

March 2025

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Hour	Banking Services		MEETING PLACES	MEETING PLACES	1
	4:00p.m. – 5:00p.m. Monday – Friday In the Penthouse Sylvester Lounge 	Navy Federal Credit Union Onsite 9:30am – 11:30am Wednesday, March 5 Wednesday, March 19 Wednesday, April 2 	March 20 	FC - Fitness Center TV - TV SD - Studio D LO - VH & WO Lobby PHSL - Penthouse Sylvester Lounge CH - Chapel AA - Alford Auditorium DR - Penthouse Dining Room SP - Sports Park AC - Art Center	FR - Fireplace Room B - Kathy Martin Ballroom WORL - Willow Oak Residents Lounge PHC - PH Conference Room BI - Bistro VHL - VH Lobby	 10:00am Zumba Gold, SD  10:30am Bus to Giant, LO  12:40pm Bus to Signature Theatre “In the Heights”, LO  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
2	3	4	5 - Ash Wednesday	6	7	8 - Int’l Women’s Day
 11:00am Protestant Chapel Service, CH  11:30am Sunday Brunch, DR  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD  3:00pm Ecumenical Discussions, AA	 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 Happy Hour & Trivia, PHSL	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD  10:00am Distribution of Ashes, CH  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, AC  1:00pm Bridge, PHSL  1:00pm Line Dancing w/ Grace, SD  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P  9:30am Water Exercise B, P  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 Painting Workshop, AC  10:30am Bus to Safeway, LO  11:00am Tech Class, AA  12:00pm Advanced Painting, AC  1:00pm Bridge Class, PHSL  2:00pm Advanced Photo, AC  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  7:15pm The Last Comedienne, AA	 10:00am Zumba Gold, SD  10:30am Bus to Giant, LO  1:00pm Cribbage, PHSL  2:30pm The Last Comedienne, AA  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
9 - Daylight Saving Time	10	11	12	13	14	15
 11:00am Protestant Chapel Service, CH  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:30am Bus to Safeway, LO  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	 10:00am Get Fit Stay Fit, B  10:30am Bus to Wegmans, LO  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	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  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	 8:45am Water Exercise A, P  9:30am Water Exercise B, P  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 Pool Volleyball, P  2:00pm Tai Chi Class, SD  5:00pm Laissez Foure Jazz Night, DR	 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  7:00pm Shenandoah Run Band Concert, AA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17 - St. Patrick's Day	18	19	20	21	22
 11:00am Protestant Chapel Service, <i>CH</i>  11:30am Sunday Brunch, <i>DR</i>  2:00pm Ping-Pong, <i>SD</i>	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i>  9:30am Water Exercise B, <i>P</i>  10:30am Bus to Safeway, <i>LO</i>  12:00pm Pool Volleyball, <i>P</i>  1:00pm Bridge, <i>PHSL</i>  1:00pm Alzheimer's Fundraising Event - Bake Sale, <i>VHL</i>  1:00pm Motion is Lotion, <i>SD</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>  10:00am Get Fit Stay Fit, <i>B</i>  10:30am Photo Workshop, <i>AC</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>  3:00pm Vinson Voices Saint Patrick's Day Concert, <i>B</i>  5:00pm Happy Hour & Trivia, <i>PHSL</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>  9:00am Pool Volleyball, <i>P</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>  2:00pm Paul Peak Award, <i>PHSL</i>  7:15pm Movie - <i>Hoosiers</i>, <i>PHSL</i>	 8:45am Water Exercise A, <i>P</i>  9:30am Water Exercise B, <i>P</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>  3:00pm Social Tea, <i>PHSL</i>  5:15pm Vinson Voices, <i>AA</i>  7:30pm Cub Scouts Talent Show, Pack 1127, <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  10:00am Women's Bible Study, <i>WORL</i>  10:00am Get Fit Stay Fit, <i>B</i>  10:30am Bus to Safeway, <i>LO</i>  11:00am Tech Class, <i>AA</i>  1:00pm Bridge Class, <i>PHSL</i>  1:30pm Bus Lidl, <i>LO</i>  2:00pm Pool Volleyball, <i>P</i>  2:00pm Tai Chi Class, <i>SD</i>  6:15pm Third Friday Bridge, <i>PHSL</i>  7:00pm Concert Pianist Soloman Eichner, <i>B</i>	 10:00am Zumba Gold, <i>SD</i>  10:30am Bus to Giant, <i>LO</i>  1:00pm Cribbage, <i>PHSL</i>  2:45pm Bus to Schlesinger Hall - VA Grand Military Band Concert, <i>LO</i>  4:30pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
23	24	25	26	27	28	29
 11:00am Protestant Communion Service, <i>CH</i>  2:00pm Ping-Pong, <i>SD</i>	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i>  9:30am Water Exercise B, <i>P</i>  10:30am Bus to Safeway, <i>LO</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>	 10:00am Get Fit Stay Fit, <i>B</i>  11:30am American Legion Luncheon, <i>BI</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>  9:00am Pool Volleyball, <i>P</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>	 8:45am Water Exercise A, <i>P</i>  9:30am Water Exercise B, <i>P</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 Pool Volleyball, <i>P</i>  2:00pm Tai Chi Class, <i>SD</i>	 10:30am Bus to Giant, <i>LO</i>  11:00am Zumba Gold, <i>SD</i>  1:00pm Cribbage, <i>PHSL</i>  3:45pm Sacrament of Penance, <i>PHC</i>  4:30pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
30	31	Keyboardist Matthew Melvin	Exercise on Channel 970	Committee Meetings	Committee Meetings	DIMENSIONS OF WELLNESS
 11:00am Protestant Chapel Service, <i>CH</i>  2:00pm Ping-Pong, <i>SD</i>	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i>  9:30am Water Exercise B, <i>P</i>  10:30am Bus to Safeway, <i>LO</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>	Tuesday, March 18  4:00pm Keyboardist Matthew Melvin, <i>PHSL</i>	HASfit: Every day at 9:30am Fitness Class: Every Sunday, Monday, Wednesday and Saturday at 10:00am Yoga for Posture: Every Sunday, Monday, Tuesday, Friday and Saturday at 10:30am Yoga with Cindy: Thursdays at 11:00am	Mar 4, 11am Health & Wellness Committee Meeting, <i>AA</i> Mar 7, 11:45am Operations Committee Meeting, <i>PHC</i> Mar 10, 10:30am Low Vision Support Group, <i>PHC</i> Mar 17, 2:00pm Caregiver Support Group, <i>PHC</i> Mar 18, 1:00pm, Dining Committee Meeting, <i>PHC</i>	Mar 24, 9:00am IT Users Meeting, <i>AA</i> Mar 26, 10:30am Finance Committee Meeting, <i>AA</i> Mar 28, 3:15pm IT Committee Meeting, <i>PHC</i>	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful