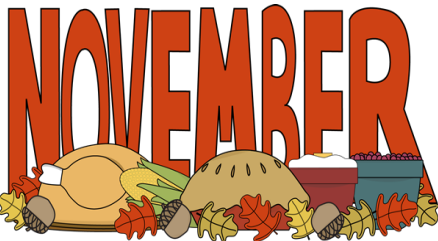



November 2021

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Election Day	3	4	5	6
	<ul style="list-style-type: none"> 8:00am Pickle Ball SP 8:45am Water Aerobics P 9:30am Hasfit TV 10:00am Fitness Class FC&TV 10:30am Bus to Safeway 1:00pm Bridge SL 1:00pm Yoga for Posture TV 3:00pm Ecumenical Discussions AA 	<ul style="list-style-type: none"> 9:00am Men's Fellowship Breakfast DR 9:30am Hasfit TV 10:00am Get Fit Stay Fit FC 10:30am H&W Committee Meeting PHC 11:00am Bus to Giant 12:00pm Advanced Painting AC 1:00pm Bus to Fair Lakes 1:00pm EAF Meeting AA 2:00pm Advanced Photography AC 2:00pm The Needlers SL 2:00pm Balance & Gait FC 4:00pm Great Decision A PHC 5:00pm Instrument Lessons AA 7:00pm Steve Friedman AA 	<ul style="list-style-type: none"> 9:30am Hasfit TV 10:00am Beginner Painting AC 10:00am Fitness Class FC&TV 10:25am Bus to Arl. Cemetery 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 2:00pm NFCU PHC 	<ul style="list-style-type: none"> 8:45am Water Aerobics P 9:30am Bus to Ft. Myer 10:00am Beginner Painting AC 10:00am Fitness Class TV 10:15am Drum Circle WOF 11:00am Yoga w/ Cindy FC&TV 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 	<ul style="list-style-type: none"> 8:00am Pickle Ball SP 9:30am Hasfit TV 10:00am Star Spangled Banner Presentation AA 10:00am Get Fit Stay Fit TV 10:30am Bus to Safeway 11:00am Tech Class AA 3:00pm Tech Class AA 	<ul style="list-style-type: none"> 10:30am Bus to Giant 1:00pm Cribbage SL 2:00pm Fitness w/ George TV 3:00pm Yoga w/ Cindy TV
7	8	9	10	11	12	13
<ul style="list-style-type: none"> 9:30am HasFit TV 2:00pm Get Fit Stay Fit TV <p style="background-color: #000080; color: white; padding: 2px; text-align: center;">Daylight saving time ends</p>	<ul style="list-style-type: none"> 8:00am Pickle Ball SP 8:45am Water Aerobics P 9:30am Hasfit TV 10:00am Fitness Class FC&TV 10:30am Low Vision Support Group PHC 10:30am Bus to Safeway 1:00pm Bridge SL 1:00pm Yoga for Posture TV 2:00pm Women's Book Club PHC 2:30pm National Cappuccino Day Bistro 	<ul style="list-style-type: none"> 9:30am Hasfit TV 10:00am Get Fit Stay Fit FC 10:30am Bus to Wegmans 10:30am Hearing Aid Talk Zoom 12:00pm Advanced Painting AC 2:00pm Advanced Photography AC 2:00pm The Needlers SL 2:00pm Balance & Gait FC 5:00pm Instrument Lessons AA 	<ul style="list-style-type: none"> 9:30am Hasfit TV 10:00am Beginner Painting AC 10:00am Fitness Class FC&TV 10:00am VHRA Executive Board Meeting AA 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 2:00pm Wandering Docent AA <p style="background-color: #000080; color: white; padding: 2px; text-align: center;">USMC 246th Birthday</p>	<ul style="list-style-type: none"> 8:45am Water Aerobics P 9:30am Bus to Ft. Myer 10:00am Beginner Painting AC 10:00am Fitness Class TV 10:15am Drum Circle WOF 11:00am Yoga w/ Cindy FC&TV 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 style="text-align: center; color: red;">Veterans' Day</p>	<ul style="list-style-type: none"> 8:00am Pickle Ball SP 8:45am Bus to Richmond 9:30am Hasfit TV 10:00am Get Fit Stay Fit TV 10:30am Bus to Safeway 11:30am Eating Well=Aging Well AA 1:00pm Farmers Market B 7:00pm Vinson Voices Veterans Day Concert AA 	<ul style="list-style-type: none"> 10:30am Bus to Giant 1:00pm Cribbage SL 2:00pm Fitness w/ George TV 3:00pm Yoga w/ Cindy TV 7:00pm Movie Night AA
14	15	16	17	18	19	20
<ul style="list-style-type: none"> 9:30am HasFit TV 2:00pm Get Fit Stay Fit TV 	<ul style="list-style-type: none"> 8:00am Pickle Ball SP 8:45am Water Aerobics P 9:30am Hasfit TV 10:00am Fitness Class FC&TV 10:30am Bus to Safeway 1:00pm Bridge SL 1:00pm Yoga for Posture TV 2:00pm Spouses As Caregivers PHC 3:00pm Ecumenical Discussions AA 7:15pm Bike Travel Talk B 	<ul style="list-style-type: none"> 9:00am Women's Breakfast DR 9:30am Hasfit TV 10:00am Get Fit Stay Fit FC 10:30am Bus to Giant 12:00pm Advanced Painting AC 1:00pm Bus to Ballston Quarter 2:00pm Advanced Photography AC 2:00pm The Needlers SL 2:00pm Balance & Gait FC 3:00pm Birthday Tea SL 5:00pm Instrument Lessons AA 7:00pm Episcopal Service CH 	<ul style="list-style-type: none"> 9:30am Hasfit TV 10:00am Beginner Painting AC 10:00am Fitness Class TV&FC 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 2:00pm NFCU PHC 	<ul style="list-style-type: none"> 8:45am Water Aerobics P 9:30am Bus to Ft. Myer 10:00am Beginner Painting AC 10:00am Executive Board Meeting AA 10:00am Fitness Class TV 10:15am Drum Circle WOF 10:30am Residents Association Meeting AA 11:00am Yoga w/ Cindy FC&TV 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 	<ul style="list-style-type: none"> 8:00am Pickle Ball SP 9:30am Hasfit TV 10:00am Get Fit Stay Fit TV 10:30am Bus to Safeway 11:00am Tech Class AA 1:00pm Farmers Market B 3:00pm Tech Class AA 	<ul style="list-style-type: none"> 10:30am Bus to Giant 1:00pm Cribbage SL 2:00pm Fitness w/ George TV 3:00pm Yoga w/ Cindy TV 4:30pm-6pm Bistro Jazz Night Bistro

21	22	23	24	25	26	27
<p>🏃 9:30am HasFit TV 🏃 2:00pm Get Fit Stay Fit TV</p>	<p>🏃 8:00am Pickle Ball SP 🏃 8:45am Water Aerobics P 🏃 9:30am Hasfit TV 🏃 10:00am Fitness Class FC&TV 10:30am Bus to Safeway 🏃 1:00pm Bridge SL 🏃 1:00pm Yoga for Posture TV</p>	<p>🏃 9:30am Hasfit TV 🏃 10:00am Get Fit Stay Fit FC 10:30am Bus to Giant 🏃 11:30am American Legion Luncheon Bistro 🏃 12:00pm Advanced Painting AC 1:00pm Bus to Tysons Mall 🏃 2:00pm Advanced Photography AC 🏃 2:00pm The Needlers SL 🏃 2:00pm Balance & Gait FC 🎷 5:00pm Instrument Lessons AA</p>	<p>🏃 9:30am Hasfit TV 🏃 10:00am Beginner Painting AC 🏃 10:00am Fitness Class TV&FC 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>🏃 10:00am Fitness Class TV 🏃 11:00am Yoga w/ Cindy TV 11:30am Thanksgiving Meal DR 🏃 4:00pm HasFit TV</p> <p style="text-align: center;">Happy Thanksgiving!</p>	<p>🏃 8:00am Pickle Ball SP 🏃 9:30am Hasfit TV 🏃 10:00am Get Fit Stay Fit TV 10:30am Bus to Safeway 7:00pm Acosta Band B</p>	<p>10:30am Bus to Giant 🏃 1:00pm Cribbage SL 🏃 2:00pm Fitness w/ George TV 🏃 3:00pm Yoga w/ Cindy TV</p>
28	29	30	DEC 1	DEC 2	MEETING PLACES	DIMENSIONS OF WELLNESS
<p>🏃 9:30am HasFit TV 🏃 2:00pm Get Fit Stay Fit TV</p>	<p>🏃 8:00am Pickle Ball SP 🏃 8:45am Water Aerobics P 🏃 9:30am Hasfit TV 🏃 10:00am Fitness Class FC&TV 10:30am Bus to Safeway 🏃 1:00pm Bridge SL 🏃 1:00pm Yoga for Posture TV</p>	<p>🏃 9:30am Hasfit TV 🏃 10:00am Get Fit Stay Fit FC 🏃 12:00pm Advanced Painting AC 🏃 2:00pm Advanced Photography AC 🏃 2:00pm The Needlers SL 🏃 2:00pm Balance & Gait FC 4:30pm 5 Coarse Wine Dinner Bistro 🎷 5:00pm Instrument Lessons AA</p>	<p>🏃 9:30am Hasfit TV 🏃 10:00am Beginner Painting AC 🏃 10:00am Fitness Class TV&FC 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>HAPPY HOUR <u>Max capacity 25 people</u> Monday - Friday 4pm-6pm For reservations call Ext 2996</p> 	<p>SP - Sports Park P - Pool TV - TV Bus - Bus SL - Sylvester Lounge PHC - PH Conference Room DR - Dining Room AC - Art Center AA - Alford Auditorium FC - Fitness Center WOF – Willow Oak Fountain FR - Fireplace Room B - Kathy Martin Ballroom CH - Chapel Bistro - Bistro ZOOM - ZOOM</p>	<p>🏃 Physical ❤️ Emotional 🕊️ Spiritual 🌱 Financial 👥 Social 🧠 Intellectual 🏥 Health Services 🍏 Nutritional 🤝 Purposeful</p>



VINSON HALL RETIREMENT COMMUNITY

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