	27	28	29	30	MEETING PLACES	DIMENSIONS OF WELLNESS
<p>🏃 9:00am HasFit, TV</p> <p>🕊️ 10:30am Protestant Chapel Service, CH</p> <p>🏃 1:00pm HasFit, TV</p> <p>🏃 2:00pm George w/ Bands, TV</p>	<p>🏃 8:45am Water Aerobics</p> <p>🏃 10:00am Pickle Ball, LP</p> <p>🏃 10:00am Fitness Class, FC</p> <p>🚌 10:30am Bus to Safeway</p> <p>🏠 1:00pm Bridge, SL</p> <p>1:30pm Corn Bag Toss B</p>	<p>🏃 10:00am Get Fit Stay Fit, FC</p> <p>🏃 10:22am HasFit, TV</p> <p>🚌 10:30am Bus to Giant</p> <p>🗣️ 12:00pm Advanced Photography AC</p> <p>🚌 1:00pm Bus to Tysons Mall</p> <p>🗣️ 2:00pm Advanced Photography AC</p> <p>🏃 2:00pm Balance & Gait, FC</p> <p>❤️ 2:00pm The Needlers, SL</p> <p>🗣️ 5:00pm Instrument Lessons AA</p> <p>🗣️ 7:00pm Muriel Ellis Talks B</p>	<p>🏃 9:00am Pool Volleyball</p> <p>🏃 10:00am Fitness Class, FC</p> <p>🗣️ 10:00am Beginner Painting AC</p> <p>🏃 10:19am HasFit, TV</p> <p>🚌 10:30am Bus to Trader Joe's</p> <p>🗣️ 12:00pm Drawing AC</p> <p>🏃 12:30pm Dance w/ Grace, Studio D</p> <p>🏠 1:00pm Bridge, SL</p> <p>🗣️ 2:00pm Beginner Photography AC</p>	<p>🏃 8:45am Water Aerobics</p> <p>🚌 9:30am Bus to Ft. Myer</p> <p>🗣️ 10:00am Beginners Painting AC</p> <p>🏃 10:19am HasFit, TV</p> <p>10:30am Drum Circle WO Tree</p> <p>🏃 11:00am Yoga w/ Cindy, Studio D</p> <p>🗣️ 12:00pm Advanced Painting AC</p> <p>1:30pm Bus to Ft. Myer</p> <p>🏃 2:00pm Balance & Gait, FC</p> <p>🏃 4:00pm HasFit, TV</p> <p>🏠 5:15pm Vinson Voices, AA</p>	<p>Pool-VH Pool</p> <p>FC-Fitness Center</p> <p>TV-TV</p> <p>B-Kathy Martin Ballroom</p> <p>Studio D-Studio D</p> <p>SL-Sylvester Lounge</p> <p>FR-Fireplace Room</p> <p>AA-Alford Auditorium</p> <p>LP-Linway Park</p> <p>CH-Chapel</p> <p>PHC-PH Conference Room</p> <p>DR-Dining Room</p>	<p>🏃 Physical</p> <p>❤️ Emotional</p> <p>🕊️ Spiritual</p> <p>🌱 Financial</p> <p>👥 Social</p> <p>🗣️ Intellectual</p> <p>🏥 Health Services</p> <p>🍏 Nutritional</p> <p>🎯 Purposeful</p>



VINSON HALL RETIREMENT COMMUNITY

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