

August 2024

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEETING PLACES	Places	DIMENSIONS OF WELLNESS	1	2	3
	FC - Fitness Center P - Pool Lobby - VH & WO Lobby TV - TV AC - Art Center AA - Alford Auditorium SD - Studio D SP - Sports Park PHC - PH Conference Room SD/TV - Studio D & TV	PHSL - Penthouse Sylvester Lounge CH - Chapel DR - Penthouse Dining Room Bus - Bus FR - Fireplace Room Bistro - Bistro VHL - VH Lobby	 Physical  Spiritual  Intellectual Services  Nutritional  Purposeful  Emotional  Social  Health	 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	 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
4	5	6	7	8	9	10
 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, 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  4:00pm Keyboardist Matthew Melvin, PHSL	 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  11:00am Health & Wellness Committee Meeting, AA  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 w/ Grace, SD  2:00pm Intermediate Photography, AC  4:00pm Canines and Cocktails Happy Hour, PHSL	 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  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  1:00pm Bus to Smithsonian American Art Museum, Lobby  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  7:15pm Musical Journey with Matthew, AA	 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

