

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DIMENSIONS OF WELLNESS	MEETING PLACES	MEETING PLACES	1	2	3
	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful	P - Pool LO - VH & WO Lobby TV - TV AA - Alford Auditorium SD - Studio D SP - Sports Park WORL - Willow Oak Residents Lounge PHC - PH Conference Room PHSL - Penthouse Sylvester Lounge CH - Chapel	DR - Penthouse Dining Room SD/TV - Studio D & TV AC - Art Center FR - Fireplace Room B - Kathy Martin Ballroom BI - Bistro VHL - VH Lobby	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  5:15pm Vinson Voices, AA	 9:00am Pickle Ball, SP  10:00am Women's Bible Study, WORL  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  10:30am Kidstrech Playdate, SD  11:00am Tech Class, AA  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  2:55pm Bus to New Dominion Chorale, LO  4:00pm Kentucky Derby Watch Party, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
4	5 – Cinco De Mayo	6	7	8	9	10
 11:00am Protestant Chapel Service, CH  11:30am Sunday Brunch, DR  2:00pm Ping-Pong, SD  2:00pm Low Vision Flower Arranging, PHSL	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD/TV  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  2:00pm Tai Chi Class, SD  3:00pm Ecumenical Discussions, AA	 9:00am Men's Fellowship Breakfast, DR  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 Health & Wellness Talk, AA  5:00pm Happy Hour & Trivia, PHSL  7:00pm Spring Concert - Vinson Voices, B	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  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 Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  11:00am Town Hall, AA  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  3:00pm Mindfulness, AA  5:15pm Vinson Voices, AA	 9:00am Pickle Ball, SP  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  11:30am Eating Well=Aging Well, AA  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  5:00pm California Dreaming Wine Dinner, BI	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
11 – Mother's Day	12	13	14	15	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/TV  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  2:00pm Women's Book Club, PHC  2:00pm Tai Chi Class, 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  7:00pm Steve Friedman Broadway Lectures, AA	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  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 Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  3:00pm Social Tea, PHSL  5:00pm Military Appreciation Bourbon Tasting #1, BI 5:15pm Vinson Voices, AA 6:30pm Military Appreciation Bourbon Tasting #2, BI	 9:00am Pickle Ball, SP  10:00am Women's Bible Study, WORL  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  11:00am Tech Class, AA  1:30pm Bus to Lidl, LO  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  6:15pm Third Friday Bridge, PHSL	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  12:00pm Spring Art Show, B  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
 11:00am Protestant Chapel Service, <i>CH</i>  11:30am Sunday Brunch, <i>DR</i>  12:00pm Spring Art Show, <i>B</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>  10:00am Fitness Class, <i>SD/TV</i>  10:30am Bus to Safeway, <i>LO</i>  12:00pm Pool Volleyball, <i>P</i>  1:00pm Bridge, <i>PHSL</i>  2:00pm Tai Chi Class, <i>SD</i>  2:00pm Caregiver Support Group, <i>PHC</i>  3:00pm Ecumenical Discussions, <i>AA</i>	 9:00am Women's Fellowship Breakfast, <i>DR</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 IT Portal Training, <i>AA</i>  2:00pm Balance & Gait, <i>SD</i>  4:00pm Happy Hour & Trivia, <i>PHSL</i>  5:00pm Episcopal Dinner, <i>DR</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/TV</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>	 8:45am Water Exercise A, <i>P</i>  9:30am Bus to Ft. Myer, <i>LO</i>  9:30am Water Exercise B, <i>P</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>SD</i>  1:30pm Bus to Ft. Myer, <i>LO</i>  2:00pm Balance & Gait, <i>SD</i>  5:15pm Vinson Voices, <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  10:00am Get Fit Stay Fit Class, <i>SD</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>  1:40pm Bus to Virginia Grand Military Band, <i>LO</i>  4:30pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
25	26 – Memorial Day	27	28	29	30	31
 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>TV only</i>  10:30am Bus to Safeway, <i>LO</i>  11:30am Memorial Day Buffett, <i>PHSL</i>  12:00pm Pool Volleyball, <i>P</i>  1:00pm Bridge, <i>PHSL</i>	 10:30am Bus to Giant, <i>LO</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>SD</i>	 9:00am Bus to Senior Movie Day - Priscilla, <i>LO</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/TV</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 Bus to Ft. Myer, <i>LO</i>  9:30am Water Exercise B, <i>P</i>  10:00am Beginner Painting, <i>AC</i>  12:00pm Beginner Photo, <i>AC</i>  1:00pm Yoga, <i>SD</i>  1:30pm Bus to Ft. Myer, <i>LO</i>  2:00pm Balance & Gait, <i>SD</i>  5:15pm Vinson Voices, <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  10:00am Get Fit Stay Fit Class, <i>SD</i>  10:15am Bus to Udvar-Hazy Center, <i>LO</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 Joy of Dance Recital, <i>B</i>  11:00am Zumba Gold, <i>SD</i>  1:00pm Cribbage, <i>PHSL</i>  4:30pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
EXERCISE ON CHANNEL 970	COMMITTEE MEETINGS	HAPPY HOUR	MILITARY APPRECIATION			
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	May 2, 11:45am, Operations Committee Meeting, <i>PHC</i> May 6, 11:00am, Health & Wellness Committee Meeting, <i>AA</i> May 20, 1:00pm, Dining Committee Meeting, <i>PHC</i> May 28, 10:30am, Finance Committee Meeting, <i>AA</i> May 30, 3:15pm, IT Committee Meeting, <i>PHC</i>	4:00pm – 5:00pm Monday – Friday In the Penthouse Sylvester Lounge 	Please join us for a free Bourbon tasting to celebrate those who served!  Registration is required for all attendees.	 ★ ★ ★ ★ ★ ★ MEMORIAL DAY HONORING ALL WHO SERVED		