

September 2024

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
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	8:00 am Pickle Ball, SP 9:30am HASfit, TV 10:00am Fitness Class, TV 10:30am Bus to Safeway, 10:30am Yoga for Posture, TV 2:00pm Tai Chi Class, SD Fitness Center will be closed due to holiday. HAPPY LABOR Day	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	8:00am Pickle Ball, SP 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	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	8:00am Pickle Ball, SP 9:30am HASfit, TV 10:00am Women's Bible Study, PHC 10:00am Get Fit Stay Fit, SD/TV 10:30 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 7:00pm Borisevich Duo Performance, 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 1:30pm Virginia Grand Military Band concert, Lobby 4:30pm Catholic Mass, CH 7:00pm Movie Night, AA
8	9	10	11	12	13	14
9:30am HASfit, TV 10:00am Fitness Class, TV 10:30am Yoga for Posture, TV 11:00am Protestant Chapel Service, CH	8:00am Pickle Ball, SP 8:45am Water Exercise A, P 9:30am Water Exercise B, P 9:30am HASfit, TV 10:00am D.C. Monuments Guided Tour, Lobby 10:00am Fitness Class, SD/TV 10:30am Low Vision Support Group, PHC 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 Women's Book Club, PHC 2:00pm Tai Chi Class, SD	9:30am HASfit, TV 10:00am Get Fit Stay Fit, SD/TV 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 Broadway Lecture, AA	8:00am Pickle Ball, SP 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 Line 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	8:00am 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 10:30am RMC Meeting, PHC 11:30am Eating Well=Aging Well, AA 1:00pm Bridge Class, PHSL 2:00pm Pool Volleyball, P 2:00pm Tai Chi Class, SD 7:00pm Back to School Concert- Vinson Voices, B	8:00am Pickle Ball, SP 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 4:30pm Catholic Mass, CH 7:00pm Movie Night, AA

15	16	17	18	19	20	21
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	8:00am Pickle Ball, SP 8:45am Water Exercise A, P 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 Caregiver Support Group, PHC 2:00pm Tai Chi Class, SD 3:00pm Ecumenical Discussions, AA	9:00am Women's Fellowship Breakfast, DR 9:30am HASfit, TV 10:00am Get Fit Stay Fit, SD/TV 10:30am Photo Workshop, AC 10:30am Bus to Giant, 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 7:00pm Episcopal Holy Eucharist, CH	8:00am Pickle Ball, SP 9:00am Pool Volleyball, P 9:00am Women's Fellowship Breakfast, DR 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 10:00pm Fitness Class, TV 11:00pm 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	8:00am 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 1:00pm Cribbage, PHSL 4:30pm Catholic Mass, CH 7:00pm Movie Night, AA
22	23	24	25	26	27	28
9:30am HASfit, TV 10:00am Fitness Class, TV 10:30am Yoga for Posture, TV 11:00am Protestant Communion Service, CH	8:00am Pickle Ball, SP 8:30am Fall Fashion Show, B 8:45am Water Exercise A, P 9:30am Water Exercise B, P 9:30am HASfit, TV 10:00am Fitness Class, SD/TV 10:30am Bus to Safeway, Lobby 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	9:30am HASfit, TV 10:00am Get Fit Stay Fit, SD/TV 10:30am Bus to Giant, 10:30am Yoga for Posture, TV 11:30am American Legion Luncheon, Bistro 12:00pm Advanced Painting, AC 1:00pm Bus to Tysons Mall, 1:00pm The Needlers, FR 2:00pm Advanced Photo, AC 2:00pm Balance & Gait, SD	8:00am Pickle Ball, SP 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 3:00pm Ice Cream Social, VHL 3:30pm Putt For Dough Contest, Outdoors 5:00pm Wine Dinner, Bistro	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 10:30am Residents Association Meeting, AA 11:00pm 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	8:00am 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 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 4:30pm Catholic Mass, CH 7:00pm Movie Night, AA
29	30	Meeting Places		DIMENSIONS OF WELLNESS	Banking	
9:30am HASfit, TV 10:00am Fitness Class, TV 10:30am Yoga for Posture, TV 11:00am Protestant Chapel Service, CH	8:00am Pickle Ball, SP 8:45am Water Exercise A, P 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	TV - TV CH - Chapel DR - Penthouse Dining Room SP - Sports Park FC - Fitness Center P - Pool SD/TV - Studio D & TV Lobby - VH & WO Lobby PHSL - Penthouse Sylvester Lounge SD - Studio D	AA - Alford Auditorium AC - Art Center Bus - Bus FR - Fireplace Room PHC - PH Conference Room B - Kathy Martin Ballroom Bistro - Bistro VHL - VH Lobby	Physical Emotional Spiritual Social Intellectual Health Services Nutritional Purposeful	NAVY FEDERAL CREDIT UNION ON SITE 9:30a.m. – 11:30a.m. Wednesday, September 4 Wednesday, September 18	