

January 2025

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEETING PLACES	MEETING PLACES	1 New Year's Day	2	3	4
	FC - Fitness Center SP - Sports Park TV - TV AC - Art Center SD/TV - Studio D & TV LO - VH & WO Lobby PHSL - Penthouse Sylvester Lounge SD - Studio D AA - Alford Auditorium WORL - Willow Oak Residents Lounge	P - Pool CH - Chapel DR - Penthouse Dining Room FR - Fireplace Room PHC - PH Conference Room VHL - VH Lobby Bistro - BI 	 9:00am Pickle Ball, SP 9:00am Catholic Mass, CH 11:30am New Year's Day Meal, DR 7:30pm Special Movie Showing, AA	9:30am Bus to Ft. Myer, LO 10:00am Beginner Painting, AC 10:15am Drum Circle, AA 12:00pm Beginner Photo, AC 1:00pm Yoga, B 1:30pm Bus to Ft. Myer, LO 2:00pm Balance & Gait, B 5:15pm Vinson Voices, AA	9:00am Pickle Ball, SP 10:00am Women's Bible Study, WORL 10:00am Get Fit Stay Fit, B 10:30am Bus to Safeway, LO 11:00am Tech Class, AA 1:00pm Bridge Class, PHSL 2:00pm Tai Chi Class, SD	10:00am Zumba Gold, SD 10:30am Bus to Giant, LO 1:00pm Cribbage, PHSL 4:30pm Catholic Mass, CH 7:00pm Movie Night, AA
5	6	7	8	9	10	11
11:00am Protestant Chapel Service, CH 11:30am Sunday Brunch, DR 2:00pm Ping-Pong, SD	9:00am Pickle Ball, SP 10:00am Fitness Class, SD 10:30am Bus to Safeway, LO 1:00pm Bridge, PHSL 1:00pm Motion is Lotion, SD 2:00pm Tai Chi Class, SD 3:00pm Ecumenical Discussions, AA 4:15pm Keyboardist Matthew Melvin, PHSL	9:00am Men's Fellowship Breakfast, DR 10:00am Get Fit Stay Fit, B 10:30am Painting Workshop, AC 10:30am Bus to Giant, LO 12:00pm Advanced Painting, AC 1:00pm Bus to Fair Lakes, LO 1:00pm The Needlers, FR 2:00pm Advanced Photo, AC 2:00pm Balance & Gait, B 2:00pm Forbes Talk, AA 5:00pm Trivia Happy Hour, PHSL	9:00am Pickle Ball, SP 10:00am Beginner Painting, AC 10:00am Fitness Class, SD 10:30am Bus to Trader Joe's, LO 12:00pm Drawing, AC 1:00pm Bridge, PHSL 1:00pm Line Dance with Grace, SD 2:00pm Intermediate Photography, AC 7:30pm Special Movie Showing, AA	9:30am Bus to Ft. Myer, LO 10:00am Beginner Painting, AC 11:00am Town Hall, AA 12:00pm Beginner Photo, AC 1:00pm Yoga, B 1:30pm Bus to Ft. Myer, LO 2:00pm Balance & Gait, B 2:00pm Mindfulness, AA 5:15pm Vinson Voices, AA	9:00am Pickle Ball, SP 10:00am Get Fit Stay Fit, B 10:30am Bus to Safeway, LO 11:30am Eating Well=Aging Well, AA 1:00pm Bridge Class, PHSL 2:00pm Tai Chi Class, SD	10:00am Zumba Gold, SD 10:30am Bus to Giant, LO 1:00pm Cribbage, PHSL 4:30pm Catholic Mass, CH 7:00pm Movie Night, AA
12	13	14	15	16	17	18
11:00am Protestant Chapel Service, CH 2:00pm Ping-Pong, SD	9:00am Pickle Ball, SP 10:00am Fitness Class, SD 10:30am Bus to Safeway, LO 1:00pm Bridge, PHSL 1:00pm Motion is Lotion, SD 2:00pm Women's Book Club, PHC 2:00pm Tai Chi Class, SD	10:00am Get Fit Stay Fit, B 10:30am Bus to Wegmans, LO 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, B 3:00pm Birthday Tea, PHSL 7:00pm Steve Friedman Broadway Lecture, AA	9:00am Pickle Ball, SP 10:00am Beginner Painting, AC 10:00am Fitness Class, SD 10:30am Bus to Trader Joe's, LO 12:00pm Drawing, AC 1:00pm Bridge, PHSL 2:00pm Intermediate Photography, AC 7:30pm Special Movie Showing, AA	9:30am Bus to Ft. Myer, LO 10:00am Beginner Painting, AC 12:00pm Beginner Photo, AC 1:00pm Yoga, B 1:30pm Bus to Ft. Myer, LO 2:00pm Balance & Gait, B 3:00pm Social Tea, PHSL 5:15pm Vinson Voices, AA	9:00am Pickle Ball, SP 10:00am Women's Bible Study, WORL 10:00am Get Fit Stay Fit, B 10:30am Bus to Safeway, LO 11:00am Tech Class, AA 1:00pm Bridge Class, PHSL 1:30pm Bus Lidl, LO 2:00pm Tai Chi Class, SD 6:15pm Third Friday Bridge, PHSL	10:00am Zumba Gold, SD 10:30am Bus to Giant, LO 1:00pm Cribbage, PHSL 4:30pm Catholic Mass, CH 7:00pm Movie Night, AA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20 MLK/Inauguration Day	21	22	23	24	25
 11:00am Protestant Chapel Service, <i>CH</i>  11:30am Sunday Brunch, <i>DR</i>  2:00pm Ping-Pong, <i>SD</i>	 9:00am Pickle Ball, <i>SP</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Caregiver Support Group, <i>PHC</i>  2:00pm Tai Chi Class, <i>SD</i> Office Holiday	 9:00am Women's Fellowship Breakfast, <i>DR</i>  10:00am Get Fit Stay Fit, <i>B</i>  10:30am Photo Workshop, <i>AC</i>  10:30am Bus to Giant, <i>LO</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>B</i>  7:00pm Episcopal Holy Eucharist, <i>CH</i>	 9:00am Women's Fellowship Breakfast, <i>DR</i>  9:00am Pickle Ball, <i>SP</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>SD</i>  10:30am Bus to Trader Joe's, <i>LO</i>  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>  7:30pm Movie Showing, <i>AA</i>	 9:30am Bus to Ft. Myer, <i>LO</i>  10:00am Beginner Painting, <i>AC</i>  10:30am Residents Association Meeting, <i>AA</i>  12:00pm Beginner Photo, <i>AC</i>  1:00pm Yoga, <i>B</i>  1:30pm Bus to Ft. Myer, <i>LO</i>  2:00pm Balance & Gait, <i>B</i>  5:15pm Vinson Voices, <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  10:00am Get Fit Stay Fit, <i>B</i>  10:30am Bus to Safeway, <i>LO</i>  1:00pm Bridge Class, <i>PHSL</i>  2:00pm Tai Chi Class, <i>SD</i>	 10:00am Zumba Gold, <i>SD</i>  10:30am Bus to Giant, <i>LO</i>  1:00pm Cribbage, <i>PHSL</i>  4:30pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
26	27	28	29	30	31	DIMENSIONS OF WELLNESS
 11:00am Protestant Communion Service, <i>CH</i>  2:00pm Ping-Pong, <i>SD</i>	 9:00am Pickle Ball, <i>SP</i>  10:00am Fitness Class, <i>SD</i>  10:30am Bus to Safeway, <i>LO</i>  1:00pm Bridge, <i>PHSL</i>  1:00pm Motion is Lotion, <i>SD</i>  2:00pm Tai Chi Class, <i>SD</i>  3:00pm Ecumenical Discussions, <i>AA</i>	 10:00am Get Fit Stay Fit, <i>B</i>  10:30am Bus to Giant, <i>LO</i>  11:30am American Legion Luncheon, <i>B</i>  12:00pm Advanced Painting, <i>AC</i>  1:00pm Bus to Tysons Mall, <i>LO</i>  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>B</i>	 9:00am Pickle Ball, <i>SP</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>SD</i>  10:30am Bus to Trader Joe's, <i>LO</i>  12:00pm Drawing, <i>AC</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Intermediate Photography, <i>AC</i>  7:30pm Special Movie Showing, <i>AA</i>	 9:30am Bus to Ft. Myer, <i>LO</i>  10:00am Beginner Painting, <i>AC</i>  12:00pm Beginner Photo, <i>AC</i>  1:00pm Yoga, <i>B</i>  1:30pm Bus to Ft. Myer, <i>LO</i>  2:00pm Balance & Gait, <i>B</i>  5:15pm Vinson Voices, <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  10:00am Get Fit Stay Fit, <i>B</i>  10:30am Bus to Safeway, <i>LO</i>  1:00pm Bridge Class, <i>PHSL</i>  2:00pm Tai Chi Class, <i>SD</i>	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful

Committee Meetings

Jan 7, 11am Health and Wellness Committee Meeting, Alford Auditorium

Jan 13, 10:30am Low Vision Support Committee Meeting, Penthouse Conference Room

Exercise on Channel 970

HASfit: Everyday at 9:30am

Fitness with George: Everyday at 10:00am

Yoga for Posture: Every Sunday, Monday, Tuesday, Friday and Saturday at 10:30am

Yoga with Cindy: Thursdays at 11:00am

Transportation to Yorktown High School Pool

Bus to Open Swim: Monday – Friday, departs 12:25 pm from VH Lobby

*No Service 1/1 and 1/20 for Open Swim AND Grocery Trips due to holiday

Banking Services

Navy Federal Credit Union will be onsite Wednesday, January 8, 9:30am – 11:30am in the Penthouse Conference Room