

Sunday	Monday	Tuesday	Wednesday	Thursday
	DIMENSIONS OF WELLNESS	1 – April Fool's Day	2	3
	Physical Emotional Spiritual Social Intellectual Health Services Nutritional Purposeful	 9:00am Men's Fellowship Breakfast, DR  10:00am Get Fit Stay Fit, SD  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, SD  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  10:30am 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  9:30am Bus to F  9:30am Water Exercise  10:00am Beginner  10:00am Beginner  11:00am Town  12:00pm Beginner  1:00pm Yoga, SD  1:30pm Bus to F  2:00pm Balance  2:00pm Mindfulness  5:15pm Vinson
6	7	8	9	10
 11:00am Protestant Chapel Service, CH  11:30am Sunday Brunch, DR  2:00pm Ping-Pong, SD  3:00pm Vinson Voices Concert - McLean Presbyterian Children's Choir, B	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD  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	 10:00am Get Fit Stay Fit, SD  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, SD  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  9:30am Bus to F  9:30am Water Exercise  10:00am Beginner  11:00am Town  12:00pm Beginner  1:00pm Yoga, SD  1:30pm Bus to F  2:00pm Balance  2:00pm Mindfulness  5:15pm Vinson
13	14	15 – Tax Day	16	17
 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  10:00am Fitness Class, SD  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P	 9:00am Women's Fellowship Breakfast, DR  10:00am Get Fit Stay Fit, SD  10:30am Photo Workshop, AC  10:30am Bus to Giant, LO  12:00pm Advanced Painting, AC  1:00pm The Needlers, FR	 9:00am Women's Fellowship Breakfast, DR  9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD	 8:45am Water Exercise  9:30am Bus to F  9:30am Water Exercise  10:00am Beginner  12:00pm Beginner  1:00pm Yoga, SD

Sunday	Monday	Tuesday	Wednesday	Thursday
20 – Easter Sunday	21	22 – Earth Day	23	24
 9:00am Catholic Easter Mass, CH  11:00am Protestant Easter Service, CH  11:30am Easter Dinner, DR  1:55pm Bus to Thomas Jefferson Community Theatre - Legally Blonde , LO  2:00pm Ping-Pong, SD	8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD  10:30am Bus to Safeway, LO  11:45am Earth Day Service Day, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD  2:00pm Caregiver Support Group, PHC  3:00pm Ecumenical Discussions, AA	10:00am Get Fit Stay Fit, SD  10:30am Bus to Giant, LO  11:30am American Legion Luncheon, BI  12:00pm Advanced Painting, AC  1:00pm Bus to Tysons Mall, LO  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  7:00pm McLean HS Jazz Band Concert, B	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  11:00am Walk for a Cause, VHFP  12:00pm Drawing, AC  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC  3:00pm Ice Cream Social, VHL  5:15pm Vinson Voices, AA	 8:45am Water Exercise A, P  9:30am Bus to FFA, P  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  10:30am Fitness Class, SD  10:30am Bus to Trader Joe's, LO  11:00am Walk for a Cause, VHFP  12:00pm Drawing, AC  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC  3:00pm Ice Cream Social, VHL  5:15pm Vinson Voices, AA
27	28	29	30	MEETING PLACE
 10:45am Bus to Old Town Book Fair, LO  11:00am Protestant Communion Service, CH  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD  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	 10:00am Get Fit Stay Fit, SD  10:30am Bus to Giant, LO  1:00pm The Needlers, FR  2:00pm Balance & Gait, SD	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Fitness Class, SD  10:30am Bus to Trader Joe's, LO  1:00pm Bridge, PHSL	FC - Fitness Center DR - Penthouse D TV - TV B/TV - Ballroom and AC - Art Center LO - VH & WO Lobby AA - Alford Auditorium FR - Fireplace Room B - Kathy Martin Ballroom PHSL - Penthouse Lounge
COMMITTEE MEETINGS	COMMITTEE MEETINGS	BANKING SERVICES	HAPPY HOUR	
Apr 1, 11:15am Health & Wellness Committee Meeting, AA Apr 4, 11:45am Operation	Apr 23, 10:30am Finance Committee Meeting, AA Apr 25, 3:15pm IT Committee Meeting, PHC	Navy Federal Credit Union Onsite 9:30am – 11:30am	4:00pm – 5:00pm Monday – Friday In the Penthouse	