

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HAPPY HOUR	FRED JOHNSON BISTRO	EASTER SUNDAY HOURS			1
	PENTHOUSE SYLVESTER LOUNGE Monday - Friday 4pm-5pm For reservations call Ext 2996 	HOURS OF OPERATION Lunch Wed, Thurs, and Fri 12pm - 2:00pm Dinner Wed, Thurs, Fri, Sat and Sun 4:00pm - 7:00pm 	The Fred Johnson Bistro will be closed on Easter (Sunday April 9). Easter brunch will be available at the Penthouse Dining Room 11:30am - 2:30p.m.		 Upcoming visits Navy Federal Credit Union Onsite Wednesday, April 12 & Wednesday, April 26 9:30a.m. – 11:30a.m. in the Penthouse Conference Room	 9:30am HASfit, TV  10:00am Zumba Gold, SD  10:00am Fitness Class, TV 10:30am Bus to Giant  10:30am Yoga for Posture, TV  1:00pm Cribbage, PHSL  4:00pm Catholic Mass, CH  7:00pm Movie Night, AA
2	3	4	5 Passover, Begins at Sunset	6	7	8
 9:30am HASfit, TV  10:00am Fitness Class, TV  10:30am Yoga for Posture, TV  11:00am Protestant Chapel Service, CH  12:15pm Bus to Magnolias at the Mill	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP 9:30am Water Exercise B, P  9:30am HASfit, TV  10:00am Fitness Class, FC/TV 10:30am Bus to Safeway  10:30am Yoga for Posture, TV  1:00pm Bridge, PHSL  3:00pm Ecumenical Discussions, AA	 9:00am Men's Fellowship Breakfast, DR  9:30am HASfit, TV 10:00am Get Fit Stay Fit, FC/TV 10:30am Painting Workshop, AC 10:30am Bus to Giant  10:30am Health & Wellness Committee Meeting, AA  10:30am Yoga for Posture, TV 12:00pm Advanced Painting, AC 1:00pm Bus to Fair Lakes  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, FC  2:00pm The Needlers, PHSL	 9:00am Pool Volleyball, P  9:30am HASfit, TV  10:00am Beginner Painting, AC  10:00am Fitness Class, FC/TV 10:30am Bus to Trader Joe's  12:00pm Drawing, AC  12:30pm Dance w/ Grace, SD  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P 9:30am Bus to Ft. Myer  9:30am Water Exercise B, P  9:30am HASfit, TV  10:00am Beginner Painting, AC  10:00am Fitness Class, TV  10:15am Drum Circle, AA  11:00am Yoga w/ Cindy, TV  12:00pm Beginner Photo, AC  12:00pm Resident Special Speaker Luncheon, DR 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, FC  5:15pm Vinson Voices, AA  7:00pm Denmark HS Band, B	 9:00am Pickle Ball, SP  9:30am HASfit, TV  10:00am Women's Bible Study, WORL  10:00am Get Fit Stay Fit, FC/TV 10:30am Bus to Safeway  10:30am Yoga for Posture, TV  11:00am Tech Class, AA  1:00pm Bridge Class, PHSL  2:00pm Pool Volleyball, P	 9:30am HASfit, TV  10:00am Zumba Gold, SD  10:00am Fitness Class, TV 10:30am Bus to Giant  10:30am Yoga for Posture, TV  1:00pm Cribbage, PHSL  12:55pm Bus to Signature Theatre “Pacific Overtures”  7:00pm Movie Night, AA
9 Easter	10	11	12	13	14	15
 9:00am Catholic Mass, CH  9:30am HASfit, TV  10:00am Fitness Class, TV  10:30am Yoga for Posture, TV  11:00am Protestant Easter Service, CH  11:30am-2:30pm Easter Brunch Buffet, DR	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP 9:30am Water Exercise B, P  9:30am HASfit, TV  10:00am Fitness Class, FC/TV  10:30am Low Vision Support Group, PHC 10:30am Bus to Safeway  10:30am Yoga for Posture, TV  1:00pm Bridge, PHSL  2:00pm Women’s Book Club, PHC	 9:30am HASfit, TV 10:00am Get Fit Stay Fit, FC/TV 10:30am Bus to Wegmans 10:30am Kitchen Tour, PHK  10:30am Yoga for Posture, TV 12:00pm Advanced Painting, AC  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, FC  2:00pm Facilities Meeting, AA  2:00pm The Needlers, PHSL  3:00pm Birthday Tea & A/V Upgrade Champagne Toast, PHSL	 9:00am Pool Volleyball, P  9:30am HASfit, TV  10:00am Beginner Painting, AC  10:00am Fitness Class, FC/TV  10:30am Bus to Hillwood Museum 10:30am Bus to Trader Joe's  12:00pm Drawing, AC  12:30pm Dance w/ Grace, SD  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P 9:30am Bus to Ft. Myer  9:30am Water Exercise B, P  9:30am HASfit, TV  10:00am Beginner Painting, AC  10:00am Fitness Class, TV  11:00am Yoga w/ Cindy, TV  12:00pm Beginner Photo, AC  12:00pm Bingo & Lunch, Bistro 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, FC  2:00pm Mindfulness, AA  5:15pm Vinson Voices, AA	 9:00am Pickle Ball, SP  9:30am HASfit, TV  10:00am Get Fit Stay Fit, FC/TV 10:30am Bus to Safeway  10:30am Yoga for Posture, TV  11:30am Eating Well=Aging Well, AA  1:00pm Bridge Class, PHSL  2:00pm Pool Volleyball, P	 9:30am HASfit, TV  10:00am Zumba Gold, SD  10:00am Fitness Class, TV 10:30am Bus to Giant  10:30am Yoga for Posture, TV  1:00pm Cribbage, PHSL  4:00pm Catholic Mass, CH  7:00pm Movie Night, AA

16	17	18	19	20	21 Eid, begins at Sunset	22 Earth Day
 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>  3:00pm Children’s Musical “Good Kings Come in Small Packages” <i>AA</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>  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>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>FC</i>  2:00pm Dining Town Hall, <i>AA</i>  2:00pm The Needlers, <i>PHSL</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  10:55am Bus to Arena Stage “Angels in America”  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> 1:30pm 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> 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>  7:00pm Movie Night, <i>AA</i>
23	24	25	26	27	28	29
 9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>TV</i>  10:30am Yoga for Posture, <i>TV</i>  11:00am Protestant Communion 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 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, <i>Bistro</i> 12:00pm Advanced Painting, <i>AC</i> 1:00pm Bus to Tysons Mall  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>FC</i>  2:00pm The Needlers, <i>PHSL</i>  2:30pm KidStretch Daycare Center Playdate, <i>Sports Park</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>  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 Beginner Photo, <i>AC</i> 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, <i>FC</i>  2:30pm Fire Pit Grand Opening, <i>Sports Park</i>  5:15pm Vinson Voices, <i>AA</i>	 9:00am-5:00pm AARP Driver Safety Course  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>  7:30pm Borisevich Duo performance, <i>AA</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>  4:30pm Catholic Mass, <i>CH</i>  5:50pm Bus to the Richard J. Ernst Cultural Center “Synergy Ballet Show”  7:00pm Movie Night, <i>AA</i>
30		MEETING PLACES	MEETING PLACES	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 Service, <i>CH</i>		<i>SD/TV</i> - Studio D & TV <i>AA</i> - Alford Auditorium <i>P</i> - Pool <i>SP</i> - Sports Park	<i>WORL</i> - WO Residents Lounge <i>PHC</i> - PH Conference Room <i>PHK</i> - Penthouse Kitchen <i>Bistro</i> - Bistro	<i>FC/TV</i> - Fitness Center & TV <i>DR</i> - Penthouse Dining Room <i>AC</i> - Art Center <i>FC</i> - Fitness Center	<i>TV</i> - TV <i>SD</i> - Studio D <i>PHSL</i> - Penthouse Sylvester Lounge <i>CH</i> - Chapel	 Physical  Emotional  Spiritual  Financial  Social  Intellectual  Health Services  Nutritional  Purposeful