


## Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>  9:30am HASfit <b>TV</b>   10:00am Fitness Class <b>TV</b>   10:30am Yoga for Posture 2 <b>TV</b>   11:00am Protestant Chapel Service <b>CH</b>   3:05pm Bus to New Dominion Chorale concert </p> 	<p>  8:45am Water Exercise A <b>P</b>   9:00am Pickle Ball <b>SP</b>   9:30am HASfit <b>TV</b>   9:30am Water Exercise B <b>P</b>   10:00am Fitness Class <b>FC/TV</b>   10:30am Bus to Safeway   10:30am Yoga for Posture <b>TV</b>   1:00pm Bridge <b>PHSL</b>   1:15pm Motion is Lotion <b>SD</b>   3:00pm Ecumenical Discussions <b>AA</b> </p>	<p>  9:00am Mens Fellowship Breakfast <b>DR</b>   9:30am HASfit <b>TV</b>   10:00am Get Fit Stay Fit <b>FC/TV</b>   10:30am Yoga for Posture 2 <b>TV</b>   10:30am Painting Workshop <b>AC</b>   10:30am Bus to Giant   10:30am Health &amp; Wellness Committee Meeting <b>AA</b>   12:00pm Advanced Painting <b>AC</b>   1:00pm Bus to Fair Lakes   2:00pm Advanced Photo <b>AC</b>   2:00pm Basic Balance&amp;Gait <b>FC</b>   2:00pm The Needlers <b>PHSL</b> </p>	<p>  9:00am Pool Volleyball <b>P</b>   9:30am HASfit <b>TV</b>   10:00am Beginner Painting <b>AC</b>   10:00am Fitness Class <b>FC/TV</b>   10:30am Bus to Trader Joe's   11:00am Investment Club <b>AA</b>   12:00pm Drawing <b>AC</b>   1:00pm Bridge <b>PHSL</b>   2:00pm Intermediate Photography <b>AC</b>   2:00pm Marta Harkin's Celebration of Life <b>CH</b>   7:00pm Play Reading Highest Point of Heaven <b>AA</b> </p>	<p>  8:45am Water Exercise A <b>P</b>   9:15am Water Exercise B <b>P</b>   9:30am Bus to Ft. Myer   9:30am HASfit <b>TV</b>   10:00am Beginner Painting <b>AC</b>   10:00am Fitness Class <b>TV</b>   10:15am Drum Circle <b>WOF</b>   11:00am Yoga w/ Cindy <b>SD/TV</b>   12:00pm Beginner Photo <b>AC</b>   1:30pm Bus to Ft. Myer   2:00pm Basic Balance&amp;Gait <b>FC</b>   5:00pm Cinco de Mayo Dining Celebration <b>DR</b>   5:15pm Vinson Voices <b>AA</b> </p>	<p>  9:00am Pickle Ball <b>SP</b>   9:30am HASfit <b>TV</b>   10:00am Get Fit Stay Fit <b>FC/TV</b>   10:30am Bus to Safeway   10:30am Yoga for Posture <b>TV</b>   11:00am Tech Class <b>AA</b>   2:00pm Pool Volleyball <b>P</b>   2:30pm Mothers &amp; Daughters Afternoon Tea <b>DR</b> </p>	<p>  9:30am HASfit <b>TV</b>   10:00am Fitness Class <b>TV</b>   10:30am Bus to Giant   10:30am Yoga for Posture <b>TV</b>   1:00pm Cribbage <b>PHSL</b>   4:00pm Catholic Mass <b>CH</b>   7:00pm Movie Night <b>AA</b> </p>
8	9	10	11	12	13	14
<p>  9:30am HASfit <b>TV</b>   10:00am Fitness Class <b>TV</b>   10:30am Yoga for Posture 2 <b>TV</b>   11:00am Protestant Chapel Service <b>CH</b>   1:25pm Bus to Suzuki Duo </p>	<p>  8:45am Water Exercise A <b>P</b>   9:00am Pickle Ball <b>SP</b>   9:30am HASfit <b>TV</b>   9:30am Water Exercise B <b>P</b>   10:00am Fitness Class <b>FC/TV</b>   10:30am Low Vision Support Group <b>PHC</b>   10:30am Yoga for Posture <b>TV</b>   10:30am Bus to Safeway   1:00pm Bridge <b>PHSL</b>   1:15pm Motion is Lotion <b>SD</b>   2:00pm Womens Book Club <b>AA</b> </p>	<p>  9:30am HASfit <b>TV</b>   10:00am Get Fit Stay Fit <b>FC/TV</b>   10:30am Bus to Wegmans   10:30am Kitchen Tour <b>PHK</b>   10:30am Yoga for Posture 2 <b>TV</b>   12:00pm Advanced Painting <b>AC</b>   2:00pm Advanced Photo <b>AC</b>   2:00pm Basic Balance&amp;Gait <b>FC</b>   2:00pm The Needlers <b>PHSL</b> </p>	<p>  9:00am Pool Volleyball <b>P</b>   9:30am HASfit <b>TV</b>   10:00am Beginner Painting <b>AC</b>   10:00am Fitness Class <b>FC/TV</b>   10:30am Bus to Trader Joe's   12:00pm Drawing <b>AC</b>   1:00pm Bridge <b>PHSL</b>   2:00pm Intermediate Photography <b>AC</b>   2:00pm Wandering Docent <b>AA</b> </p>	<p>  8:45am Water Exercise A <b>P</b>   9:15am Water Exercise B <b>P</b>   9:30am Bus to Ft. Myer   9:30am HASfit <b>TV</b>   10:00am Beginner Painting <b>AC</b>   10:00am Fitness Class <b>TV</b>   10:15am Drum Circle <b>WOF</b>   11:00am Yoga w/ Cindy <b>SD/TV</b>   12:00pm Beginner Photo <b>AC</b>   1:30pm Bus to Ft. Myer   2:00pm Basic Balance&amp;Gait <b>FC</b>   2:00pm Mindfulness <b>AA</b>   5:15pm Vinson Voices <b>AA</b>   8:00pm Alzheimer's Association Movie Night: POMS <b>ABP Deck</b> </p>	<p>  9:00am Pickle Ball <b>SP</b>   9:30am HASfit <b>TV</b>   10:00am Get Fit Stay Fit <b>FC/TV</b>   10:30am Bus to Safeway   10:30am Yoga for Posture <b>TV</b>   11:30am Eating Well=Aging Well <b>AA</b>   2:00pm Pool Volleyball <b>P</b> </p>	<p>  9:30am HASfit <b>TV</b>   10:00am Fitness Class <b>TV</b>   10:30am Bus to Giant   10:30am Yoga for Posture <b>TV</b>   12:00pm-4:00pm Art Show <b>B</b>   1:00pm Cribbage <b>PHSL</b>   4:00pm Catholic Mass <b>CH</b>   7:00pm Movie Night <b>AA</b> </p>
15	16	17	18	19	20	21
<p>  9:30am HASfit, <b>TV</b>   10:00am Fitness Class <b>TV</b>   10:30am Yoga for Posture 2 <b>TV</b>   11:00am Protestant Chapel Service <b>CH</b>   12:00pm-4:00pm Art Show <b>B</b> </p>	<p>  8:45am Water Exercise A <b>P</b>   9:00am Pickle Ball <b>SP</b>   9:30am HASfit <b>TV</b>   9:30am Water Exercise B <b>P</b>   10:00am Fitness Class <b>FC/TV</b>   10:30am Bus to Safeway   10:30am Yoga for Posture <b>TV</b>   1:00pm Bridge <b>PHSL</b>   2:30pm NMCGRF Membership Meeting <b>Zoom</b>   3:00pm Ecumenical Discussions <b>AA</b>   3:00pm Navigating the Life Span &amp; Its Changes <b>B</b> </p>	<p>  9:00am Womens Breakfast <b>DR</b>   9:30am HASfit <b>TV</b>   10:00am Get Fit Stay Fit <b>FC/TV</b>   10:30am Photo Workshop <b>AC</b>   10:30am Bus to Giant   10:30am Yoga for Posture 2 <b>TV</b>   12:00pm Advanced Painting <b>AC</b>   1:00pm Bus to Ballston Quarter   2:00pm Advanced Photo <b>AC</b>   2:00pm Basic Balance&amp;Gait <b>FC</b>   2:00pm The Needlers <b>PHSL</b>   2:00pm Facilities Meeting <b>B</b>   3:00pm Birthday Tea <b>PHSL</b>   7:00pm Episcopal Service <b>CH</b> </p>	<p>  9:00am Pool Volleyball <b>P</b>   9:30am HASfit <b>TV</b>   9:30am Bus to Belle Grove Mansion   10:00am Beginner Painting <b>AC</b>   10:00am Fitness Class <b>FC/TV</b>   10:30am Bus to Trader Joe's   12:00pm Drawing <b>AC</b>   1:00pm Bridge <b>PHSL</b>   2:00pm Intermediate Photography <b>AC</b> </p>	<p>  8:45am Water Exercise A <b>P</b>   9:15am Water Exercise B <b>P</b>   9:30am Bus to Ft. Myer   9:30am HASfit <b>TV</b>   10:00am Beginner Painting <b>AC</b>   10:00am Fitness Class <b>TV</b>   10:15am Drum Circle <b>WOF</b>   11:00am Yoga w/ Cindy <b>SD/TV</b>   12:00pm Beginner Photo <b>AC</b>   1:30pm Bus to Ft. Myer   2:00pm Basic Balance&amp;Gait <b>FC</b>   5:15pm Vinson Voices <b>AA</b> </p>	<p>  9:00am Pickle Ball <b>SP</b>   9:30am HASfit <b>TV</b>   10:00am Get Fit Stay Fit <b>FC/TV</b>   10:30am Bus to Safeway   10:30am Yoga for Posture <b>TV</b>   11:00am Tech Class <b>AA</b>   2:00pm Pool Volleyball <b>P</b>   7:15pm The Shedkickers <b>B</b> </p>	<p>  9:30am HASfit <b>TV</b>   10:00am Fitness Class <b>TV</b>   10:30am Bus to Giant   10:30am Yoga for Posture <b>TV</b>   1:00pm Cribbage <b>PHSL</b>   4:00pm Catholic Mass <b>CH</b>   5:00pm Jazz Night <b>DR</b>   7:00pm Movie Night <b>AA</b> </p>

22	23	24	25	26	27	28
<div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Fitness Class <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Yoga for Posture 2 <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>11:00am Protestant Chapel Service <b>CH</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>8:45am Water Exercise A <b>P</b></div></div><div><div><div></div><div></div><div></div></div><div>9:00am Pickle Ball <b>SP</b></div></div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>9:30am Water Exercise B <b>P</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Fitness Class <b>FC/TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Bus to Safeway</div></div><div><div><div></div><div></div><div></div></div><div>10:30am Yoga for Posture <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>1:00pm Bridge <b>PHSL</b></div></div><div><div><div></div><div></div><div></div></div><div>1:15pm Motion is Lotion <b>SD</b></div></div><div><div><div></div><div></div><div></div></div><div>3:00pm Ecumenical Discussions <b>AA</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Get Fit Stay Fit <b>FC/TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Bus to Giant</div></div><div><div><div></div><div></div><div></div></div><div>10:30am Yoga for Posture <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>11:30am American Legion <b>Bistro</b></div></div><div><div><div></div><div></div><div></div></div><div>12:00pm Advanced Painting <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>1:00pm Bus to Tysons Mall</div></div><div><div><div></div><div></div><div></div></div><div>2:00pm Advanced Photo <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>2:00pm Basic Balance&amp;Gait <b>FC</b></div></div><div><div><div></div><div></div><div></div></div><div>2:00pm The Needlers <b>PHSL</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>9:00am Pool Volleyball <b>P</b></div></div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Beginner Painting <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Fitness Class <b>FC/TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Bus to Trader Joe's</div></div><div><div><div></div><div></div><div></div></div><div>11:00pm Town Hall <b>B</b></div></div><div><div><div></div><div></div><div></div></div><div>12:00pm Drawing <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>1:00pm Bridge <b>PHSL</b></div></div><div><div><div></div><div></div><div></div></div><div>2:00pm Intermediate Photography <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>2:00pm Town Hall <b>B</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>8:45am Water Exercise A <b>P</b></div></div><div><div><div></div><div></div><div></div></div><div>9:15am Water Exercise B <b>P</b></div></div><div><div><div></div><div></div><div></div></div><div>9:30am Bus to Ft. Myer</div></div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Beginner Painting <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Fitness Class <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Residents Assoc. Meeting <b>AA</b></div></div><div><div><div></div><div></div><div></div></div><div>11:00am Yoga w/ Cindy <b>SD/TV</b></div></div><div><div><div></div><div></div><div></div></div><div>12:00pm Beginner Photo <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>1:30pm Bus to Ft. Myer</div></div><div><div><div></div><div></div><div></div></div><div>2:00pm Basic Balance&amp;Gait <b>FC</b></div></div><div><div><div></div><div></div><div></div></div><div>5:15pm Vinson Voices <b>AA</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>9:00am Pickle Ball <b>SP</b></div></div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Get Fit Stay Fit <b>FC/TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Bus to Safeway</div></div><div><div><div></div><div></div><div></div></div><div>10:30am Yoga for Posture <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>1:00pm Farmers Market <b>B</b></div></div><div><div><div></div><div></div><div></div></div><div>2:00pm Pool Volleyball <b>P</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Fitness Class <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Bus to Giant</div></div><div><div><div></div><div></div><div></div></div><div>10:30am Yoga for Posture <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>1:00pm Cribbage <b>PHSL</b></div></div><div><div><div></div><div></div><div></div></div><div>4:30pm Catholic Mass <b>CH</b></div></div><div><div><div></div><div></div><div></div></div><div>6:35pm Bus to VA Grand Military Band Concert</div></div><div><div><div></div><div></div><div></div></div><div>7:00pm Movie Night <b>AA</b></div></div></div>
29	30	31		MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
<div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Fitness Class <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Yoga for Posture 2 <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>11:00am Protestant Chapel Service <b>CH</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>8:45am Water Exercise A <b>P</b></div></div><div><div><div></div><div></div><div></div></div><div>9:00am Pickle Ball <b>SP</b></div></div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>9:30am Water Exercise B <b>P</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Fitness Class <b>FC/TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Bus to Safeway</div></div><div><div><div></div><div></div><div></div></div><div>10:30am Yoga for Posture <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>1:00pm Bridge <b>PHSL</b></div></div><div><div><div></div><div></div><div></div></div><div>1:15pm Motion is Lotion <b>SD</b></div></div><div><div><div></div><div></div><div></div></div><div>7:00pm Memorial Day George Mason students Concert <b>B</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>9:30am HASfit <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:00am Get Fit Stay Fit <b>FC/TV</b></div></div><div><div><div></div><div></div><div></div></div><div>10:30am Yoga for Posture <b>TV</b></div></div><div><div><div></div><div></div><div></div></div><div>12:00pm Advanced Painting <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>2:00pm Advanced Photo <b>AC</b></div></div><div><div><div></div><div></div><div></div></div><div>2:00pm Basic Balance&amp;Gait <b>FC</b></div></div><div><div><div></div><div></div><div></div></div><div>2:00pm The Needlers <b>PHSL</b></div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>HAPPY HOUR</div></div><div><div><div></div><div></div><div></div></div><div><u>Capacity based on Covid-19 precautions grid</u></div></div><div><div><div></div><div></div><div></div></div><div>Monday - Friday</div></div><div><div><div></div><div></div><div></div></div><div>4pm-6pm</div></div><div><div><div></div><div></div><div></div></div><div>For reservations call Ext 2996</div></div></div> <div><div><div><div></div><div></div><div></div></div><div></div></div></div> <div><div><div><div></div><div></div><div></div></div><div>*Activities subject to change.</div></div><div><div><div></div><div></div><div></div></div><div>*Please note the activities calendar is also posted on the Caremerge resident portal.</div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>TV - TV</div></div><div><div><div></div><div></div><div></div></div><div>CH - Chapel</div></div><div><div><div></div><div></div><div></div></div><div>Bus - Bus</div></div><div><div><div></div><div></div><div></div></div><div>P - Pool</div></div><div><div><div></div><div></div><div></div></div><div>SP - Sports Park</div></div><div><div><div></div><div></div><div></div></div><div>FC/TV - Fitness Center &amp; TV Lounge</div></div><div><div><div></div><div></div><div></div></div><div>PHSL - Penthouse Sylvester</div></div><div><div><div></div><div></div><div></div></div><div>SD - Studio D</div></div><div><div><div></div><div></div><div></div></div><div>DR - Dining Room</div></div><div><div><div></div><div></div><div></div></div><div>AC - Art Center</div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>AA - Alford Auditorium</div></div><div><div><div></div><div></div><div></div></div><div>FC - Fitness Center</div></div><div><div><div></div><div></div><div></div></div><div>SD/TV - Studio D &amp; TV</div></div><div><div><div></div><div></div><div></div></div><div>PHC - PH Conference Room</div></div><div><div><div></div><div></div><div></div></div><div>PHK - Penthouse Kitchen</div></div><div><div><div></div><div></div><div></div></div><div>B - Kathy Martin Ballroom</div></div><div><div><div></div><div></div><div></div></div><div>Bistro - Bistro</div></div><div><div><div></div><div></div><div></div></div><div>WOF - Willow Oak Fountain</div></div></div>	<div><div><div><div></div><div></div><div></div></div><div>Physical</div></div><div><div><div></div><div></div><div></div></div><div>Emotional</div></div><div><div><div></div><div></div><div></div></div><div>Spiritual</div></div><div><div><div></div><div></div><div></div></div><div>Financial</div></div><div><div><div></div><div></div><div></div></div><div>Social</div></div><div><div><div></div><div></div><div></div></div><div>Intellectual</div></div><div><div><div></div><div></div><div></div></div><div>Health Services</div></div><div><div><div></div><div></div><div></div></div><div>Nutritional</div></div><div><div><div></div><div></div><div></div></div><div>Purposeful</div></div></div>