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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 – Labor Day	2	3	4	5	6
	10:00am Fitness Class, SD/TV 10:30am Bus to Safeway, LO 1:00pm Bridge, PHSL	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 Resident Directory Distribution Party, 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 Women's Bible Study, WORL 10:00am Get Fit Stay Fit Class, SD 10:30am Bus to Safeway, LO 11:00am Tech Class, AA 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 7:30pm Bob McDonald Frank Sinatra Tribute, AA
7	8	9	10	11	12	13
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 Low Vision Support Group, PHC 10:30am Bus to Safeway, LO 12:00pm Pool Volleyball, P 12:00pm Taylor Marie Fall Fashion Show Presale, B 1:00pm Bridge, PHSL 1:00pm Taylor Marie Fall Fashion Show, B 1:00pm Motion is Lotion, SD 2:00pm Women's Book Club, PHC 2:00pm Tai Chi Class, SD	10:30am Bus to Wegmans, LO 12:00pm Advanced Painting, AC 1:00pm The Needlers, FR 1:00pm De-Licensure Talk, AA 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 with 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	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 2:00pm Pool Volleyball, P 2:00pm Tai Chi Class, SD 7:00pm Steve Baddour Concert Pianist, AA	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
14	15	16	17	18	19	20
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 Caregiver Support Group, PHC 2:00pm Tai Chi Class, SD 3:00pm Ecumenical Discussions, AA 7:00pm Soloman Eichner Concert Pianist, B	9:00am Women's Fellowship Breakfast, DR 10:30am Photo Workshop, AC 10:30am Bus to Giant, LO 12:00pm Advanced Painting, AC 1:00pm The Needlers, FR 1:15pm Movie for a Cause, AA 2:00pm Advanced Photo, AC 2:00pm Balance & Gait, SD 5:00pm Episcopal Dinner, DR 5:00pm Happy Hour & Trivia, PHSL 7:00pm Episcopal Holy Eucharist, CH	9:00am Women's Fellowship Breakfast, DR 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 11:30am American Legion Luncheon, BI 12:00pm Drawing, AC 1:00pm Bridge, PHSL 2:00pm Intermediate Photography, AC 3:30pm OLLI Presentation, AA	8:45am Water Exercise A, P 9:30am Bus to Ft. Myer, LO 9:30am Water Exercise B, P 10:00am Beginner Painting, AC 12:00pm Beginner Photo, AC 1:00pm Yoga, SD 1:30pm Bus to Ft. Myer, LO 2:00pm Balance & Gait, SD 3:00pm Activi-Tea, PHSL 5:15pm Vinson Voices, AA	9:00am Pickle Ball, SP 10:00am Women's Bible Study, WORL 10:00am Get Fit Stay Fit Class, SD 10:00am Health Fair, B 10:30am Bus to Safeway, LO 11:00am Tech Class, AA 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 11:00am Zumba Gold, SD 1:00pm Cribbage, PHSL 4:30pm Catholic Mass, CH 7:00pm Movie Night, AA

September 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
 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	 10:30am Bus to Giant, LO  12:00pm Advanced Painting, AC  1:00pm Bus to Tysons Mall, LO  1:00pm The Needlers, FR  1:00pm Bus to AMC Shirlington: A Big Bold Beautiful Journey, LO  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD	 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  2:00pm Intermediate Photography, AC  3:00pm Ice Cream Social, VHL  5:00pm Wine Dinner, BI	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  10:30am Residents Association Meeting, 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  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  5:00pm NMCGRF Annual Gala **Tickets Required**, B
28	29	30		MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
 11:00am Protestant Communion 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 Giant, LO  12:00pm Advanced Painting, AC  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  7:00pm Steve Friedman Broadway Lectures, AA		FC - Fitness Center P - Pool SP - Sports Park TV - TV SD/TV - Studio D & TV LO - VH & WO Lobby PHSL - Penthouse Sylvester Lounge SD - Studio D AA - Alford Auditorium DR - Penthouse Dining Room	AC - Art Center FR - Fireplace Room WORL - Willow Oak Residents Lounge PHC - PH Conference Room CH - Chapel B - Kathy Martin Ballroom BI - Bistro VHL - VH Lobby	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful
COMMITTEE MEETINGS			NAVY FEDERAL CREDIT UNION			EXERCISE ON CH.970
Sept 2, 11:00am, Health & Wellness Committee Meeting, AA Sept 5, 11:45am, Operation Committee Meeting, PHC Sept 16, 1:00pm, Dining Committee Meeting, PHC Sept 24, 10:30am, Finance Committee Meeting, AA Sept 25, 3:15pm, IT Committee Meeting, PHC			 Navy Federal Credit Union Visits September 3 rd & 17 th 9:30am-11:30am Penthouse Conference Room			HASfit: Every day at 9:30am Fitness Class: Every Sunday, Monday, Wednesday and Saturday at 10:00am Yoga for Posture: Every Sunday, Monday, Tuesday, Friday and Saturday at 10:30am Yoga with Cindy: Thursdays at 11:00am