

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEETING PLACES	MEETING PLACES	1	2	3	4
	FC - Fitness Center P - Pool TV - TV AC - Art Center SD/TV – Studio D & TV Lobby - VH & WO Lobby PHSL - Penthouse Sylvester Lounge SD - Studio D SP - Sports Park AA - Alford Auditorium	PHC - PH Conference Room DR - Penthouse Dining Room CH - Chapel Bus - Bus FR - Fireplace Room B - Kathy Martin Ballroom VHL - VH Lobby Bistro – Bistro CBB - CB Boardroom	🏊9:00am Pool Volleyball, P 🏊9:30am HASfit, TV 🎨10:00am Beginner Painting, AC 🏊10:00am Fitness Class, SD/TV 10:30am Bus to Trader Joe's 🎨12:00pm Drawing, AC 🏡1:00pm Bridge, PHSL 🏊1:00pm Dance w/ Grace, SD 🎨2:00pm Intermediate Photography, AC 🏊2:30pm Corn Bag Toss Tournament, SP	🏊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 🏊1:00pm Yoga, SD 1:30pm Bus to Ft. Myer 🏊2:00pm Balance & Gait, SD 🏡5:15pm Vinson Voices, AA	🏊9:00am Pickle Ball, SP 🏊9:30am HASfit, TV 🏊10:00am Women's Bible Study, PHC 10:00am Get Fit Stay Fit, SD/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 🏊2:00pm Tai Chi Class, SD 🏡5:30pm Cinco de Mayo Celebration with Mariachi, DR	🏊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 🏡5:00pm Kentucky Derby Party, CBB 🏡7:00pm Movie Night, AA
5	6	7	8	9	10	11
🏊9:30am HASfit, TV 🏊10:00am Fitness Class, TV 🏊10:30am Yoga for Posture, TV 🏊11:00am Protestant Chapel Service, CH 🏡11:30am – 2:30pm 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 Bus to D.C. Monuments 🏊10:00am Fitness Class, SD/TV 10:30am Bus to Safeway 🏊10:30am Yoga for Posture, TV 🏡12:00pm Pool Volleyball, P 🏡1:00pm Bridge, PHSL 🏊1:00pm Motion is Lotion, SD 🏊2:00pm Tai Chi Class, SD	🏡9:00am Men's Fellowship Breakfast, DR 🏊9:30am HASfit, TV 10:00am Get Fit Stay Fit, SD/TV 10:30am Painting Workshop, AC 10:30am Bus to Giant 🏊10:30am Yoga for Posture, TV 12:00pm Advanced Painting, AC 1:00pm Bus to Fair Lakes 🏡1:00pm The Needlers, FR 🎨2:00pm Advanced Photo, AC 🏊2:00pm Balance & Gait, SD 🎨2:00pm Forbes Talk, AA	🏊9:00am Pool Volleyball, P 🏊9:30am HASfit, TV 🎨10:00am Beginner Painting, AC 🏊10:00am Fitness Class, SD/TV 10:30am Bus to Trader Joe's 🎨12:00pm Drawing, AC 🏡1:00pm Bridge, PHSL 🏡1:00pm Dance with Grace, SD 🎨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 Town Hall, AA 🏊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, SD ❤️2:00pm Mindfulness, AA 🏡5:15pm Vinson Voices, AA	🏊9:00am Pickle Ball, SP 🏊9:30am HASfit, TV 10:00am Get Fit Stay Fit, SD/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 🏊2:00pm Tai Chi Class, SD	🏊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 🏡12:50pm Bus to Signature Theatre “Hair” 🏡1:00pm Cribbage, PHSL 🏊4:00pm Catholic Mass, CH 🏡7:00pm Movie Night, AA
12 Mother's Day	13	14	15	16	17	18
🏊9:30am HASfit, TV 🏊10:00am Fitness Class, TV 🏊10:30am Yoga for Posture, TV 🏊11:00am Protestant Chapel Service, CH 🏡11:30am – 2:30pm Mother's Day Dinner, 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, SD/TV 10:30am Bus to Safeway 🏊10:30am Yoga for Posture, TV 🏡12:00pm Pool Volleyball, P 🏡1:00pm Bridge, PHSL 🏊1:00pm Motion is Lotion, SD 🏊2:00pm Tai Chi Class, SD 🏡7:00pm Vinson Voices Spring Concert, B	🏊9:30am HASfit, TV 10:00am Get Fit Stay Fit, SD/TV 🏡10:00am NVRC Hearing Screenings, PHC 10:30am Bus to Wegmans 🏊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, SD 🏡3:00pm Birthday Tea, PHSL 🏡7:00pm Steve Friedman, AA	🏊9:00am Pool Volleyball, P 🏊9:30am HASfit, TV 🎨10:00am Beginner Painting, AC 🏊10:00am Fitness Class, SD/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, SD 🏡3:00pm Social Tea, PHSL 🏡5:15pm Vinson Voices, AA	🏊9:00am Pickle Ball, SP 🏊9:30am HASfit, TV 🏊10:00am Women's Bible Study, PHC 10:00am Get Fit Stay Fit, SD/TV 10:30am Bus to Safeway 🏊10:30am Yoga for Posture, TV 🎨11:00am Tech Class, AA 🎨1:00pm Bridge Class, PHSL 1:30pm Bus Lidl 🏊2:00pm Pool Volleyball, P 🏊2:00pm Tai Chi Class, SD 🏡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 🏡11:00am Celebration of Life for Tony Steinmeyer, Vinson Hall Chapel 🏡12:00pm – 4:00pm Spring Art Show, B 🏡1:00pm Cribbage, PHSL 🏊4:00pm Catholic Mass, CH 🏡7:00pm Movie Night, AA

19	20	21	22	23	24	25
 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 – 2:30pm Sunday Brunch, <i>DR</i>  12:00pm – 4:00pm Spring Art Show, <i>B</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>SD/TV</i>  10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  12:00pm Pool Volleyball, <i>P</i>  1:00pm Bridge, <i>PHSL</i>  1:00pm Motion is Lotion, <i>SD</i>  2:00pm Caregiver Support Group, <i>PHC</i>  2:00pm Tai Chi Class, <i>SD</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>SD/TV</i>  10:00am NVRC Hearing Screenings, <i>PHC</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>SD</i>  7:00pm Episcopal Holy Eucharist, <i>CH</i>	 9:00am Women's Fellowship Breakfast, <i>DR</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>SD/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>  3:00pm Ice Cream Social, <i>VHL</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>  1:00pm Yoga, <i>SD</i>  1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, <i>SD</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>SD/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>  2:00pm Tai Chi Class, <i>SD</i>  2:00pm Alzheimer's Association Fundraising Event Mothers & Daughter Tea, <i>Bistro</i>  7:00pm Le Zazous “An Afternoon in Paris,” <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>  7:00pm Movie Night, <i>AA</i>
26	27 Memorial Day	28	29	30	31	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 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>  12:30pm Keyboardist Mathew Melvin - Patriot Tunes, <i>DR</i>  1:00pm Bridge, <i>PHSL</i>  7:00pm GMU Presents: Memorial Day Concert, <i>AA</i> 	 9:30am HASfit, <i>TV</i>  10:00am Get Fit Stay Fit, <i>SD/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>SD</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>SD/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>  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>  1:00pm Bridge Class, <i>PHSL</i>  2:00pm Pool Volleyball, <i>P</i>  2:00pm Tai Chi Class, <i>SD</i>	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful

Monday, May 6

 3:00pm Ecumenical Discussions, *AA*

Tuesday, May 7

 11:00am Health & Wellness Committee Meeting, *AA*

Wednesday, May 8

9:30am – 11:30am, NFCU PHC

Wednesday, May 22

9:30am – 11:30am, NFCU PHC

Monday, May 13

 10:30am Low Vision Support Group, *PHC*

Monday, May 13

 2:00pm Women's Book Club, *PHC*