







































































































































































































































































































February 2024

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		MEETING PLACES	MEETING PLACES	1	2	3
		<b>FC</b> - Fitness Center <b>P</b> - Pool <b>Lobby</b> - VH & WO Lobby <b>TV</b> - TV <b>AC</b> - Art Center <b>AA</b> - Alford Auditorium <b>SD</b> - Studio D <b>SP</b> - Sports Park <b>WORL</b> - Willow Oak Residents Lounge <b>FC/TV</b> - Fitness Center & TV	<b>PHSL</b> - Penthouse Sylvester Lounge <b>CH</b> - Chapel <b>DR</b> - Penthouse Dining Room <b>PHC</b> - PH Conference Room <b>Bus</b> - Bus <b>FR</b> - Fireplace Room <b>PHK</b> - Penthouse Kitchen <b>Cafe</b> - Cafe <b>Bistro</b> - Bistro <b>VHL</b> - VH Lobby <b>B</b> - Kathy Martin Ballroom	 <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:30am</b> Bus to Ft. Myer  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>10:15am</b> Drum Circle, <b>AA</b>  <b>11:00am</b> Yoga w/ Cindy, <b>TV</b>  <b>12:00pm</b> Beginner Photo, <b>AC</b>  <b>1:00pm</b> Yoga, <b>SD</b>  <b>1:30pm</b> Bus to Ft. Myer  <b>2:00pm</b> Balance & Gait, <b>FC</b>  <b>5:15pm</b> Vinson Voices, <b>AA</b>	 <b>9:00am</b> Pickle Ball, <b>SP</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Women's Bible Study, <b>WORL</b>  <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b>  <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:00am</b> Tech Class, <b>AA</b>  <b>1:00pm</b> Bridge Class, <b>PHSL</b>  <b>2:00pm</b> Pool Volleyball, <b>P</b>  <b>2:00pm</b> Tai Chi Class, <b>SD</b>	 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Zumba Gold, <b>SD</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>10:30am</b> Bus to Giant  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>12:00pm</b> Bus to Kennedy Center - Shen Yun Show  <b>1:00pm</b> Cribbage, <b>PHSL</b>  <b>4:00pm</b> Catholic Mass, <b>CH</b>  <b>7:00pm</b> Movie Night, <b>AA</b>
4	5	6	7	8	9	10 Lunar New Year
 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:00am</b> Protestant Chapel Service, <b>CH</b>	 <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:00am</b> Pickle Ball, <b>SP</b>  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b>  <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>2:00pm</b> Tai Chi Class, <b>SD</b>  <b>3:00pm</b> Ecumenical Discussions, <b>AA</b>	 <b>9:00am</b> Men's Fellowship Breakfast, <b>DR</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b>  <b>10:30am</b> Painting Workshop, <b>AC</b>  <b>10:30am</b> Bus to Giant  <b>10:30am</b> Health & Wellness Committee Meeting, <b>PHC</b>  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>12:00pm</b> Advanced Painting, <b>AC</b>  <b>1:00pm</b> Bus to Fair Lakes  <b>1:00pm</b> The Needlers, <b>FR</b>  <b>2:00pm</b> Forbes Talk, <b>AA</b>  <b>2:00pm</b> Advanced Photo, <b>AC</b>  <b>2:00pm</b> Balance & Gait, <b>FC</b>	 <b>9:00am</b> Pool Volleyball, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b>  <b>10:30am</b> Bus to Trader Joe's  <b>12:00pm</b> Drawing, <b>AC</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>1:00pm</b> Dance w/ Grace, <b>SD</b>  <b>2:00pm</b> Intermediate Photography, <b>AC</b>  <b>7:15pm</b> Extra Movie Night "The Holdovers", <b>AA</b>	 <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:30am</b> Bus to Ft. Myer  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>11:00am</b> Town Hall, <b>AA</b>  <b>11:00am</b> Yoga w/ Cindy, <b>TV</b>  <b>12:00pm</b> Beginner Photo, <b>AC</b>  <b>1:00pm</b> Yoga, <b>SD</b>  <b>1:30pm</b> Bus to Ft. Myer  <b>2:00pm</b> Balance & Gait, <b>FC</b>  <b>2:00pm</b> Mindfulness, <b>AA</b>  <b>5:15pm</b> Vinson Voices, <b>AA</b>	 <b>9:00am</b> Pickle Ball, <b>SP</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b>  <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:30am</b> Eating Well=Aging Well, <b>AA</b>  <b>1:00pm</b> Bridge Class, <b>PHSL</b>  <b>2:00pm</b> Pool Volleyball, <b>P</b>  <b>2:00pm</b> Tai Chi Class, <b>SD</b>	 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Zumba Gold, <b>SD</b>  <b>10:00am</b> Class, <b>TV</b>  <b>10:30am</b> Bus to Giant  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:30am</b> Lunar New Year Special Meal, <b>DR</b>  <b>1:00pm</b> Cribbage, <b>PHSL</b>  <b>4:00pm</b> Catholic Mass, <b>CH</b>  <b>7:00pm</b> Movie Night, <b>AA</b>
11	12	13	14 Valentine's Day	15	16	17
 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:00am</b> Protestant Chapel Service, <b>CH</b>  <b>4:00pm</b> Super Bowl Party, <b>PHSL</b>	 <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:00am</b> Pickle Ball, <b>SP</b>  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b>  <b>10:30am</b> Low Vision Support Group, <b>PHC</b>  <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>2:00pm</b> Women's Book Club, <b>PHC</b>  <b>2:00pm</b> Tai Chi Class, <b>SD</b>  <b>7:00pm</b> VH Voices Concert, <b>B</b>	 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b>  <b>10:30am</b> Bus to Wegmans  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>12:00pm</b> Advanced Painting, <b>AC</b>  <b>1:00pm</b> The Needlers, <b>FR</b>  <b>2:00pm</b> Advanced Photo, <b>AC</b>  <b>2:00pm</b> Balance & Gait, <b>FC</b>  <b>2:00pm</b> Facilities Meeting, <b>AA</b>  <b>3:00pm</b> Birthday Tea, <b>PHSL</b>  <b>5:00pm</b> Mardi Gras Special Meal, <b>DR</b>	 <b>9:00am</b> Pool Volleyball, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>FC/TV</b>  <b>10:30am</b> Bus to Trader Joe's  <b>12:00pm</b> Drawing, <b>AC</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>1:00pm</b> Dance with Grace, <b>SD</b>  <b>2:00pm</b> Intermediate Photography, <b>AC</b>  <b>4:30pm</b> Extra Movie Night "Maestro", <b>AA</b>  <b>6:30pm</b> 8-Ball Deluxe Dance, <b>PHSL</b>	 <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:30am</b> Bus to Ft. Myer  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Beginner Painting, <b>AC</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>11:00am</b> Yoga w/ Cindy, <b>TV</b>  <b>12:00pm</b> Beginner Photo, <b>AC</b>  <b>1:00pm</b> Yoga, <b>SD</b>  <b>1:30pm</b> Bus to Ft. Myer  <b>2:00pm</b> Balance & Gait, <b>FC</b>  <b>2:30pm</b> Social Tea, <b>Cafe</b>  <b>5:15pm</b> Vinson Voices, <b>AA</b>	 <b>9:00am</b> Pickle Ball, <b>SP</b>  <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Women's Bible Study, <b>WORL</b>  <b>10:00am</b> Get Fit Stay Fit, <b>FC/TV</b>  <b>10:30am</b> Bus to Safeway  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>11:00am</b> Tech Class, <b>AA</b>  <b>1:00pm</b> Bridge Class, <b>PHSL</b>  <b>1:30pm</b> Bus Lidl  <b>2:00pm</b> Pool Volleyball, <b>P</b>  <b>2:00pm</b> Tai Chi Class, <b>SD</b>  <b>6:15pm</b> Third Friday Bridge, <b>PHSL</b>	 <b>9:30am</b> HASfit, <b>TV</b>  <b>10:00am</b> Zumba Gold, <b>SD</b>  <b>10:00am</b> Fitness Class, <b>TV</b>  <b>10:30am</b> Bus to Giant  <b>10:30am</b> Yoga for Posture, <b>TV</b>  <b>1:00pm</b> Cribbage, <b>PHSL</b>  <b>1:00pm</b> Bus to Floris Methodist Church – West Point Alumni Glee Club & Cello Choir Concert  <b>4:00pm</b> Catholic Mass, <b>CH</b>  <b>7:00pm</b> Movie Night, <b>AA</b>

18	19 Presidents' Day	20	21	22	23	24
<div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Fitness Class, <i>TV</i></div><div> 10:30am Yoga for Posture, <i>TV</i></div><div> 11:00am Protestant Chapel Service, <i>CH</i></div><div> 11:30am Sunday Brunch, <i>DR</i></div></div>	<div><div> 9:00am Pickle Ball, <i>SP</i></div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Fitness Class, <i>TV</i></div><div> 10:30am Yoga for Posture, <i>TV</i></div><div> 1:00pm Bridge, <i>PHSL</i></div><div> 7:15pm Extra Movie Night “Anatomy of a Fall”, <i>AA</i></div><div>OFFICE HOLIDAY</div></div>	<div><div> 9:00am Women's Fellowship Breakfast, <i>DR</i></div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Get Fit Stay Fit, <i>FC/TV</i></div><div> 10:30am Photo Workshop, <i>AC</i></div><div> 10:30am Bus to Giant</div><div> 10:30am Yoga for Posture, <i>TV</i></div><div> 10:30am Hearing Loss Connection Presentation, <i>AA</i></div><div> 12:00pm Advanced Painting, <i>AC</i></div><div> 1:00pm The Needlers, <i>FR</i></div><div> 2:00pm Advanced Photo, <i>AC</i></div><div> 2:00pm Balance &amp; Gait, <i>FC</i></div><div> 2:00pm Dining Town Hall, <i>AA</i></div><div> 3:00pm Ecumenical Discussions, <i>AA</i></div><div> 7:00pm Episcopal Holy Eucharist, <i>CH</i></div></div>	<div><div> 9:00am Pool Volleyball, <i>P</i></div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Beginner Painting, <i>AC</i></div><div> 10:00am Fitness Class, <i>FC/TV</i></div><div> 10:30am Bus to Trader Joe's</div><div> 12:00pm Drawing, <i>AC</i></div><div> 1:00pm Bridge, <i>PHSL</i></div><div> 2:00pm Intermediate Photography, <i>AC</i></div><div> 7:15pm Extra Movie Night “Oppenheimer”, <i>AA</i></div></div>	<div><div> 8:45am Water Exercise A, <i>P</i></div><div> 9:30am Bus to Ft. Myer</div><div> 9:30am Water Exercise B, <i>P</i></div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Beginner Painting, <i>AC</i></div><div> 10:00am Fitness Class, <i>TV</i></div><div> 10:30am Residents Association Meeting, <i>AA</i></div><div> 11:00am Yoga w/ Cindy, <i>TV</i></div><div> 12:00pm Beginner Photo, <i>AC</i></div><div> 1:00pm Yoga, <i>SD</i></div><div> 1:30pm Bus to Ft. Myer</div><div> 2:00pm Balance &amp; Gait, <i>FC</i></div><div> 5:15pm Vinson Voices, <i>AA</i></div></div>	<div><div> 9:00am Pickle Ball, <i>SP</i></div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Get Fit Stay Fit, <i>FC/TV</i></div><div> 10:30am Bus to Safeway</div><div> 10:30am Yoga for Posture, <i>TV</i></div><div> 10:40am Bus to National Portrait Gallery</div><div> 1:00pm Bridge Class, <i>PHSL</i></div><div> 2:00pm Pool Volleyball, <i>P</i></div><div> 2:00pm Tai Chi Class, <i>SD</i></div><div> 4:00pm Happy Hour - Broadway Tunes with Bernie Kellet, <i>PHSL</i></div></div>	<div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Zumba Gold, <i>SD</i></div><div> 10:00am Fitness Class, <i>TV</i></div><div> 10:30am Bus to Giant</div><div> 10:30am Yoga for Posture, <i>TV</i></div><div> 1:00pm Cribbage, <i>PHSL</i></div><div> 1:55pm Bus to Signature Theatre - Private Jones Show</div><div> 4:30pm Catholic Mass, <i>CH</i></div><div> 7:00pm Movie Night, <i>AA</i></div></div>
25	26	27	28	29	BANKING	DIMENSIONS OF WELLNESS
<div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Fitness Class, <i>TV</i></div><div> 10:30am Yoga for Posture, <i>TV</i></div><div> 11:00am Protestant Communion Service, <i>CH</i></div></div>	<div><div> 8:45am Water Exercise A, <i>P</i></div><div> 9:00am Pickle Ball, <i>SP</i></div><div> 9:30am Water Exercise B, <i>P</i></div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Fitness Class, <i>FC/TV</i></div><div> 10:30am Bus to Safeway</div><div> 10:30am Yoga for Posture, <i>TV</i></div><div> 1:00pm Bridge, <i>PHSL</i></div><div> 2:00pm Tai Chi Class, <i>SD</i></div></div>	<div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Get Fit Stay Fit, <i>FC/TV</i></div><div> 10:30am Bus to Giant</div><div> 10:30am Yoga for Posture, <i>TV</i></div><div> 11:30am American Legion Luncheon, <i>Bistro</i></div><div> 12:00pm Advanced Painting, <i>AC</i></div><div> 1:00pm Bus to Tysons Mall</div><div> 1:00pm The Needlers, <i>FR</i></div><div> 2:00pm Advanced Photo, <i>AC</i></div><div> 2:00pm Balance &amp; Gait, <i>FC</i></div></div>	<div><div> 9:00am Pool Volleyball, <i>P</i></div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Beginner Painting, <i>AC</i></div><div> 10:00am Fitness Class, <i>FC/TV</i></div><div> 10:30am Bus to Trader Joe's</div><div> 12:00pm Drawing, <i>AC</i></div><div> 1:00pm Bridge, <i>PHSL</i></div><div> 2:00pm Intermediate Photography, <i>AC</i></div><div> 3:00pm Hot Chocolate Bar, <i>VHL</i></div></div>	<div><div> 8:45am Water Exercise A, <i>P</i></div><div> 9:30am Bus to Ft. Myer</div><div> 9:30am Water Exercise B, <i>P</i></div><div> 9:30am HASfit, <i>TV</i></div><div> 10:00am Beginner Painting, <i>AC</i></div><div> 10:00am Fitness Class, <i>TV</i></div><div> 11:00am Yoga w/ Cindy, <i>TV</i></div><div> 12:00pm Beginner Photo, <i>AC</i></div><div> 1:00pm Yoga, <i>SD</i></div><div> 1:30pm Bus to Ft. Myer</div><div> 2:00pm Balance &amp; Gait, <i>FC</i></div><div> 5:15pm Vinson Voices, <i>AA</i></div></div>	<div>NAVY FEDERAL CREDIT UNION VISITS</div> <div>9:30 a.m. – 11:30 a.m. In the Penthouse Conference Room</div> <div>Wednesday, February 14 Wednesday, February 28</div>	<div><div> Physical</div><div> Spiritual</div><div> Intellectual</div><div> Nutritional</div><div> Emotional</div><div> Social</div><div> Health Services</div><div> Purposeful</div></div>

POTOMAC SCHOOL  
WITNESSING HISTORY PROJECT

Monday, February 12  
9:50 a.m. – 10:50 a.m.

Thursday, February 15  
8:30 a.m. – 9:30 a.m.  
In the Kathy Martin Ballroom

DISTRIBUTION OF ASHES

Wednesday, February 14  
10:00 a.m. In the Vinson Hall Chapel