

May 2023

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i> 9:30am Water Exercise B, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge, <i>PHSL</i>  3:00pm Ecumenical Discussions, <i>AA</i>	 9:00am Men's Fellowship Breakfast, <i>DR</i>  9:30am HASfit, <i>TV</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Painting Workshop, <i>AC</i> 10:30am Bus to Giant  10:30am Health & Wellness Committee Meeting, <i>AA</i>  10:30am Yoga for Posture, <i>TV</i> 12:00pm Advanced Painting, <i>AC</i> 1:00pm Bus to Fair Lakes  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>FC</i>  2:00pm Forbes Talk, <i>AA</i>  7:00pm Steve Friedman, <i>AA</i>	 9:00am Pool Volleyball, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Trader Joe's  10:30am Drum Circle, <i>WO Tree</i>  12:00pm Drawing, <i>AC</i>  12:30pm Dance w/ Grace, <i>SD</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Intermediate Photography, <i>AC</i>	 8:45am Water Exercise A, <i>P</i> 9:30am Bus to Ft. Myer  9:30am Water Exercise B, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>TV</i>  11:00am Yoga w/ Cindy, <i>TV</i>  12:00pm Beginner Photo, <i>AC</i>  1:00pm Yoga, <i>SD NEW!</i> 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, <i>FC</i>  5:15pm Vinson Voices, <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Women's Bible Study, <i>WORL</i>  10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  11:00am Tech Class, <i>AA</i>  1:00pm Bridge Class, <i>PHSL</i>  2:00pm Pool Volleyball, <i>P</i>  5:00pm-6:30pm Cinco de Mayo Meal, <i>DR</i>	 9:30am HASfit, <i>TV</i>  10:00am Zumba Gold, <i>SD</i>  10:00am Fitness Class, <i>TV</i> 10:30am Bus to Giant  10:30am Yoga for Posture, <i>TV</i>  1:00pm Cribbage, <i>PHSL</i>  4:00pm Kentucky Derby & Hat Contest, <i>CBB</i>  4:00pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
7	8	9	10	11	12	13
 9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>TV</i>  10:30am Yoga for Posture, <i>TV</i>  11:00am Protestant Chapel Service, <i>CH</i>	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i> 9:30am Water Exercise B, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>FC/TV</i>  10:30am Low Vision Support Group, <i>PHC</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Women's Book Club, <i>PHC</i>  7:00pm Movie for a Cause "80 for Brady", <i>AA</i>	 9:30am HASfit, <i>TV</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Wegmans 10:30am Kitchen Tour, <i>PHK</i>  10:30am Yoga for Posture, <i>TV</i>  12:00pm Advanced Painting, <i>AC</i>  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>FC</i>  2:00pm Facilities Meeting, <i>AA</i>  3:00pm Birthday Tea, <i>PHSL</i>	 9:00am Pool Volleyball, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Trader Joe's  12:00pm Drawing, <i>AC</i>  12:30pm Dance w/ Grace, <i>SD</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Intermediate Photography, <i>AC</i>	 8:45am Water Exercise A, <i>P</i> 9:30am Bus to Ft. Myer  9:30am Water Exercise B, <i>P</i>  9:30am HASfit, <i>TV</i>  9:30am Town Hall, <i>B</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>TV</i>  11:00am Yoga w/ Cindy, <i>TV</i>  12:00pm Beginner Photo, <i>AC</i>  12:00pm Bingo & Lunch, <i>DR</i>  1:00pm Yoga, <i>SD NEW!</i> 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, <i>FC</i>  2:00pm Mindfulness, <i>AA</i>  5:15pm Vinson Voices, <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  11:30am Eating Well=Aging Well, <i>AA</i>  1:00pm Taylor Marie Preview Shopping & Fashion Show, <i>B</i>  1:00pm Bridge Class, <i>PHSL</i>  2:00pm Pool Volleyball, <i>P</i>	 9:30am HASfit, <i>TV</i>  10:00am Zumba Gold, <i>SD</i>  10:00am Fitness Class, <i>TV</i> 10:30am Bus to Giant  10:30am Yoga for Posture, <i>TV</i>  1:00pm Cribbage, <i>PHSL</i>  4:00pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
14 Mother's Day	15	16	17	18	19	20
 9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>TV</i>  10:30am Yoga for Posture, <i>TV</i>  11:00am Protestant Chapel Service, <i>CH</i>  11:30am Mother's Day Meal, <i>DR</i>	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i> 9:30am Water Exercise B, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Caregiver Support Group, <i>PHC</i>  2:45pm Bus to Falcon's Landing Community  3:00pm Ecumenical Discussions, <i>AA</i>	 9:00am Women's Fellowship Breakfast, <i>DR</i>  9:30am HASfit, <i>TV</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i>  10:30am Photo Workshop, <i>AC</i> 10:30am Bus to Giant  10:30am Yoga for Posture, <i>TV</i>  12:00pm Advanced Painting, <i>AC</i>  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>FC</i>  2:00pm Dining Town Hall, <i>AA</i>  7:00pm Episcopal Holy Eucharist, <i>CH</i>	 9:00am Pool Volleyball, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Trader Joe's  12:00pm Drawing, <i>AC</i>  12:30pm Dance w/ Grace, <i>SD</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Intermediate Photography, <i>AC</i>  7:00pm Dr. Joe Pelton's Special Talk, <i>AA</i>	 8:45am Water Exercise A, <i>P</i> 9:30am Bus to Ft. Myer  9:30am Water Exercise B, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>TV</i>  11:00am Yoga w/ Cindy, <i>TV</i>  12:00pm Beginner Photo, <i>AC</i>  1:00pm Yoga, <i>SD NEW!</i> 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, <i>FC</i>  5:15pm Vinson Voices, <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Women's Bible Study, <i>WORL</i>  10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge Class, <i>PHSL</i> 1:30pm Bus Lidl  2:00pm Pool Volleyball, <i>P</i> 6:15pm Third Friday Bridge, <i>PHSL</i>	 9:30am HASfit, <i>TV</i>  10:00am Zumba Gold, <i>SD</i>  10:00am Fitness Class, <i>TV</i> 10:30am Bus to Giant  10:30am Yoga for Posture, <i>TV</i>  1:00pm Cribbage, <i>PHSL</i>  4:00pm Catholic Mass, <i>CH</i>  5:00pm Jazz Night, <i>DR</i>  7:00pm Movie Night, <i>AA</i>

21	22	23	24	25	26	27
 9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>TV</i>  10:30am Yoga for Posture, <i>TV</i>  11:00am Protestant Chapel Service, <i>CH</i>  11:30am Sunday Brunch, <i>DR</i>	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i>  9:15am Bus to Pope Leighey House 9:30am Water Exercise B, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge, <i>PHSL</i>	 9:30am HASfit, <i>TV</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Giant  10:30am Yoga for Posture, <i>TV</i>  11:30am American Legion Luncheon, <i>Bistro</i>  12:00pm Advanced Painting, <i>AC</i> 1:00pm Bus to Tysons Mall  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>FC</i>  3:00pm Putt for Dough Putting Contest, <i>Putting Green Area</i>	 9:00am Pool Volleyball, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Trader Joe's  12:00pm Drawing, <i>AC</i>  12:30pm Dance w/ Grace, <i>SD</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Intermediate Photography, <i>AC</i>  7:00pm “Complaint Department and Lemonade” Play Reading, <i>B</i>	 8:45am Water Exercise A, <i>P</i> 9:30am Bus to Ft. Myer  9:30am Water Exercise B, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>TV</i> 10:30am Residents Association Meeting, <i>AA</i>  11:00am Yoga w/ Cindy, <i>TV</i>  12:00pm Resident Special Speaker Luncheon, <i>DR</i>  12:00pm Beginner Photo, <i>AC</i>  1:00pm Yoga, <i>SD NEW!</i> 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, <i>FC</i>	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge Class, <i>PHSL</i>  2:00pm Pool Volleyball, <i>P</i>	 9:30am HASfit, <i>TV</i>  10:00am Zumba Gold, <i>SD</i>  10:00am Fitness Class, <i>TV</i> 10:30am Bus to Giant  10:30am Yoga for Posture, <i>TV</i>  12:50pm Bus to Signature Theatre "Passing Strange"  1:00pm Cribbage, <i>PHSL</i>  4:30pm Catholic Mass, <i>CH</i>  5:00pm-7:00pm Ukrainian Night, <i>DR</i>  7:00pm Movie Night, <i>AA</i>
28	29 Memorial Day	30	31	MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
 9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>TV</i>  10:30am Yoga for Posture, <i>TV</i>  11:00am Protestant Chapel Communion Service, <i>CH</i>	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>TV</i>  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge, <i>PHSL</i>  7:00pm Memorial Day Concert, <i>AA</i> Office Holiday	 9:30am HASfit, <i>TV</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i>  10:30am Yoga for Posture, <i>TV</i>  12:00pm Advanced Painting, <i>AC</i>  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>FC</i>	 9:00am Pool Volleyball, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Trader Joe's  12:00pm Drawing, <i>AC</i>  12:30pm Dance w/ Grace, <i>SD</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Intermediate Photography, <i>AC</i>  7:00pm “Amazing Fireside Thoughts” Book Discussion, <i>AA</i>	<i>P</i> - Pool <i>SP</i> - Sports Park <i>TV</i> - TV <i>FC/TV</i> - Fitness Center & TV Lobby - VH & WO lobby <i>PHSL</i> - Penthouse Sylvester Lounge <i>AA</i> - Alford Auditorium <i>DR</i> - Penthouse Dining Room <i>AC</i> - Art Center	<i>FR</i> - Fireplace Room <i>FC</i> - Fitness Center <i>SD</i> - Studio D <i>WORL</i> - Willow Oak Residents Lounge <i>CBB</i> - CB Boardroom <i>CH</i> - Chapel <i>PHC</i> - PH Conference Room <i>PHK</i> - Penthouse Kitchen <i>B</i> - Kathy Martin Ballroom <i>Bistro</i> - Bistro	 Physical  Spiritual  Intellectual Services  Nutritional  Emotional  Social  Health  Purposeful

UPCOMING VISITS
NAVY FEDERAL CREDIT UNION

Onsite Wednesday, May 10
& Wednesday, May 24
9:30a.m. - 11:30a.m. in the Penthouse Conference Room.



FRED JOHNSON BISTRO
HOURS OF OPERATION

Lunch
Wed, Thurs, and Fri
12:00p.m. - 2:00p.m.

Dinner
Sat and Sun
4:00p.m. - 7:00p.m.

HAPPY HOUR
PENTHOUSE SYLVESTER LOUNGE

Monday - Friday
4:00p.m. - 5:00p.m.
For reservations, call Ext 2996

