



January 2024

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
	<p>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> 11:30am-2:30pm New Year's Day Buffet, <i>DR</i> 11:30am-2:30pm Matthew Melvin, <i>DR</i> 1:00pm Bridge, <i>PHSL</i> 4:00pm Michigan vs. Alabama, Rose Bowl Viewing Party, <i>AA</i></p> <p>Office Holiday</p>	<p>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>PHC</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></p>	<p>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> 1:00pm Dance w/ Grace, <i>SD</i> 2:00pm Intermediate Photography, <i>AC</i></p>	<p>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> 10:15am Drum Circle, <i>AA</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> 5:15pm Vinson Voices, <i>AA</i> 7:15pm Movie Night, <i>AA</i></p>	<p>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> 2:00pm Pool Volleyball, <i>P</i> 2:00pm Tai Chi Class, <i>SD</i></p>	<p>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> 6:30pm Bus to Alden Theatre - Furia Flamenca "Navidad Flamenca" 7:00pm Movie Night, <i>AA</i></p>
7	8	9	10	11	12	13
<p>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></p>	<p>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> 2:00pm Tai Chi Class, <i>SD</i> 4:30pm Movie Night "Boys in the Boat", <i>AA</i></p>	<p>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> 3:00pm Birthday Tea, <i>PHSL</i></p>	<p>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> 1:00pm Dance with Grace, <i>SD</i> 2:00pm Intermediate Photography, <i>AC</i></p>	<p>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 Town Hall, <i>AA</i> 11:00am Yoga w/ Cindy, <i>TV</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></p>	<p>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> 2:00pm Tai Chi Class, <i>SD</i> 7:15pm Jimmy Carter: Rock & Roll President Movie, <i>AA</i></p>	<p>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></p>
14	15 Martin Luther King Jr. Day	16	17	18	19	20
<p>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></p>	<p>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> 1:00pm Motions is Lotion, <i>SD</i> 2:00pm Tai Chi Class, <i>SD</i></p>	<p>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> 7:15pm Broadway Songs, <i>B</i></p>	<p>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></p>	<p>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> 2:30pm Social Tea, <i>Cafe</i> 5:15pm Vinson Voices, <i>AA</i></p>	<p>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> 2:00pm Tai Chi Class, <i>SD</i> 6:15pm Third Friday Bridge, <i>PHSL</i></p>	<p>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></p>

21	22	23	24	25	26	27
<p>🏊 9:30am HASfit, TV</p> <p>🏊 10:00am Fitness Class, TV</p> <p>🏊 10:30am Yoga for Posture, TV</p> <p>🕊 11:00am Protestant Chapel Service, CH</p> <p>🍽 11:30am Sunday Brunch, DR</p>	<p>🏊 8:45am Water Exercise A, P</p> <p>🏊 9:00am Pickle Ball, SP</p> <p>🏊 9:30am Water Exercise B, P</p> <p>🏊 9:30am HASfit, TV</p> <p>🏊 10:00am Fitness Class, FC/TV</p> <p>🏊 10:30am Bus to Safeway</p> <p>🏊 10:30am Yoga for Posture, TV</p> <p>🍽 1:00pm Bridge, PHSL</p> <p>🏊 1:00pm Motions is Lotion, SD</p> <p>🏊 2:00pm Tai Chi Class, SD</p>	<p>🏊 9:30am HASfit, TV</p> <p>🏊 10:00am Get Fit Stay Fit, FC/TV</p> <p>🏊 10:30am Bus to Giant</p> <p>🏊 10:30am Yoga for Posture, TV</p> <p>🍽 11:30am American Legion, Bistro</p> <p>🎨 12:00pm Advanced Painting, AC</p> <p>🏊 1:00pm Bus to Tysons Mall</p> <p>🍽 1:00pm The Needlers, FR</p> <p>🎨 2:00pm Advanced Photo, AC</p> <p>🏊 2:00pm Balance & Gait, FC</p> <p>🗣 3:00pm Ecumenical Discussions, AA</p>	<p>🏊 9:00am Pool Volleyball, P</p> <p>🏊 9:30am HASfit, TV</p> <p>🎨 10:00am Beginner Painting, AC</p> <p>🏊 10:00am Fitness Class, FC/TV</p> <p>🏊 10:30am Bus to Trader Joe's</p> <p>🎨 12:00pm Drawing, AC</p> <p>🍽 1:00pm Bridge, PHSL</p> <p>🎨 2:00pm Intermediate Photography, AC</p> <p>🍽 3:00pm Hot Chocolate Bar, VHL</p> <p>🍽 7:15pm Movie Night "Air", AA</p>	<p>🏊 8:45am Water Exercise A, P</p> <p>9:30am Bus to Ft. Myer</p> <p>🏊 9:30am Water Exercise B, P</p> <p>🏊 9:30am HASfit, TV</p> <p>🍽 10:00am Beginner Painting, AC</p> <p>🏊 10:00am Fitness Class, TV</p> <p>🎨 10:30am Residents Association Meeting, AA</p> <p>🏊 11:00am Yoga w/ Cindy, TV</p> <p>🎨 12:00pm Beginner Photo, AC</p> <p>🏊 1:00pm Yoga, SD</p> <p>1:30pm Bus to Ft. Myer</p> <p>🏊 2:00pm Balance & Gait, FC</p> <p>🍽 5:15pm Vinson Voices, AA</p> <p>🍽 7:15pm Steve Friedman Broadway Lecture, AA</p>	<p>🏊 9:00am Pickle Ball, SP</p> <p>🏊 9:30am HASfit, TV</p> <p>🏊 10:00am Get Fit Stay Fit, FC/TV</p> <p>🏊 10:30am Bus to Safeway</p> <p>🏊 10:30am Yoga for Posture, TV</p> <p>🎨 1:00pm Bridge Class, PHSL</p> <p>🏊 2:00pm Pool Volleyball, P</p> <p>🏊 2:00pm Tai Chi Class, SD</p> <p>🍽 7:15pm Pianist Steve Berdaou, AA</p>	<p>🏊 9:30am HASfit, TV</p> <p>🏊 10:00am Zumba Gold, SD</p> <p>🏊 10:00am Fitness Class, TV</p> <p>🏊 10:30am Bus to Giant</p> <p>🏊 10:30am Yoga for Posture, TV</p> <p>🍽 1:00pm Cribbage, PHSL</p> <p>🕊 4:00pm Catholic Mass, CH</p> <p>🍽 7:00pm Movie Night, AA</p>
28	29	30	31	MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
<p>🏊 9:30am HASfit, TV</p> <p>🏊 10:00am Fitness Class, TV</p> <p>🏊 10:30am Yoga for Posture, TV</p> <p>🕊 11:00am Protestant Communion Service, CH</p>	<p>🏊 8:45am Water Exercise A, P</p> <p>🏊 9:00am Pickle Ball, SP</p> <p>🏊 9:30am Water Exercise B, P</p> <p>🏊 9:30am HASfit, TV</p> <p>🏊 10:00am Fitness Class, FC/TV</p> <p>🏊 10:30am Bus to Safeway</p> <p>🏊 10:30am Yoga for Posture, TV</p> <p>🍽 1:00pm Bridge, PHSL</p> <p>🏊 1:00pm Motions is Lotion, SD</p> <p>🏊 2:00pm Tai Chi Class, SD</p>	<p>🏊 9:30am HASfit, TV</p> <p>🏊 10:00am Get Fit Stay Fit, FC/TV</p> <p>🏊 10:30am Bus to Giant</p> <p>🏊 10:30am Yoga for Posture, TV</p> <p>🎨 12:00pm Advanced Painting, AC</p> <p>🍽 1:00pm The Needlers, FR</p> <p>🎨 2:00pm Advanced Photo, AC</p> <p>🏊 2:00pm Balance & Gait, FC</p>	<p>🏊 9:00am Pool Volleyball, P</p> <p>🏊 9:30am HASfit, TV</p> <p>🎨 10:00am Beginner Painting, AC</p> <p>🏊 10:00am Fitness Class, FC/TV</p> <p>🏊 10:30am Bus to Trader Joe's</p> <p>🎨 12:00pm Drawing, AC</p> <p>🍽 1:00pm Bridge, PHSL</p> <p>🎨 2:00pm Intermediate Photography, AC</p> <p>🍽 7:15pm Movie Night "Killers of the Flower Moon", AA</p>	<p>FC - Fitness Center</p> <p>P - Pool</p> <p>SP - Sports Park</p> <p>TV - TV</p> <p>FC/TV - Fitness Center & TV</p> <p>Lobby - VH & WO Lobby</p> <p>PHSL - Penthouse Sylvester Lounge</p> <p>SD - Studio D</p> <p>AA - Alford Auditorium</p> <p>DR - Penthouse Dining Room</p>	<p>AC - Art Center</p> <p>Bus - Bus</p> <p>FR - Fireplace Room</p> <p>WORL - Willow Oak Residents Lounge</p> <p>CH - Chapel</p> <p>PHC - PH Conference Room</p> <p>PHK - Penthouse Kitchen</p> <p>Cafe - Cafe</p> <p>Bistro - Bistro</p> <p>VHL - VH Lobby</p>	<p>🏊 Physical</p> <p>❤ Emotional</p> <p>🕊 Spiritual</p> <p>👥 Social</p> <p>🧠 Intellectual</p> <p>🏥 Health Services</p> <p>🍏 Nutritional</p> <p>🏠 Purposeful</p> 

NAVY FEDERAL CREDIT UNION VISITS

8:30 a.m. – 10:30 a.m.
In the Penthouse Conference Room

Wednesday, January 3
Wednesday, January 17
Wednesday, January 31

ECUMENICAL DISCUSSION

3:00 p.m. In the Alford Auditorium
Tuesday, January 2

EXTRA MOVIE NIGHTS

7:15 p.m. In the Alford Auditorium
Miss. Lilian More Than A President's Mother
Thursday, January 4



7:15 p.m. In the Alford Auditorium
Are You There, God, It's Me Margaret
Friday, January 19

MOTION IS LOTION

1-1:45 p.m. In Studio D
Monday, January 8

Join resident Midge Holmes for a guided
Motion is lotion dance class.