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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DIMENSIONS OF WELLNESS	MEETING PLACES	MEETING PLACES		1	2
	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful	FC - Fitness Center SP - Sports Park WORL - Willow Oak Residents Lounge SD - Studio D LO - VH & WO Lobby AA - Alford Auditorium PHC - PH Conference Room VHL - VH Lobby	PHSL - Penthouse Sylvester Lounge P - Pool CH - Chapel DR - Penthouse Dining Room SD/TV - Studio D & TV AC - Art Center FR - Fireplace Room BI - Bistro PHSL/VHL – Penthouse Sylvester Lounge/Vinson Hall Lobby		 9:00am Pickle Ball, SP  10:00am Women's Bible Study, WORL  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  11:00am Tech Class, AA  1:00pm Bridge Class, PHSL  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
3	4	5	6	7	8	9
 11:00am Protestant Service, CH  11:30am Sunday Brunch, DR  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD/TV  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD	 9:00am Men's Fellowship Breakfast, DR  10:30am Painting Workshop, AC  10:30am Bus to Giant, LO  12:00pm Advanced Painting, AC  1:00pm Bus to Fair Lakes, LO  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  2:00pm Health & Wellness Talk, AA  5:00pm Happy Hour & Trivia, PHSL	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, AC  1:00pm Bridge, PHSL  1:00pm Line Dancing w/ Grace, SD  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  10:15am Drum Circle, AA  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  5:15pm Vinson Voices, AA	 9:00am Pickle Ball, SP  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  11:30am Eating Well=Aging Well, AA  1:00pm Bridge Class, PHSL  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  3:00pm Pearls of Peace Film Screening, B	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
10	11	12	13	14	15	16
 11:00am Protestant Service, CH  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD/TV  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD	 10:30am Bus to Wegmans, LO  12:00pm Advanced Painting, AC  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  3:00pm Birthday Tea, PHSL	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, AC  1:00pm Bridge, PHSL  1:00pm Line Dance w/ Grace, SD  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  11:00am Town Hall, AA  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  2:00pm Mindfulness, AA  5:15pm Vinson Voices, AA  5:20pm Bus to Matchbox McLean, LO	 9:00am Pickle Ball, SP  10:00am Women's Bible Study, WORL  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  11:00am Tech Class, AA  1:00pm Bridge Class, PHSL  1:00pm Scoops for a Smile Alzheimer's Fundraiser, PHSL/VHL  1:30pm Bus Lidl, LO  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  6:15pm Third Friday Bridge, PHSL	 10:30am Bus to Giant, LO  10:30am Yoga for Posture, TV  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
<div><div> 11:00am Protestant Service, CH</div><div> 11:30am Sunday Brunch, DR</div><div> 2:00pm Ping-Pong, SD</div></div>	<div><div> 8:45am Water Exercise A, P</div><div> 9:00am Pickle Ball, SP</div><div> 9:30am Water Exercise B, P</div><div> 10:00am Fitness Class, SD/TV</div><div> 10:30am Bus to Safeway, LO</div><div> 12:00pm Pool Volleyball, P</div><div> 1:00pm Bridge, PHSL</div><div> 1:00pm Motion is Lotion, SD</div><div> 2:00pm Caregiver Support Group, PHC</div><div> 2:00pm Tai Chi Class, SD</div><div> 7:00pm Empty Ecstasy Guitar Duo, AA</div></div>	<div><div> 9:00am Women's Fellowship Breakfast, DR</div><div> 10:30am Photo Workshop, AC</div><div> 10:30am Bus to Giant, LO</div><div> 12:00pm Advanced Painting, AC</div><div> 1:00pm The Needlers, FR</div><div> 2:00pm Advanced Photo, AC</div><div> 2:00pm Balance & Gait, SD</div><div> 5:00pm Episcopal Dinner, DR</div><div> 5:00pm Happy Hour & Trivia, PHSL</div><div> 7:00pm Episcopal Holy Eucharist, CH</div></div>	<div><div> 9:00am Women's Fellowship Breakfast, DR</div><div> 9:00am Pickle Ball, SP</div><div> 9:00am Pool Volleyball, P</div><div> 10:00am Beginner Painting, AC</div><div> 10:00am Fitness Class, SD/TV</div><div> 10:30am Bus to Trader Joe's, LO</div><div> 12:00pm Drawing, AC</div><div> 1:00pm Bridge, PHSL</div><div> 2:00pm Intermediate Photography, AC</div></div>	<div><div> 8:45am Water Exercise A, P</div><div> 9:30am Bus to Ft. Myer, LO</div><div> 9:30am Water Exercise B, P</div><div> 10:00am Beginner Painting, AC</div><div> 12:00pm Beginner Photo, AC</div><div> 1:00pm Yoga, SD</div><div> 1:30pm Bus to Ft. Myer, LO</div><div> 2:00pm Balance & Gait, SD</div><div> 3:00pm Activi-Tea, PHSL</div><div> 5:15pm Vinson Voices, AA</div></div>	<div><div> 9:00am Pickle Ball, SP</div><div> 10:00am Get Fit Stay Fit Class, SD</div><div> 10:30am Bus to Safeway, LO</div><div> 1:00pm Bridge Class, PHSL</div><div> 2:00pm Pool Volleyball, P</div><div> 2:00pm Tai Chi Class, SD</div></div>	<div><div> 10:30am Bus to Giant, LO</div><div> 11:00am Zumba Gold, SD</div><div> 1:00pm Cribbage, PHSL</div><div> 4:30pm Catholic Mass, CH</div><div> 7:00pm Movie Night, AA</div></div>
24	25	26	27	28	29	30
<div><div> 11:00am Protestant Communion Service, CH</div><div> 2:00pm Ping-Pong, SD</div></div>	<div><div> 8:45am Water Exercise A, P</div><div> 9:00am Pickle Ball, SP</div><div> 9:30am Water Exercise B, P</div><div> 10:00am Fitness Class, SD/TV</div><div> 10:30am Bus to Safeway, LO</div><div> 12:00pm Pool Volleyball, P</div><div> 1:00pm Bridge, PHSL</div><div> 1:00pm Motion is Lotion, SD</div><div> 2:00pm Tai Chi Class, SD</div></div>	<div><div> 10:30am Bus to Giant, LO</div><div> 11:30am American Legion Luncheon, BI</div><div> 12:00pm Advanced Painting, AC</div><div> 1:00pm Bus to Tysons Mall, LO</div><div> 1:00pm The Needlers, FR</div><div> 2:00pm Advanced Photo, AC</div><div> 2:00pm Balance & Gait, SD</div><div> 7:00pm Steve Friedman Broadway Lectures, AA</div></div>	<div><div> 9:00am Pickle Ball, SP</div><div> 9:00am Pool Volleyball, P</div><div> 10:00am Beginner Painting, AC</div><div> 10:00am Fitness Class, SD/TV</div><div> 10:30am Bus to Trader Joe's, LO</div><div> 12:00pm Drawing, AC</div><div> 1:00pm Bridge, PHSL</div><div> 2:00pm Intermediate Photography, AC</div><div> 3:00pm Ice Cream Social, VHL</div></div>	<div><div> 8:45am Water Exercise A, P</div><div> 9:30am Bus to Ft. Myer, LO</div><div> 9:30am Water Exercise B, P</div><div> 10:00am Beginner Painting, AC</div><div> 10:30am Residents Association Meeting, AA</div><div> 12:00pm Beginner Photo, AC</div><div> 1:00pm Yoga, SD</div><div> 1:30pm Bus to Ft. Myer, LO</div><div> 2:00pm Balance & Gait, SD</div><div> 2:00pm Movie Matinee: The Thursday Murder Club, AA</div><div> 5:15pm Vinson Voices, AA</div></div>	<div><div> 9:00am Pickle Ball, SP</div><div> 10:00am Get Fit Stay Fit Class, SD</div><div> 10:30am Bus to Safeway, LO</div><div> 1:00pm Bridge Class, PHSL</div><div> 2:00pm Pool Volleyball, P</div><div> 2:00pm Tai Chi Class, SD</div><div> 5:00pm Steve Kenley Guitarist, D</div></div>	<div><div> 10:30am Bus to Giant, LO</div><div> 11:00am Zumba Gold, SD</div><div> 1:00pm Cribbage, PHSL</div><div> 4:30pm Catholic Mass, CH</div><div> 7:00pm Movie Night, AA</div></div>
31			NAVY FEDERAL CREDIT UNION			COMMITTEE MEETINGS
<div><div> 11:00am Protestant Service, CH</div><div> 2:00pm Ping-Pong, SD</div></div>			<div><div>NAVY Federal Credit Union On Site</div><div>Penthouse Conference Room 9:30am – 11:30am</div><div>Wednesday, August 6th Wednesday, August 20th</div><div></div></div>			<div><div>Aug 1, 11:45am, Operations Committee Meeting, PHC</div><div>Aug 5, 11:00am, Health & Wellness Committee Meeting, AA</div><div>Aug 27, 10:30am, Finance Committee Meeting, AA</div><div>Aug 29, 3:15pm, IT Committee Meeting, PHC</div></div>