

July 2024

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day	5	6
	 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 Tai Chi Class, <i>SD</i>	 9:00am Men's Fellowship Breakfast, <i>DR</i>  9:30am HASfit, <i>TV</i>  10:00am Get Fit Stay Fit, <i>SD/TV</i>  10:30am Painting Workshop, <i>AC</i> 10:30am Bus to Giant  10:30am Yoga for Posture, <i>TV</i>  11:00am Health & Wellness Committee Meeting, <i>AA</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>SD</i>	 9:00am Pool Volleyball, <i>P</i>  9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>SD/TV</i> 10:30am Bus to Trader Joe's  1:00pm Bridge, <i>PHSL</i>  1:00pm Dance w/ Grace, <i>SD</i>	 9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>TV</i>  10:15am Drum Circle, <i>AA</i>  11:00am Yoga w/ Cindy, <i>TV</i>  3:30pm Vinson Voices – Independence Day Concert, <i>B</i> Office will be closed for the holiday 	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Women's Bible Study, <i>PHC</i>  10:00am Get Fit Stay Fit, <i>SD/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>  2:00pm Tai Chi Class, <i>SD</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>  6:00pm Coin and Stamp Auction Watch Party, <i>KMCB Boardroom</i>  7:00pm Movie Night, <i>AA</i>
7	8	9	10	11	12	13
 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 Sunday Brunch, <i>DR</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 Women's Book Club, <i>PHC</i>  2:00pm Tai Chi Class, <i>SD</i>  4:00pm Keyboardist Matthew Melvin, <i>PHSL</i>	 9:30am HASfit, <i>TV</i>  10:00am Get Fit Stay Fit, <i>SD/TV</i> 10:30am Bus to Wegmans  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>  3:00pm Birthday Tea, <i>PHSL</i>  7:00pm Steve Friedman, <i>AA</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>  1:00pm Dance with Grace, <i>SD</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 Town Hall, <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>  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>SD/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>  2:00pm Bus to Jewish Museum	 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>  12:00pm Bus to Kennedy Center - Funny Girl  1:00pm Cribbage, <i>PHSL</i>  4:00pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
14	15	16	17	18	19	20
 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>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>	 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>  10:30am 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>	 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>SD</i>  3:00pm Social Tea, <i>PHSL</i>	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Women's Bible Study, <i>PHC</i>  10:00am Get Fit Stay Fit, <i>SD/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>	 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>

21	22	23	24	25	26	27
 9:30am HASfit, <i>TV</i>  10:00am Fitness Class, <i>TV</i>  10:30amYoga for Posture, <i>TV</i>  11:00am Protestant Chapel Service, <i>CH</i>  11:30am Sunday Brunch, DR	 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 Tai Chi Class, <i>SD</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, Bistro  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>  3:00pm Alzheimer’s Fundraising Event – Movie, AA	 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, VHL	 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, AA  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>	 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, AA
28	29	30	31	MEETING PLACES	BANKING SERVICES	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>	 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 Tai Chi Class, <i>SD</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>  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>	 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>  5:00pm Wine Dinner, Bistro	<i>FC</i> - Fitness Center <i>P</i> - Pool <i>SP</i> - Sports Park <i>TV</i> - TV <i>SD/TV</i> - Studio D & TV <i>Lobby</i> - VH & WO Lobby <i>PHSL</i> - Penthouse Sylvester Lounge <i>SD</i> - Studio D <i>AA</i> - Alford Auditorium <i>DR</i> - Penthouse Dining Room <i>AC</i> - Art Center <i>Bus</i> - Bus <i>FR</i> - Fireplace Room <i>PHC</i> - PH Conference Room <i>CH</i> - Chapel <i>Bistro</i> - Bistro <i>VHL</i> - VH Lobby	NAVY FEDERAL CREDIT UNION ONSITE 9:30a.m. – 11:30a.m. Wednesday, July 10 Wednesday, July 24 In the Penthouse Conference Room	 Physical  Spiritual  Intellectual  Services  Nutritional  Emotional  Social  Health  Purposeful