

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	UPCOMING VISITS NAVY FEDERAL CREDIT UNION Onsite Wednesday, July 5 & Wednesday, July 19 9:30a.m. - 11:30a.m. in the Penthouse Conference Room.	HAPPY HOUR PENTHOUSE SYLVESTER LOUNGE Monday - Friday 4:00p.m. - 5:00p.m. For reservations, call Ext 2996	FRED JOHNSON BISTRO HOURS OF OPERATION Lunch Wednesday, Thursday, and Friday 12:00p.m. - 2:00p.m. Dinner Saturday and Sunday 4:00p.m. - 7:00p.m.			 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, AA
2	3	4 Independence Day	5	6	7	8
 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 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>TV</i>  10:30am Yoga for Posture, <i>TV</i>  11:30am 4th of July Buffet, <i>DR</i>  1:00pm The Needlers, <i>FR</i>  3:00pm Vinson Voices 4th of July Concert, <i>B</i>  8:00pm A Capitol Fourth Viewing, <i>AA</i> 	 9:00am Pool Volleyball, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>FC/TV</i> 10:30am Bus to Trader Joe's  10:30am Drum Circle, <i>WOT</i>  1:00pm Bridge, <i>PHSL</i>  4:00pm Music with Matthew Melvin, <i>PHSL</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 Fitness Class, <i>TV</i>  11:00am Yoga w/ Cindy, <i>TV</i>  11:30am Resident Special Speaker Luncheon, <i>DR</i>  1:00pm Yoga, <i>SD</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>	 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, AA
9	10	11	12	13	14	15
 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 Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge, <i>PHSL</i>  3:00pm Playdate with Kidstreich, <i>Sports Park</i>  7:00pm Steve Friedman Broadway Lecture, <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 Bus to Wegmans 10:30am Kitchen Tour, PHK  10:30am Paint Workshop, <i>AC</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>  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</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 Bridge Class, <i>PHSL</i>  2:00pm Pool Volleyball, <i>P</i>  5:00pm Bastille Day Celebration, <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 Catholic Mass, <i>CH</i>  7:00pm Movie Night, AA  7:15pm The Windmill Jazz Collective, <i>B</i>

16	17	18	19	20	21	22
 9:30am HASfit, TV  10:00am Fitness Class, TV  10:30am Yoga for Posture, TV  11:00am Protestant Chapel Service, CH  11:30am Sunday Brunch, 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 Bus to Safeway  10:30am Yoga for Posture, TV  1:00pm Bridge, PHSL  2:00pm Caregiver Support Group, PHC	 9:00am Women's Fellowship Breakfast, DR  9:30am HASfit, TV  10:00am Get Fit Stay Fit, FC/TV  10:30am Photo Workshop, AC  10:30am Bus to Giant  10:30am Yoga for Posture, TV  12:00pm Advanced Painting, AC  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, FC  2:00pm Dining Town Hall, AA  7:00pm Episcopal Holy Eucharist, CH	 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  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  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, FC  2:30pm Social Tea, PHSL  5:15pm Vinson Voices, AA	 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  11:00am Bus to Glenstone Museum  1:00pm Bridge Class, PHSL  1:30pm Bus Lidl  2:00pm Pool Volleyball, P  6:15pm Third Friday Bridge, PHSL	 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
23	24	25	26	27	28	29
 9:30am HASfit, TV  10:00am Fitness Class, TV  10:30am Yoga for Posture, TV  11:00am Protestant Chapel Service, CH	 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	 9:30am HASfit, TV  10:00am Get Fit Stay Fit, FC/TV  10:30am Bus to Giant  10:30am Yoga for Posture, TV  11:30am American Legion, Bistro  12:00pm Advanced Painting, AC  1:00pm Bus to Tysons Mall  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, FC	 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  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC  3:00pm Ice Cream Social, VH Lobby	 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  10:30am Residents Association Meeting, AA  11:00am Yoga w/ Cindy, TV  12:00pm Beginner Photo, AC  1:00pm ABP/AL Presentation & Tour, B  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, FC  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  1:00pm Bridge Class, PHSL  2:00pm Pool Volleyball, P  6:00pm Bus to the Kennedy Center - "Disney's The Lion King"	 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  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
30	31	MEETING PLACES	MEETING PLACES	MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
 9:30am HASfit, TV  10:00am Fitness Class, TV  10:30am Yoga for Posture, TV  11:00am Protestant Communion Service, CH	 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	FC - Fitness Center TV - TV SD - Studio D Lobby - VH & WO lobby PHSL - Penthouse Sylvester Lounge	SP - Sports Park FC/TV - Fitness Center & TV CH - Chapel AA - Alford Auditorium P - Pool	DR - Penthouse Dining Room AC - Art Center Bus - Bus FR - Fireplace Room B - Kathy Martin Ballroom	WORL - Willow Oak Residents Lounge WOT - Willow Oak Tree PHC - PH Conference Room PHK - Penthouse Kitchen Bistro - Bistro	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful